



**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 #7 - Overcoming Obstacles

## SUMMARY



- The distinguishing feature of the successful people is not that they do not experience problems on the path. Rather, they have a mindset that enables them to remain positive in the face of adversity and even utilize the negative situation for their benefit.
- Five steps to handle problems:
  - Expect problems - If we wish to progress upward in life, we should naturally expect to encounter adversities and hardships.
  - Prepare for problems - We must anticipate problems, evaluate the possibility of its occurrence and prepare for it.
  - Face the problem - When a problem arises, we must acknowledge that it exists, and then devise a plan for overcoming it.
  - Put the problem in its proper perspective - We must adopt the right attitude towards problems. Remember that inner strength is the biggest asset we have in the face of challenges, and a proper mindset wins half the battle.
  - Embrace the value of hardships - We must face obstacles positively and progress rapidly. The fact is that adversities have opportunities inherent in them, and opportunities do not come without problems.
- Adversity is not our biggest enemy, rather, it catalyses learning. If we face it with the proper mindset, it works to our advantage.
- If we wish to improve at anything, we have to be prepared for dangers to surmount, obstacles to overcome, hardships to face and pain to bear. That is the price we have to pay for improving ourselves.
- Setbacks are an opportunity to become detached from worldly entanglement. By looking at setbacks as a form of grace, we can free our mind from lamentation.
- There will always be people who will obstruct our way. Our mind will become full of hatred, anger and irritation if we resent them. Instead, if we develop the right attitude, we can convert the unavoidable opposition into opportunity for growth from within.
- Let us align ourselves with the grand design of God's universe and fulfil the purpose of our presence here, by rising to the ultimate perfection one step at a time, for that is the way to success, happiness and fulfilment.

“Bear in mind that the pain from the hardship is temporary, while the growth that comes with facing and solving it is permanent.”



## MINDSET #7 - **Overcoming Obstacles**

# ACTIVITY

**Outline a problem you faced in the past.**

**List the lessons learned by facing it.**

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**Think of a problem that you are currently facing.**

**List the learning and growth opportunities that you might get by facing it?**

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**Think of a person or situation on which you are holding a grudge. Outline how you can forgive/let go of it.**

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## **DAILY PRACTICE** MINDSET #7 - *Overcoming Obstacles*

For a few minutes daily, train your mind to see the opportunities in the problems you are facing.

## MINDSET #7 - Overcoming Obstacles

# DAILY REFLECTIONS

“Remember that the distinguishing feature of the successful is not that they do not experience problems. Rather, they have a mindset that enables them to remain positive in the face of adversity and even utilize the negative situation for their benefit.



### 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**

## MINDSET #7 - Overcoming Obstacles

# 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.