



**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 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 #6 - Self-Discipline

SUMMARY



- ▶ Discipline is the bridge between intention and accomplishment, between inspiration and achievement, between knowledge and practice.
- ▶ Abundance of willpower enables us to practice discipline in life. It provides us with the strength to resist temptations and shun fleeting attractions. It enables us to keep a razor-sharp focus upon the task at hand and accomplish brilliant results.
- ▶ As humans, we possess internal instruments consisting of senses, mind and Intellect. Amongst these, the intellect is rational and looks for long-term benefits without getting distracted by immediate gratification. The mind and the senses, yearn for enjoyment, irrespective of the long-term consequences.
- ▶ The noble virtue of discipline enables us to accept the voluntary inconvenience of behaving in the manner our intellect decides as correct, despite the tugging of the mind and senses.
- ▶ Willingness to tolerate discomfort is the universal prerequisite for success, happiness and fulfillment
- ▶ The Vedas have classified two kinds of happiness: shreya and preya. Shreya is the kind of happiness that seems like bitter poison in the beginning but turns out to be like sweet nectar later. Preya is the kind of happiness which is like nectar in the beginning but transforms into poison later.
- ▶ Achieving success requires dedication, perseverance and steady effort. Practice is the key that opens the door to excellence. Through repeated training or practice, the obstinate and turbulent mind is brought under control.
- ▶ Willpower is very much like a mental muscle. Willpower is highest in the morning and gets fatigued and depleted when we perform a task that requires immense self-control.
- ▶ Practicing meditation is a subtler and effective way to enhance the vital virtue of willpower.
- ▶ Given that willpower is a limited resource, it is best to invest our willpower in creating beneficial habits. The crowning benefit of good habits is that they convert things requiring a lot of discipline into automatic action.
- ▶ The habits we form can be either beneficial or harmful. We should establish good habits of thought and behavior and get rid of bad habits.
- ▶ Whether we wish to imbibe a good habit or break a bad one, we have to build up the momentum slowly. The initial phase is the hardest - to abstain from the bad behavior or to engage in the good one.
- ▶ Consistency in practice is of paramount importance in habit formation. It requires daily practice. Skipping it even two or three times results in habit suicide.

“ True freedom in life comes only when discipline becomes a way of life. In this way, the mind and the senses get trained to become subservient to the higher purpose of our intellect.

MINDSET #6 - *Self-Discipline*

ACTIVITY

List 1 bad habit that you need to change? Outline what steps you can take to break that bad habit.

List 1 good habit that you want to develop? Outline what steps you can take to develop this good habit.

Think of some exercise you would like to do for enhancing your willpower muscle?

DAILY PRACTICE *MINDSET #6 - Self-Discipline*

- Practice meditation daily!
- For a few minutes daily, mentally practice breaking the bad habit and creating the good habit.

DAILY REFLECTIONS

“Develop Discipline to do the right thing though it may be difficult. Desist from engaging in detrimental activities though they may seem to be pleasurable.



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

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