



**Mindsets for Success,  
Happiness & Fulfilment**

*Daily  
Handbook*

— by —  
Swami Mukundananda

*Best Wishes for a  
Healthy & Happy life!*

Swami Mukundananda



Please open the workbook in Adobe Acrobat for best experience!

Complete the Mindset activity and journal (Edit the PDF directly in Adobe Reader and save it on your computer OR print the PDF, complete the sections and scan the workbook).

Email the completed workbook to [admin@jkyog.org](mailto:admin@jkyog.org) to receive a special gift!

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# Instructions

## Overview

This Daily Handbook is an aid to apply the tools and methodologies outlined in the bestseller “7 Mindsets for Success, Happiness & Fulfilment” by Swami Mukundananda. The mindset activity and daily reflections are specially designed to help people implement the teaching and succeed in their life by being good, doing good and feeling good.

## What is contained in this Manual?

- ▶ **Mindset Summary** – A summary of the mindsets will outline the key topics covered by Swami Mukundananda during his lecture in the JKYog Family camp. This will serve as a great tool to revise and refresh the concepts learned on this topic.
- ▶ **Mindset Activity** - The Mindsets activity is intended to serve as a guiding tool to track the key priorities in life and effectively apply the mindsets. Doing this activity will enable the aspirant to identify the key areas in their life where the relevant mindsets can be implemented.
- ▶ **Daily Reflections** - The daily reflections has been designed to help you adapt the powerful 7 mindsets that you have learned (also summarized in this document). For effective and everlasting results, the aspirants can augment this daily reflection journal with their everyday spiritual and mindfulness practice. Using this tool, you can speed up the process of growing from within.

The Daily Reflections should be used twice daily. Once in the morning, preferably before you start the day and once in the evening after you complete your daily activities and retire to bed. There are two ways in which you can effectively use this journal:

- 1. If you have already attended the ‘Life Transformation Workshop’ (KripaluPadhati and KripaluPrakriya techniques covered by Swami Mukundananda ji), then you can use this section as a replacement for the ‘contemplation’ part of KripaluPadhati.
- 2. If you have not attended any prior workshops, then you can use this as a step-by-step guide to develop positive mindsets for success.



# MINDSET #5 - Knowledge

## SUMMARY



- The journey of life is a movement from the darkness of ignorance to the light of wisdom.
- Any technique needs knowledge for its understanding and implementation. The better the quality of our knowledge, the more effective we are at any task.
- People with the mindset of attaining knowledge keep learning at every opportunity. They gather information from various sources and quickly develop the skill-sets required for excellence in their field of work.
- Material science is appealing to the masses because it raises our standard of living and provides us with luxury and comfort, which are important to all. However, science has made an unproven assumption that there is no superior intelligence responsible for creation.
- Spiritual knowledge is even more valuable and beneficial for success, happiness and fulfilment in life.
  - It gives us the tools to purify our mind and intellect, and thereby lead a noble and divine life.
  - Spiritual science possesses deep insight into the nature of force, matter and energy - topics that have puzzled scientists for over a century.
  - It assists us in our quest for absolute truth and provides knowledge about the self and about God.
- Synthesis of material and spiritual knowledge is necessary for making our life a success.
  - Material science enables us to understand external nature and harness it for the sustenance of our body.
  - Spiritual science helps us comprehend our inner self - the mind, intellect and ego - and purify it to manifest the divinity of the soul within.
- Knowledge has a compelling role to play in the practice of spirituality. It enlightens us about the nature of the self, the purpose of life and the technique for devotion and sadhana. It helps us understand our relationship with God and the process to establish it.
- Divine knowledge helps to establish strong faith, which then leads to developing love for God. The Vedic Scriptures are a treasure house of divine knowledge. They refer to the eternal knowledge of God.
- Verdict of the scriptures is that we need to find a true guru and surrender to him to receive divine knowledge of the scriptures.

“ *Success in life requires cultivating both kinds of knowledge - material science for the upkeep of our physical requirements and spiritual wisdom for the manifestation of our inner divinity.* ”

## MINDSET #5 - *Knowledge*

# ACTIVITY

**In which important areas of your life do you believe that better knowledge would enhance your performance tremendously?**

**What steps can you take to gather knowledge in the above areas?**

**How much time in a day do you resolve to spend on cultivating good knowledge for your professional, personal, physical and spiritual excellence?**

## **DAILY PRACTICE** *MINDSET #5 - Knowledge*

Dedicate the above resolved time to upgrade your knowledge in a systematic and effective way.

# DAILY REFLECTIONS

“Inspiration is an essential ingredient for success. It is the elixir that keeps one strong even in difficult times.



## Morning Manifesto

1. One thing I look forward to TODAY:

2. Three Priority tasks for today are:

3. One obstacle that I anticipate today and how I intend to deal with it

# DAILY REFLECTIONS



## Evening Reflection

### 1. Three things I am grateful today

### 2. Best thing that happened today

### 3. Biggest lesson I learned today

## Rumination/Contemplation

Write down the important thoughts, goals, plans and what you want to do about it.

## Self-Growth Analysis

Rate on a scale of 1 to 10, how you performed on your Self-growth activities

a. Yoga & Pranayam

1 2 3 4 5 6 7 8 9 10

c. Reading/Learning

1 2 3 4 5 6 7 8 9 10

b. Spiritual Practices (Sadhana & Meditation)

1 2 3 4 5 6 7 8 9 10

d. Journaling

1 2 3 4 5 6 7 8 9 10



# 7 MINDSETS DAILY PRACTICE



## Morning

List the mindset(s)  
you want to practice today

How and where will you apply this  
mindset today?



## Evening

Rate how you applied it  
today.

1 2 3 4 5 6 7 8 9 10

How and where could you improve  
this further?

Your Name

Enter your e-mail

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in order to receive a special gift.