

»» **This journal is designed to support your journey in embodying the Yamas and Niyamas, which are foundational ethical principles in yoga.** The Yamas, or social ethics, include non-violence (Ahimsa), truthfulness (Satya), non-stealing (Asteya), moderation (Brahmacharya), and non-possessiveness (Aparigraha). The Niyamas, or personal observances, include purity (Saucha), contentment (Santosh), discipline (Tapas), self-study (Svadyaya), and surrender (Ishvara Pranidhana).

This journal is greatly inspired by Deborah Adele's book, *The Yamas and Niyamas: Exploring Yoga's Ethical Practice*. It is highly recommended to combine your journey with this wonderful resource.

HOW TO USE

Each month, you will focus on one Yama or Niyama.

Each day, you will be asked to practice daily self-care activities, gratitudes, a to-do list, a feelings check-in and a reflection prompt. Please refer to the Emotions and Physical Feelings charts at the beginning of this journal for the feelings check-in.

Don't overthink it! This journal is meant to be used in a way that feels right for you. Let it be a tool for meaningful reflection and growth. Embrace the process with an open heart and mind, and watch as the Yamas and Niyamas transform your life.



EMOTIONS CHART

EMOTIONS

INTENSITY

	SADNESS	ENGAGED	HAPPINESS	ANGER	FEAR
	Disappointed	Calm	Content	Irritated	Shy
	Bummed	Relaxed	Peaceful	Annoyed	Anxious
	Bored	Serene	Pleased	Aggravated	Nervous
	Gloomy	Open-Minded	Cheerful	Envious	Panicked
	Weary	Relieved	Curious	Jealous	OTHER
	Withdrawn	Satisfied	Confident	Disappointed	Relief
	Lonely	Focused	Respected	Critical	Goofy
	Unhappy	Present	Loving	Offended	Playful
	Excluded	Mindful	Joyful	Upset	Amazed
	Discouraged	Accepted	Giddy	Frustrated	Accepted
	Depressed	Connected	Excited	Mad	Bittersweet
	Miserable	Proud	Hyper	Furious	Uncertain
	Distraught	Grateful	Thrilled	Fuming	Confused
	Hopeless	Enthusiastic	Ecstatic	Humiliated	Distracted
	Numb	Inspired	Courageous	Outraged	Overwhelmed
		Safe			



PHYSICAL FEELINGS

PAIN	TEMPERATURE	LIGHT	HEAVY	SHAKY
Tender	Warm	Light	Dull	Antsy
Sore	Cool	Open	Disconnected	Fluttery
Achy	Chilly	Airy	Drained	Trembly
Tense	Cold	Calm	Dense	Squirmy
Tight	Clammy	Smooth	Tired	Jittery
Hurt	Sweaty	Relaxed	Blocked	Queasy
Weak	Shivery	Fluid	Congested	Wobbly
Hungry	Hot	Floating	Heavy	Dizzy
Nauseous	Icy	Expansive	Bloated	Shaky
Short of Breath	Sweltering	Energized	Lethargic	Jumpy
Clenched	Freezing	Strong	Numb	Frantic

THE YAMAS

Daily Journal



**CHALLENGE
TO CHANGE**

»» **The Yamas are ethical guidelines and the first limb of the Eight Limbs of Yoga as outlined in the ancient text, the Yoga Sutras of Patanjali.** They serve as a foundation for living a conscious, moral, and ethical life. The Yamas are universal practices that apply to all aspects of life and form the moral code of conduct for individuals seeking to live in harmony with themselves and the world around them.

THERE ARE FIVE YAMAS

AHIMSA (Non-violence) • Ahimsa encourages compassion and non-harming in thoughts, words, and actions. It involves cultivating kindness towards oneself and others and avoiding any form of violence or cruelty.

SATYA (Truthfulness) • Satya emphasizes the importance of honesty and authenticity in all interactions. It involves being truthful to oneself and others, fostering trust and integrity in relationships.

ASTEYA (Non-stealing) • Asteya promotes integrity and respect for others' possessions, time, and efforts. It calls for refraining from taking what does not belong to you and recognizing the value of what others contribute.

BRAHMACHARYA (Moderation) • Brahmacharya is about seeking balance and conserving energy. It often refers to celibacy, but more broadly, it encompasses moderation in all aspects of life, encouraging individuals to use their energy wisely and purposefully.

APARIGRAHA (Non-possessiveness) • Aparigraha involves letting go of attachments and embracing simplicity. It teaches the importance of not being possessive or greedy and encourages a mindset of contentment and non-attachment to material possessions.

AHIMSA

Non-Violence

*“How we treat ourselves is in truth
how we treat those around us.”*

~ Bryant McGill

Ahimsa is the practice of non-violence, which includes physical, mental, and emotional violence towards others and the self. We create violence most often in our reactions to events and others, habitually creating judgment, criticism, anger or irritation. The Buddhist practice of compassion may be an excellent tool to foster non-violence. **Compassion is the ability to accept events as they are with an open and loving heart.** It is letting go of reacting to a situation in a conditional and negative way, and replacing those thoughts or feelings with kindness, acceptance, and love.

“To **create a life** in a world free of violence is first and foremost to find our own courage.

“**CREATING BALANCE:**
When we are in balance we automatically live in nonviolence.

“Ahimsa invites us to question the feeling of powerlessness rather than accept it.

“How we treat ourselves is in **truth** how we treat those around us.

“When we are unwilling to look deeply and courageously into our own lives, we can easily violate others in many subtle ways that we may not even be aware of, thinking that we are actually helping them.

“We learn compassion as we dissolve our personal version of the world, and **grow** gentle eyes that are not afraid to see reality as it is.

»»» AHIMSA

1
DAY ONE



DAILY SELF-CARE

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- Book • _____
- Movement • _____
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DATE

»»» *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: What does Ahimsa look like for you in your life? OR FREE WRITE

Reflection CONTINUED



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»» AHIMSA

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Reflection: Where are you lacking Ahimsa in your life? OR FREE WRITE

Reflection CONTINUED



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»» AHIMSA

DAY THREE
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Reflection: What have you done this week to practice courage?
 Journal about something you have done that you wouldn't normally do.
 OR FREE WRITE

Reflection CONTINUED



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»»» AHIMSA

4
DAY FOUR



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Reflection: How different would your life look if you did one more courageous thing each day? OR FREE WRITE

Reflection CONTINUED



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»»» AHIMSA

5
DAY FIVE



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Reflection: In life greed, control, and insecurity are all rooted from fear... fear creates violence. Where in your life are you leading with fear vs. love?
OR FREE WRITE

Reflection CONTINUED



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»» AHIMSA

6
DAY SIX



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Reflection: How have you practiced balance this past week? OR FREE WRITE

Reflection CONTINUED



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»» AHIMSA

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DAY SEVEN



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Reflection: Journal on the messages you have received from your body this week. Have you taken more time to sleep? More exercise? Do you need to eat differently? OR FREE WRITE

Reflection CONTINUED



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»»» AHIMSA

DAY EIGHT
8



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How am I **feeling** today?

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Reflection: Dis-ease creates disease. Where are you lacking ease right now?
OR FREE WRITE

Reflection CONTINUED



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»» AHIMSA

DAY NINE



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How am I **feeling** today?

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Reflection: Spreading yourself too thin may be considered violent to yourself. Reflect on times when you spread yourself too thin. OR FREE WRITE

Reflection CONTINUED



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»»» AHIMSA

10
DAY TEN



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Reflection: Balance comes from listening to your intuition about what you need in the moment. What has your intuition been telling you this week? OR FREE WRITE

Reflection CONTINUED



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»» AHIMSA

11
DAY ELEVEN



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Reflection: When have you felt powerless? Reflecting on that time, ask yourself, "What do I need to do right now to feel competent and prepared in this situation?" OR FREE WRITE

Reflection CONTINUED



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»»» AHIMSA

12
DAY TWELVE



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Reflection: Write down five memories you are grateful for. Write about a time where you trusted everything would work out, even though you weren't certain. Consider the people you love and your favorite qualities about them. OR FREE WRITE

Reflection CONTINUED



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»» AHIMSA

13

DAY THIRTEEN



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Reflection: Write down ten favorite things about someone you love. Now write down ten things you love about yourself. Which was harder and why? OR FREE WRITE

Reflection CONTINUED



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»»» AHIMSA

14
DAY FOURTEEN



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Reflection: Do you have a harder time practicing Ahimsa toward yourself or others? Why do you think that is? OR FREE WRITE

Reflection CONTINUED



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»»» AHIMSA

15
DAY FIFTEEN



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Reflection: Is there a childhood story you hold onto that creates powerlessness? If yes, think about rewriting that story and what it would look like if you didn't carry that with you. OR FREE WRITE

Reflection CONTINUED



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»» AHIMSA

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DAY SIXTEEN



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How am I **feeling** today?

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Reflection: Is there anything that you could forgive yourself for? If so, what is it? OR FREE WRITE

Reflection CONTINUED



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»»» AHIMSA

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DAY SEVENTEEN



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How am I **feeling** today?

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Reflection: Name some things you don't love about yourself. Now rewrite each one and reframe it. Love yourself and be kind to yourself.

OR FREE WRITE

Reflection CONTINUED



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»» AHIMSA

18
DAY EIGHTEEN



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Reflection: Deborah Adele discusses that thinking we know what is better for others or trying to “fix” others’ lives is a subtle way we do violence towards others. When interacting with others, do you find yourself in a role of “helping” others or “supporting” others? Have you ever tried to “fix someone”? What was the result of that situation?
OR FREE WRITE

Reflection CONTINUED



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»»» AHIMSA

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DAY NINETEEN



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How am I **feeling** today?

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Reflection: List some of your worries. Worry says "I don't trust your journey, or your answers, or your timing." How can you trust those things and release worry? What would your life look like if it were worry-free? OR FREE WRITE

Reflection CONTINUED



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»»» AHIMSA

20

DAY TWENTY



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How am I **feeling** today?

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Reflection: Ahimsa asks us to step lightly, do no harm, and to honor the relationship we have with the earth, with each other, and with ourselves. How can you continue to engage in Ahimsa in an all-encompassing way?
OR FREE WRITE

Reflection CONTINUED



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SATYA

Truthfulness

“Truth rarely seeks the easier choice of us.”

~ Deborah Adele

Satya urges us to live and speak our truth at all times. Walking the path of truth may be a difficult one, and must be done in conjunction with Ahimsa. Since Ahimsa must be practiced first, we must be careful to not speak a truth if we know it will cause harm. Living in your truth not only creates respect, honor, and integrity but also provides the vision to clearly see the higher truths of the yogic path.

“ My biggest **fear** is that everyone I know will be in the same room at the same time and I won't know who to be.

“ Human beings both have a need to **belong** to groups and a need to expand and **grow**.

“ The compassion of nonviolence keeps truthfulness from being a personal weapon.

“ There was something in the **fierceness** in the way the people met the truth of their lives. They were able to contact life in its fullness.

»»» SATYA

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DAY ONE



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Reflection: What is the difference to you between being real and being nice? OR FREE WRITE

Reflection CONTINUED



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»»» SATYA

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How am I **feeling** today?

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Reflection: Journal about some situations this week in which you were nice. What did those experiences feel like for you? What were the results of these situations? OR FREE WRITE

Reflection CONTINUED



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»» SATYA

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Reflection: Journal about situations this week in which you were real. What did those experiences feel like for you? What were the results of these situations? OR FREE WRITE

Reflection CONTINUED



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DAY FOUR



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Reflection: How have you expressed yourself this week? OR FREE WRITE

Reflection CONTINUED



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DAY FIVE



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Reflection: Where in your life (think about groups, friends, family, work, etc.) are you lacking "real-ness" and showing your true authentic self? What are these relationships teaching you? OR FREE WRITE

Reflection CONTINUED



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»»» SATYA

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DAY SIX



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Reflection: How can you embody this quote: "Living the life that cries to be lived from the depth of our being frees up energy and vitality"?

OR FREE WRITE

Reflection CONTINUED



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DAY SEVEN



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Reflection: What groups do you belong to? (i.e Think about country, gender, class, age group, organizations, etc.) How does each group contribute to your inner longing to grow? Are there any conflicts between groups you belong to and the need to grow? OR FREE WRITE

Reflection CONTINUED



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»»» SATYA

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DAY EIGHT



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Reflection: Deborah Adele asks “Can you imagine speaking and acting so correctly that you never have to go back and apologize or make a new agreement?” Reflect on this question today. OR FREE WRITE

Reflection CONTINUED



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»»» SATYA

DAY NINE
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How am I **feeling** today?





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Reflection: When was a time that you felt you did something “right the first time” (in which you did not have to backtrack to apologize or correct mistakes)? How did that feel/What were the results? OR FREE WRITE

Reflection CONTINUED



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»»» SATYA

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DAY TEN



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Reflection: "Truth rarely seems to ask the easier choice of us." Write about a situation in which this statement applied to you. OR FREE WRITE

Reflection CONTINUED



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»»» SATYA

11
DAY ELEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
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How am I **feeling** today?

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Reflection: "We must be willing to take the risk to tell ourselves the truth and grow ourselves into someone who can trust themselves." Dive deep. Are there any lies have you been telling yourself recently? OR FREE WRITE

Reflection CONTINUED



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»» SATYA

12
DAY TWELVE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: "To be a bold person of truth is to constantly look for what we are not seeing and to expose ourselves to different views than the ones we hold sacred." Reflect on your ideas and beliefs. Are there any ideas/beliefs that no longer serve you? OR FREE WRITE

Reflection CONTINUED



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»»» SATYA

13
DAY THIRTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: What is an idea that you used to believe to be true, but is no longer a truth in your mind? OR FREE WRITE

Reflection CONTINUED



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»»» SATYA

14
DAY FOURTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: In what areas of your life are you able to be completely centered and present in the moment? OR FREE WRITE

Reflection CONTINUED



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»»» SATYA

15

DAY FIFTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» Personal Journal

GRATITUDES

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How am I **feeling** today?





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Reflection: In Western Culture, the phrase “ask for forgiveness, not permission” is widely used. What implications does this phrase have on your ability to engage in Satya; telling the truth to yourself and others? OR FREE WRITE

Reflection CONTINUED



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»»» SATYA

16
DAY SIXTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


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GRATITUDES

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How am I **feeling** today?

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Reflection: What might your life look like if you were able and willing to express truthfulness in every moment? OR FREE WRITE

Reflection CONTINUED



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»»» SATYA

17
DAY SEVENTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
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GRATITUDES

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How am I **feeling** today?

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Reflection: What risks, if any, are you willing to take in your life for the victories of truth? OR FREE WRITE

Reflection CONTINUED



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»» SATYA

18

DAY EIGHTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

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How am I **feeling** today?

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Reflection: How do you continue to practice Satya in your work life?
OR FREE WRITE

Reflection CONTINUED



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Reflection CONTINUED



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»» SATYA

20

DAY TWENTY



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

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How am I **feeling** today?

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Reflection: *“The compassion of nonviolence keeps truthfulness from being a personal weapon.”* Think about a time when truthfulness became a personal weapon. Where were you lacking compassion and nonviolence? Reflect on the reciprocal relationship between Satya and Ahimsa in that situation. OR
 FREE WRITE

Reflection CONTINUED



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ASTEYA

Nonstealing

“Asteya calls us to live with integrity and reciprocity.”

~ Deborah Adele

Asteya can be defined as not taking what is not freely given. While this may on the surface seem easy to accomplish, when we look further this Yama can be quite challenging to practice. On a personal level the practice of Asteya entails not committing theft physically and/or not causing or approving of anyone else doing so-in mind, word, or action. On the level of society, Asteya would be in opposition to exploitation, social injustice and oppression. While not easy, practicing Asteya encourages generosity and overcomes greed. *“When Asteya is firmly established in a yogi, all jewels will become present to him/her.”* (Patanjali, YS 2.37)

ASTEYA QUOTES

“**Imagine** what would happen if each time we took something, we gave something back.

“ They are inheriting a huge mess that feels almost insurmountable.

“ We need to take time to rest and reflect and contemplate.

“ When we are engaged in the **joy** and challenge of building ourselves, we automatically serve the world rather than steal from it.

“ The jewel of non-stealing asks us to build our competency with life itself.

»»» ASTEYA

DAY ONE
1



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: Journal about when and how you steal from others (through time, attention, "one-upmanship", power, confidence, and not being able to celebrate others' successes). OR FREE WRITE

Reflection CONTINUED



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»» ASTEYA

DAY TWO
2



DAILY SELF-CARE

- Podcast • _____
- Book • _____
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DATE

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GRATITUDES

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How am I **feeling** today?





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Reflection: How have you been a “forklift” for others in your life? In other words, how have you worked to uplift others? OR FREE WRITE

Reflection CONTINUED



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»» ASTEYA

3
DAY THREE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
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DATE

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GRATITUDES

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How am I **feeling** today?

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Reflection: Journal about where or how you might be stealing from the earth. How can you live more in reciprocity with the earth? OR FREE WRITE

Reflection CONTINUED



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»»» ASTEYA

4
DAY FOUR



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: "The bounty of the earth is for the community, not the individual." How have you contributed to your community this week?

OR FREE WRITE

Reflection CONTINUED



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»»» ASTEYA

5
DAY FIVE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


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GRATITUDES

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How am I **feeling** today?

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Reflection: "When we compare ourselves to others, we either find ourselves lacking, which makes us feel cheated, or we find ourselves superior, which leaves us feeling arrogant." List some ways that you compare yourself to others. How can you shift that mindset? Where do you think this mindset of comparison comes from? OR FREE WRITE

Reflection CONTINUED



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»»» ASTEYA

6
DAY SIX



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

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GRATITUDES

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How am I **feeling** today?

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Reflection: How can you continue to give back to your community or the earth? OR FREE WRITE

Reflection CONTINUED



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»» ASTEYA

7
DAY SEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
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GRATITUDES

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How am I **feeling** today?

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Reflection: Have you noticed anywhere this week that you are stealing from the future? How can you live more in reciprocity and awareness of the future? OR FREE WRITE

Reflection CONTINUED



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»»» ASTEYA

8
DAY EIGHT



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: Practice gratitude. Focus on "the abundance right before you". Make a list of what you are grateful for. OR FREE WRITE

Reflection CONTINUED



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»»» ASTEYA

9
DAY NINE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: What makes you unique? OR FREE WRITE

Reflection CONTINUED



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»» ASTEYA

10

DAY TEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

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GRATITUDES

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How am I **feeling** today?

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Reflection: You are a current caretaker for future lives on this earth. Your actions now have the potential to enhance future lives or steal from future lives. How might you live life differently knowing future lives will be inheriting what you leave behind? OR FREE WRITE

Reflection CONTINUED



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»» ASTEYA

11
DAY ELEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

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GRATITUDES

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How am I **feeling** today?

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Reflection: Take today to reflect on all of your life experiences. Where have you been? What have you done in your life? Allow these experiences to soak in and become a part of you. OR FREE WRITE

Reflection CONTINUED



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»» ASTEYA

12
DAY TWELVE



DAILY SELF-CARE

- Podcast • _____
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- Movement • _____
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GRATITUDES

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How am I **feeling** today?

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Reflection: What are some dreams you have for your life? OR FREE WRITE

Reflection CONTINUED



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»» ASTEYA

13
DAY THIRTEEN



DAILY SELF-CARE

- Podcast • _____
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DATE

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GRATITUDES

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How am I **feeling** today?





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Reflection: In thinking about your dreams and goals for your life, in what areas might you need to build competency or grow your abilities?
OR FREE WRITE

Reflection CONTINUED



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»» ASTEYA

14
DAY FOURTEEN



DAILY SELF-CARE

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DATE

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GRATITUDES

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Reflection: Create a “to-do” list of items you need to complete, study, and/or learn in order to bring you closer to your goals. OR FREE WRITE

Reflection CONTINUED



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»»» ASTEYA

15

DAY FIFTEEN



DAILY SELF-CARE

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GRATITUDES

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Reflection: Lack of belief in ourselves, low self-esteem, and judgements and criticism are all forms of self-abuse in which we steal from ourselves. When you find yourself engaging in these forms of self-abuse, what are ways in which you can give back to yourself? Check in with yourself, how often are you actively participating in the actions you listed? Challenge yourself this week to utilize these tools and give back to yourself. OR FREE WRITE

Reflection CONTINUED



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»» ASTEYA

16
DAY SIXTEEN



DAILY SELF-CARE

- Podcast • _____
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- Mantra • _____


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Reflection: After almost a month of practicing Asteya, how have you adjusted any habits of stealing from others, the earth, the future, and/or yourself? OR FREE WRITE

Reflection CONTINUED



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»» ASTEYA

17
DAY SEVENTEEN



DAILY SELF-CARE

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- Movement • _____
- Mantra • _____

DATE

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GRATITUDES

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How am I **feeling** today?

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Reflection: Reflect back on gratitude. What have you been grateful for over this month? OR FREE WRITE

Reflection CONTINUED



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»» ASTEYA

18
DAY EIGHTEEN



DAILY SELF-CARE

- Podcast • _____
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Reflection: How have you continued to practice Asteya in your personal life and professional life? OR FREE WRITE

Reflection CONTINUED



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»»» ASTEYA

19
DAY NINETEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
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DATE

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GRATITUDES

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Reflection: In regards to Asteya, what do you think you need to continue to work on? How will you continue the practices of Asteya in your life?

OR FREE WRITE

Reflection CONTINUED



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»» ASTEYA

20

DAY TWENTY



DAILY SELF-CARE

- Podcast • _____
- Book • _____
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How am I **feeling** today?

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Reflection: "When we don't know what we want or we don't have the courage to pursue it, everything that everyone else is doing looks tempting to us." Reflect on something you have always wanted in your life, but have not had the courage to pursue. What has been holding you back? What are the first steps you need to take toward pursuing this? OR FREE WRITE

Reflection CONTINUED



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BRAHMACHARYA

Nonexcess

“Brahmacharya reminds us to enter each day and each action with a sense of holiness rather than indulgence, so that our days may be lived in the wonder of sacredness rather than the misery of excess.”

~ Deborah Adele

Brahmacharya states that when we have control over our physical impulses of excess, we attain knowledge, vigor, and increased energy. To break the bonds that attach us to our excesses and addictions, we need both courage and will. And each time we overcome these impulses of excess we become stronger, healthier, and wiser. One of the main goals in yoga is to create and maintain balance. And the simplest method for achieving balance is by practicing Brahmacharya, creating moderation in all of our activities. Practicing moderation is a way of conserving energy, which can then be applied for higher spiritual purposes.

“In yogic thought, there is a moment in time where we reach the perfect limit of what we are engaged in. It is this moment of **just enough** that we need to recognize.

“Brahmacharya reminds us to enter each day and each action with a sense of holiness rather than indulgence.

“We have to be able to discern between what the body needs in the moment and the story our mind is telling us.

“As we move deeper into the practice of **“walking with God”**, we will find that excess doesn't own us quite as much as it used to.

»»» BRAHMACHARYA

1
DAY ONE



DAILY SELF-CARE

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- Book • _____
- Movement • _____
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DATE

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Reflection: We are a population of excess. Whether it be sex, food, sleep, work, entertainment, or another area, where do you seem to be “over-doing it”? OR FREE WRITE

Reflection CONTINUED



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»»» BRAHMACHARYA

2
DAY TWO



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Reflection: Examine your beliefs, values, habits, and actions around sexuality and sexual activity. OR FREE WRITE

Reflection CONTINUED



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»»» BRAHMACHARYA

3
DAY THREE



DAILY SELF-CARE

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- Movement • _____
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Reflection: "The point in life is to know what's enough." How does this idea apply in your life? OR FREE WRITE

Reflection CONTINUED



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»»» BRAHMACHARYA

4
DAY FOUR



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
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DATE

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GRATITUDES

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How am I **feeling** today?

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Reflection: Why do you think we as humans move past the place of enough into excess? OR FREE WRITE

Reflection CONTINUED



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»»» BRAHMACHARYA

5
DAY FIVE



DAILY SELF-CARE

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- Book • _____
- Movement • _____
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DATE

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GRATITUDES

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How am I **feeling** today?

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Reflection: Deborah Adele talks about a moment when she and her business partner had been drinking chai teas almost daily and she eventually began to realize, she was not having the chai, the chai was having her. Is there something in your life past or present that has or had moved from enjoyment to addiction? When was the moment you noticed it exceeded the point of enjoyment? Did you do something to change it? Why or why not? OR FREE WRITE

Reflection CONTINUED



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Reflection CONTINUED



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»»» BRAHMACHARYA

7
DAY SEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»» *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: Where do you struggle to see the Divine in your life? OR
FREE WRITE

Reflection CONTINUED



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»»» BRAHMACHARYA

DAY EIGHT
8



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: How do you honor others as sacred? OR FREE WRITE

Reflection CONTINUED



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Reflection CONTINUED



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»»» BRAHMACHARYA

10

DAY TEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» *Personal Journal*

GRATITUDES

- 1** • _____
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How am I **feeling** today?

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Reflection: People tend to fill voids of sadness, grief, fear, with food, sex or something else. What do you tend to soothe difficult emotions with? Are these healthy fillings? Why or why not? OR FREE WRITE

Reflection CONTINUED



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»»» BRAHMACHARYA

11
DAY ELEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: Are you willing to be sacred? Write down three practices that connect you to your passion and your sacredness. OR FREE WRITE

Reflection CONTINUED



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Reflection CONTINUED



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»»» BRAHMACHARYA

13

DAY THIRTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»» *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: How have you grown in your practice of Brahmacharya?
OR FREE WRITE

Reflection CONTINUED



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»»» BRAHMACHARYA

14
DAY FOURTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: What would you still like to work on in regards to Brahmacharya?
OR FREE WRITE

Reflection CONTINUED



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»»» BRAHMACHARYA

15
DAY FIFTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»» *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: "Seeing with the eyes of holiness shifts how we act as well as how we see. When gratitude and wonder sit in the heart, there is no need for excess." What things in your life might you need to begin seeing with "eyes of holiness"? OR FREE WRITE

Reflection CONTINUED



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DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»» Personal Journal

GRATITUDES

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How am I **feeling** today?





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Reflection: Think about your daily habits and routines. Are there areas where you might be overindulging or using your energy inefficiently? How can you apply the principle of moderation to these areas?

Reflection CONTINUED



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DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: Consider how you spend your energy throughout the day. Write about moments when you felt drained and moments when you felt energized. What activities or habits contribute to these feelings?

Reflection CONTINUED



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»»» BRAHMACHARYA

18
DAY EIGHTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: Brahmacharya can also be about mindful consumption. Reflect on your consumption patterns (food, media, material goods). How can you make more mindful choices that align with the principle of moderation?

Reflection CONTINUED



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DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: How can you live more intentionally and purposefully? Write about ways you can channel your energy into activities and relationships that truly matter to you.

Reflection CONTINUED



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»»» BRAHMACHARYA

20

DAY TWENTY



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
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DATE

»»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: Think about your personal boundaries. Are there situations where you need to set clearer boundaries to protect your energy? How can you communicate and enforce these boundaries in a kind and respectful way?

Reflection CONTINUED



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APARIGRAHA

Nonpossessiveness

“Aparigraha invites us to let go and to pack lightly for the journey through life, all the while caring deeply and enjoying fully.”

~ Deborah Adele

Aparigraha urges us to let go of everything that we do not need, possessing only as much as necessary. The yogis tells us that worldly objects cannot be possessed at all, as they are all subject to change and will be ultimately destroyed. When we become greedy and covetous we lose the ability to see our one eternal possession, the Atman, our true Self.

APARIGRAHA QUOTES

“ Like the breath when it is held too long, the things that **nourish** us can become toxic.

“ Aparigraha invites us to practice divine play, experience full intimacy and contact with the moment, and then to let go so the next thing can come.

“ Anything we cling to creates a maintenance problem for us.

“ Our expectations keep us captive and often leave us disgruntled, and yet we choose our attachments rather than our freedom.

“ How many bags are you taking?

»» APARIGRAHA

1
DAY ONE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: Pay attention to your breath...

Journal any observations, thoughts, feelings, etc. OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

DAY TWO
2



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
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DATE

»» Personal Journal

GRATITUDES

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How am I **feeling** today?





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Reflection: How do you incorporate mindful breathing into your everyday life? OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

DAY THREE
3



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
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»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: How can we model our lives more like our breath? OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

4
DAY FOUR



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: When you let go of something, you may have to be ready for the next thing to come to you. Has letting go ever allowed for new doors to open for you? What were they? OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

5
DAY FIVE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: "Aparigraha invites us to let go and to pack lightly for our journey through life, all the while caring deeply and enjoying fully." What does this mean to you? What might you need to let go of in order to pack lightly for your life? OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

6
DAY SIX



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
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DATE

»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: Deborah Adele talks about how letting go sometimes feels like a trapeze artist, suspended in midair and needing to be fully ready for the bar swinging towards them and trusting the timing of their swing. Journal about something you have let go of that felt like this. What was the result of this situation? OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

7
DAY SEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

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»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: Reflect on areas and/or people in your life where you impose your own expectations, demanding that they give you the usual fulfillment and comfort they have given you in the past. OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

8
DAY EIGHT



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: What expectations do you hold of others? Do any of these expectations leave you feeling disgruntled? If so, how? How can you begin to let go and/or manage these expectations? OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

9
DAY NINE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» *Personal Journal*

GRATITUDES

- 1 • _____
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How am I **feeling** today?





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Reflection: What expectations do you hold of yourself? Do any of these expectations of yourself keep you limited or leave you feeling disgruntled? If so, how? How can you begin to let go and/or manage these expectations?
OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

10
DAY TEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
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»»..... *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: How can you develop your “letting go” muscle? OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

11
DAY ELEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
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- Mantra • _____


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»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: What physical things have you surrounded yourself with that may have a hold on you or make you feel heavy? OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

12
DAY TWELVE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
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»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?





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Reflection: What physical things have you surrounded yourself with that make you feel free and light? OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

13
DAY THIRTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
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DATE

»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: What is the difference between enjoyment and attachment?
OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

14
DAY FOURTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: Do you see anywhere in your life in which the line between attachment and enjoyment gets blurred? If so, where? OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

15
DAY FIFTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
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»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: "Bananas" for us are anything we expect to give us the same fulfillment the second and third time...anytime we want the same "feel good results." What are the "bananas" in your life that may be preventing you from feeling "free"? OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

16
DAY SIXTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» *Personal Journal*

GRATITUDES

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How am I **feeling** today?





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Reflection: Reflect on and journal about the “suitcases” of expectations, tasks, and plans - or in other words, the “baggage” - that you carry with you every day. OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

17
DAY SEVENTEEN



SADHANA

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» Personal Journal

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How am I **feeling** today?

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Reflection: What clutter do you have in your physical space? What clutter do you have in your mental space? How can you begin to declutter? OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

18
DAY EIGHTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: Has your mindful breathing developed in any way throughout this month? If so, how? OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

19
DAY NINETEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
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DATE

»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: In what ways has your “letting go” muscle developed over this month? OR FREE WRITE

Reflection CONTINUED



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»» APARIGRAHA

20

DAY TWENTY



DAILY SELF-CARE

- Podcast • _____
- Book • _____
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DATE

»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: Return to this quote: "Aparigraha invites us to let go and to pack lightly for our journey through life, all the while caring deeply and enjoying fully." How have you implemented this over the past month? OR FREE WRITE

Reflection CONTINUED



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»» THE NIYAMAS

Daily Journal



**CHALLENGE
TO CHANGE**

»» **The Niyamas are the second limb of the Eight Limbs of Yoga in Patanjali's Yoga Sutras.** They represent personal observances and practices that guide individuals toward self-discipline, inner-strength, and spiritual growth. These ethical guidelines complement the Yamas, which are more focused on social ethics and how we interact with others.

THERE ARE FIVE NIYAMAS:

SAUCHA (Purity) • Saucha emphasizes cleanliness and purity, both externally and internally. It involves maintaining cleanliness in the body, environment, and mind. Practicing saucha leads to a sense of clarity and lightness, promoting overall well-being.

SANTOSHA (Contentment) • Santosha is the practice of finding contentment and satisfaction in the present moment. It encourages gratitude for what one has, rather than constantly striving for more. Cultivating santosha leads to inner peace and joy, regardless of external circumstances.

TAPAS (Discipline) • Tapas refers to self-discipline and burning desire to pursue spiritual practices and personal growth. It involves commitment, perseverance, and the willingness to undergo challenges for the sake of self-improvement. Practicing tapas helps build willpower and inner strength.

SVADHYAYA (Self-study) • Svadhyaya is the practice of self-reflection and self-awareness through the study of sacred texts and introspection. It involves understanding oneself, recognizing patterns, and gaining insight into one's true nature. Svadhyaya fosters personal growth and deeper connection to one's spiritual path.

ISHVARA PRANIDHANA (Surrender to a Higher Power) • Ishvara Pranidhana involves surrendering to the trusting in a higher power or the divine. It encourages humility, letting go of ego, and recognizing that there is a greater force guiding the universe. This practice helps cultivate faith, devotion, and a sense of inner peace.

SAUCHA

Self Purification

“Purity is not our attempt to make something different than it is; rather it is to be pure in our relationship with it, as it is in the moment.”

~ Deborah Adele

Saucha is a central aim of many yogic techniques, and is the first principle of Patanjali's five Niyamas. The yogis discovered that impurities in both our external environment and our internal body adversely affect our state of mind, and prevent the attainment of wisdom and spiritual liberation. The practices of asana, pranayama and meditation cleanse and purify the body and mind, as well as strengthening their capacity to maintain a pure state of being. We must also consciously work at surrounding ourselves with a pure environment (including food, drink, friends, entertainment, home furnishings, and transportation) to not add any external impurities back into our bodies or minds.

SAUCHA QUOTES

“ Purity as a Cleansing Process: Taking steps to cleanse and **purify** ourselves will look different for each of us.

“ Purity as relational: The difference between being pure with something, rather than trying to make something pure is a subtle and tricky distinction.

“ Gathering the scattered pieces of ourselves.

»» SAUCHA

1
DAY ONE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: What internal and external “toxins” are hard to rid from your life? OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

2
DAY TWO



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
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DATE


»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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 **MUST get DONE**
WORK

HOME

Reflection: If you could “burn” something away, what would it be? Is there something holding you back? OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

DAY THREE
3



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
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How am I **feeling** today?

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Reflection: Where can you "lighten your load"? OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

4
DAY FOUR



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: What areas in your life need purifying? Think about your body, your mind, your soul, your physical world, and the people you surround yourself with. What are your first steps to cleansing? OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

5
DAY FIVE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
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How am I **feeling** today?

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Reflection: What areas in your life need decluttering? OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

6
DAY SIX



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: Where in your life do you see Saucha in action? FREE WRITE

Reflection CONTINUED



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»» SAUCHA

7
DAY SEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: Is there something in your life you have a hard time accepting and are constantly trying to change? OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

DAY EIGHT



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: What do you think the difference is between being pure with something, rather than trying to make something pure? Where do you see these distinctions in your life? How can you reframe your perspective?
OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

9
DAY NINE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: Are there relationships in your life that do not serve your highest self? OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

10
DAY TEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: What causes you to be distracted and non-present in your relationships? OR FREE WRITE

Reflection CONTINUED



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»»» SAUCHA

11
DAY ELEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»» *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
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How am I **feeling** today?

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Reflection: What are some unrealistic expectations you hold of yourself? Where do those expectations come from? Do you find yourself placing those same expectations on others? OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

12
DAY TWELVE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: What are you dishonest with yourself about? OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

13
DAY THIRTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: Where in your life do you see Saucha in action? OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

14
DAY FOURTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»..... Personal Journal

GRATITUDES

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How am I **feeling** today?





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Reflection: Is Saucha more prevalent in your physical, mental, emotional or spiritual body? OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

15

DAY FIFTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE


»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: Because we have not taken the time to “catch up” with ourselves, we are living on the leftovers of where we have been or the preparations of where we are going. Do you tend to live on your “leftovers” or the “preparations”? How can you live more in the present? OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

16
DAY SIXTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: When your life is filled with clutter and things not serving you, how does it feel physically, mentally and emotionally? OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

17
DAY SEVENTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: Reflect on how it feels when you burn away things that no longer serve you? OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

18
DAY EIGHTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

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GRATITUDES

- 1 • _____
- 2 • _____
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How am I **feeling** today?

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Reflection: If you brought more Saucha into your life, what would your purest life look like? OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

19
DAY NINETEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
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»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: Have you noticed any positive effects from finding more presence or burning away what doesn't serve you? OR FREE WRITE

Reflection CONTINUED



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»» SAUCHA

20

DAY TWENTY



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


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»» Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
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How am I **feeling** today?

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**MUST
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Reflection: Make a list of all of the things, people, habits, etc. that you'd still like to burn away or release from your life. OR FREE WRITE

Reflection CONTINUED



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SANTOSHA

Contentment

“Contentment is falling in love with your life.”

~ Swami Rama

Santoshā is not craving for what we do not have as well as not coveting the possessions of others.

The yogis tell us that when we are perfectly content with all that life gives us, then we attain true joy and happiness. It is easy for the mind to become fooled into thinking that we can attain lasting happiness through materialism. Practicing contentment frees us from the unnecessary suffering of always wanting things to be different, and instead fills us with gratitude and joy for all of life's blessings.

SANTOSHA QUOTES

“Santosha invites us into contentment by taking refuge in a calm center, opening our hearts in **gratitude** for what we do have, and practicing the paradox “not-seeking”

“ Seeking and avoiding are expensive uses of our energy.

“ When we give the power of our emotional state to someone or something outside ourselves we have made ourselves helpless.

“ Practicing gratitude protects us from our own pettiness and smallness and keeps us centered in the **joy of abundance** of our own life.

“ Discontentment is the illusion that there can be something else in the moment. There isn't and there can't be. The moment is complete.

»»» SANTOSHA

1
DAY ONE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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Reflection: Where do you actively seek "more" in your life? OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

DAY TWO
2



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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**MUST
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Reflection: Can you practice the paradox of "not seeking"? Where could you start? OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

DAY THREE
3



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
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How am I **feeling** today?

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Reflection: In our Western society, we are constantly “getting ready to live”. Where do you see that in your life? OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

4
DAY FOUR



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: What do you seek for pleasure? What do you avoid for pleasure?
OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

5
DAY FIVE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE


»»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: Looking outward for fulfillment will always disappoint us and keep contentment one step out of reach. Where do you find satisfaction outside of yourself? Where do you find it inside yourself? OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

6
DAY SIX



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE


»»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: What would your life look like if you adopted the mindset of the 116-year-old man who said, "If it rains, you let it in"? OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

7
DAY SEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
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DATE

»»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: How do you give your emotional well-being away? How can you change the narrative? OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

8
DAY EIGHT



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: Do you ever give the power of your emotional state to others?
OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

9
DAY NINE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


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»»» *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: Document your emotional disturbances from the last week. Who has made you feel something that strays from your center? Have you gotten mad, sad, angry, disappointed, impatient, irritated? Snapped at someone? OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

10

DAY TEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
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GRATITUDES

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How am I **feeling** today?

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Reflection: Talk about a time you have played the "if only" game. In other words, journal about a time when you let your contentment be controlled by uncontrollable variables and saying the outcome would have been differently "if only...". OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

11
DAY ELEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» Personal Journal

GRATITUDES

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How am I **feeling** today?





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Reflection: Name 10 things you are grateful for and why. OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

12
DAY TWELVE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: How can you practice gratitude more often? OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

13
DAY THIRTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
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- Mantra • _____


DATE

»»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: Can you protect yourself from your own pettiness and smallness?
 Where do you see those shadow parts of yourself coming to light?
 OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

14
DAY FOURTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: When do you feel the most centered and unshakable? How can you find that calm centeredness more? OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

15
DAY FIFTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
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GRATITUDES

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Reflection: When have you felt "powerless"? Is there a recurring theme in your life that makes you feel this way? How can you protect your power?
OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

16
DAY SIXTEEN



DAILY SELF-CARE

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- Book • _____
- Movement • _____
- Mantra • _____


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»»» *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: How can you learn to be more content with the present moment, or work towards achieving that contentment? OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

17
DAY SEVENTEEN



DAILY SELF-CARE

- Podcast • _____
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- Mantra • _____


DATE

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GRATITUDES

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How am I **feeling** today?

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Reflection: Are there "little things" in which you can find Santosha?
OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

18
DAY EIGHTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: How do you think complaining hinders Santosha? OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

19
DAY NINETEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: Do you feel or notice Santosha on a regular basis? If you do, why? If you don't, why? OR FREE WRITE

Reflection CONTINUED



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»»» SANTOSHA

20
DAY TWENTY



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: How can you become content with boredom? With sadness? With depression? With impatience? With disappointment? With loss? OR
FREE WRITE

Reflection CONTINUED



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TAPAS

Self-Discipline

*“Can you show courage and stay in the
fire until you find the blessing?”*

~ Deborah Adele

Tapas is a yogic practice of intense self-discipline and attainment of will power. Basically, Tapas is doing something you do not want to do that will have a positive effect on your life. When our will conflicts with the desire of our mind and internal “fire” is created which illuminates and burns up our mental and physical impurities. This inner fire can also be used as a source of spiritual energy; the yogis say the sole practice of Tapas can lead to the release of kundalini and attainment of enlightenment. Tapas transforms and purifies us as well as enables the conscious awareness and control over our unconscious impulse and poor behavior. Tapas builds the will power and personal strength to help us become more dedicated to our practice of yoga.

TAPAS QUOTES

“The question becomes for us, what are we practicing for? When is the last time you even asked yourself this question?”

“In those times when we don't know how to get through the next minute of what seems unknown and overwhelming to us, can we hold on until we are somehow blessed by our struggle?”

“The promise of a crisis is that it will pick us up and deposit us on the other side of something. Will we trust the process or will we run and hide?”

»» TAPAS

1
DAY ONE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?





MUST
get
DONE

WORK

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Reflection: How strong is your self-discipline? OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

DAY TWO
2



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: What habits can you "burn off" that are no longer serving you?
OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

DAY THREE
3



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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Reflection: Write about your ideal daily self-care practice. Are you implementing any of these practices? Why or why not? OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

4
DAY FOUR



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: Tapas is our determined power to be a person of character and strength; explain what characteristics a person of character and strength would have. OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

5
DAY FIVE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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Reflection: Tapas is the day to day choice, to burn non-supportive habits of the body and mind, choosing to forsake momentary pleasures for future rewards. How are you practicing Tapas in your life? OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

6
DAY SIX



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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Reflection: Make a list of all of the things in your life that trigger fear. Now cross out all of the things that you know you can withstand. OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

7
DAY SEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: Is there anything you're deeply scared of right now? How can you stay in the unpleasantness and work through struggle rather than run in fear? OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

8
DAY EIGHT



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
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How am I **feeling** today?

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Reflection: What does it mean to you “to be both burned and blessed”?
OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

9
DAY NINE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
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How am I **feeling** today?

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Reflection: Deborah Adele discusses a bumper sticker that says “a crisis is a terrible thing to waste”. Journal about crises in your life. What did they teach you? How did you grow? Can you think of a wasted crisis? OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

10

DAY TEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... Personal Journal

GRATITUDES

- 1** • _____
- 2** • _____
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How am I **feeling** today?

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Reflection: "It is the times of hopeless desperation that shape and mold us into someone of depth." Journal about any difficult life experiences that have molded you into who you are today. OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

11
DAY ELEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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Reflection: Where in your life could you use more discipline? OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

12
DAY TWELVE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: What is the most difficult aspect of life for me to apply discipline? OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

13
DAY THIRTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» *Personal Journal*

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: Having more self-discipline usually pushes us to surround ourselves with more like-minded people. Can you think of any relationships that bloomed from Tapas being implemented into your life? OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

14
DAY FOURTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE


»»..... Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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 **MUST get DONE**
WORK

HOME

Reflection: Having self-discipline usually goes hand in hand with having faith. List some things you have faith in. OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

15
DAY FIFTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
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How am I **feeling** today?

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Weekend Reflection: Journal about a time where you could have used the advice, "trust the process"? What was the outcome of the situation? How could you use it now? OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

16

DAY SIXTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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Reflection: Having self-discipline usually goes hand in hand with having faith. List some things you have faith in. OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

17
DAY SEVENTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

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GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: Rumi says to “welcome the heat”. What is “heat” in your life?
OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

18
DAY EIGHTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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Reflection: Is there a time in your life when you've truly felt self-disciplined? Reflect on why or why not. OR FREE WRITE

Reflection CONTINUED



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»» TAPAS

19
DAY NINETEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE


»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: Is there a time in your life when you've truly felt self-disciplined? Reflect on why or why not. OR FREE WRITE

Reflection CONTINUED



A series of horizontal blue lines for writing, overlaid with a large, faint, light blue circular graphic containing a stylized sun, a cross, and a fish.



»» TAPAS

20

DAY TWENTY



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
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How am I **feeling** today?

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**MUST
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Reflection: We always have a choice "to break down, or to break open". What does a breakdown look like in your life and what does breaking open look like? Notice the differences and the outcomes. Reflect on your break downs vs. break opens. OR FREE WRITE

Reflection CONTINUED



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SVADHYAYA

Self-Study

*“We all carry it within us; supreme strength, the fullness of wisdom,
unquenchable joy. It is never thwarted and cannot be destroyed.
But it is hidden deep, which is what makes life a problem.”*

~ Huston Smith

Svadhyaya is the ability to see our true divine nature through the contemplation of our life's lessons and through the meditation on the truths revealed by seers and sages. Life presents an endless opportunity to learn about ourselves; our flaws and weaknesses give us the opportunity to grow, and our mistakes allow us to learn. Examining our actions becomes a mirror to see our conscious and unconscious thoughts, motives, and desires more clearly. The yogic practice of Svadhyaya also involves the study of sacred and spiritual texts as a guide to our interior world where our true self resides. Self study requires both seeing who we are in the moment and seeing beyond our current state to realize our connection with the divine.

“ We cannot love or hate something about another person or the world unless it is already inside of us first.

“ We need our eyes and hearts **wide open** to look at every ripple of disharmony that we experience.

“ Knowing that we aren't who we thought we were begins to open up the possibility of knowing our true **Self**.

»» SVADHYAYA

1
DAY ONE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... *Personal Journal*

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: How do you partake in self-study? OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

DAY TWO
2



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: Is there a special setting or activity where you find insight and inquiry of the self? OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

3
DAY THREE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: Is there something you can do daily that will force you to look inward? OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

4
DAY FOUR



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» *Personal Journal*

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: Without thinking, quickly write down the first 5 things that come to your mind that describe the world as you see it. GO! Now reflect. Every comment that you have made to describe the world will tell you more about yourself than about the world. Journal about that, how it makes you feel, and what projections you are making onto others or the world around you.
OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

5
DAY FIVE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

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GRATITUDES

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How am I **feeling** today?

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Reflection: Make a list of 5 things you love about people and/or the world. Make a list of 5 things you hate about people or the world. All of the projections you make are reflections of pieces of you that you love, don't love, can't see, or can't accept yet. Label yours. OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

6
DAY SIX



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
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How am I **feeling** today?

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Reflection: Are there people or situations in which you find yourself projecting? OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

7
DAY SEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: How can you separate yourself from your reactions?
OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

8
DAY EIGHT



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: "The world is your autobiography". Read that again. Write about how that makes you feel. OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

9
DAY NINE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» *Personal Journal*

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: List your "boxes": country, culture, age, town, ancestors, family history, groups you're a part of, marital status, job, education, socio-economic status, sexual orientation, gender, past experiences, passions, hobbies etc. Know that none of these are wrong, but explore how they might be constraining. OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

10

DAY TEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: "Svadhyaaya, or self-study, is about knowing our true identity as Divine and understanding the boxes we are wrapped in. This process of knowing ourselves, and the boxes that adorn us, creates a pathway to freedom". How well do you feel as though you know yourself? Have you ever felt that you are a Divine being, if so explain how you felt you knew? Do you feel like you're on your pathway to freedom? OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

11
DAY ELEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: What are some things your family did that you were conditioned to believe as "*the right way*"? OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

12
DAY TWELVE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: List things or people “you can’t stand” or “drive you crazy” or pet peeves. This holds the greatest potential for spiritual growth. How does that make you feel? OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

13
DAY THIRTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
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How am I **feeling** today?

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Reflection: Who are you? OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

14
DAY FOURTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» Personal Journal

GRATITUDES

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How am I **feeling** today?

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Reflection: On a scale from 1-10, how self-aware do you feel? Of your words, actions, reactions, body language? OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

15
DAY FIFTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE


»»..... *Personal Journal*

GRATITUDES

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How am I **feeling** today?

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Reflection: What is an unpleasant part of yourself, or something you don't love? Your body, selfishness, greed, anger, resentment, impulsiveness, judgements? Write a letter to that part of you. Be kind, compassionate, loving, understanding, curious and gentle with that part of you. OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

16
DAY SIXTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»..... *Personal Journal*

GRATITUDES

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How am I **feeling** today?





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Reflection: Do you feel that your true identity matches exactly with your ego or the roles and labels that society assigns to you? OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

17
DAY SEVENTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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**MUST
get
DONE**

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HOME

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Reflection: Are there any boxes or belief systems that you think make you "less than you are"? Why or why not? OR FREE WRITE

Reflection CONTINUED



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Reflection CONTINUED



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»» SVADHYAYA

19
DAY NINETEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»..... Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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**MUST
get
DONE**

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Reflection: If you had a beginner's mind, "to know that you don't know", how would your life look different? OR FREE WRITE

Reflection CONTINUED



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»» SVADHYAYA

20
DAY TWENTY



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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**MUST
get
DONE**

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Reflection: Deborah Adele talks about the story of the young man asking his father if the Mississippi River was polluted, and his father claimed that *"the river is only carrying the pollution, the river itself is pure"*. What is your mind carrying that is holding you back, or polluting your life? Are you identifying with your thoughts, or do you feel they are separate from your true self? OR FREE WRITE

Reflection CONTINUED



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ISHVARA PRANIDHANA

Self Surrender

“Ultimately there is nothing I can tell you about surrender except having nothing and wanting nothing. Not keeping score, not trying to be richer, not being afraid of losing, not being particularly interested in our own personalities; Choosing to be happy, no matter what happens to us. These are some of the clues. The rest we learn with practice and grace.”

~ Swami Chetanananda

Ishvara Pranidhana is the dedication, devotion, and surrender of the fruits of one's practice to a higher power. This Niyama fuses two common aspects of yoga within it: the devotion to something greater than the self and the selfless action of karma yoga. Patanjali tells us that to reach the goal of yoga we must dissolve our egocentric nature and let go of our constant identification with ourselves. To do this, our yoga practice and all of the benefits we may receive from our practice must be seen as an offering to something greater than ourselves. To do this, our yoga practice and all of the benefits we may receive from our practice must be seen as an offering to something greater than ourselves. Through this simple act of dedication we become reminded of our connection to our higher power, and our yoga practice becomes sacred and filled with grace, inner peace and abounding love.

ISHVARA PRANIDHANA

“Ishvara Pranidhana, the jewel of surrender, presupposes that there is a divine force at work in our lives. Ultimately this guideline invites us to surrender our egos, **open our hearts** and accept the higher purpose of our being.

“As we learn to stop fighting life, we can begin to act skillfully.

“Surrender asks us to be strong enough to engage in each moment with integrity while being soft enough to flow with the current of life.

“Ishvara Pranidhana is the surrender of the ego to a higher purpose. As the ego stops fighting to be number one, life begins to nourish and feed us in amazing ways.

»»» ISHVARA PRANIDHANA

1
DAY ONE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE


»»» *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

 _____

 **MUST get DONE**
WORK

HOME

Reflection: List out some times in your life where you were looking for a "prize" in life? OR FREE WRITE

Reflection CONTINUED



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»»» ISHVARA PRANIDHANA

DAY TWO
2



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE


»»» Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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 **MUST get DONE**
WORK

HOME

Reflection: Do you believe there is a Divine work at play in life? What do you call it: God, Allah, the universe, grace, cosmos, etc.? How do you feel the Divine in your everyday life? OR FREE WRITE

Reflection CONTINUED



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»» ISHVARA PRANIDHANA

3
DAY THREE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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DONE

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Reflection: Describe a time where time disappeared and you disappeared with it? OR FREE WRITE

Reflection CONTINUED



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ISHVARA PRANIDHANA

4
DAY FOUR



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»»» *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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MUST
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DONE

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Reflection: List ways you “get in your own way” and surrendering seems near impossible? OR FREE WRITE

Reflection CONTINUED



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»»» ISHVARA PRANIDHANA

5
DAY FIVE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»» *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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Reflection: "There is purpose hidden in each event". ~ Ralph Waldo Emerson

Reflect on some ordinary moments in your life that, in hindsight, revealed a more meaningful purpose. OR FREE WRITE

Reflection CONTINUED



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Reflection CONTINUED



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»» ISHVARA PRANIDHANA

7
DAY SEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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DONE

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Reflection: Make a list of fears that hold you back from surrendering to life. How would your life look if you let go of the ones no longer serving you?
OR FREE WRITE

Reflection CONTINUED



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»»» ISHVARA PRANIDHANA

8
DAY EIGHT



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE


»»» *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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MUST get DONE

WORK

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HOME

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Reflection: Where can you become less rigid and release the need to control? What fears do you have that hinder letting things flow? What do you think would change if you let go of your need to control? OR FREE WRITE

Reflection CONTINUED



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»»» ISHVARA PRANIDHANA

9
DAY NINE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE


»»» *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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 **MUST get DONE**
WORK

HOME

Reflection: Journal on this statement: **Surrender is not a passive act.**
Journal about this. Do you agree or disagree? OR FREE WRITE

Reflection CONTINUED



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»» ISHVARA PRANIDHANA

10
DAY TEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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WORK

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Reflection: We know we are surrendering by assessing whether we are contracting or expanding. Contracting is pulling in or constricting. Expanding is opening and creating space and wonder. When are times you contract? When are times you expand? OR FREE WRITE

Reflection CONTINUED



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»» ISHVARA PRANIDHANA

11
DAY ELEVEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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MUST
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Reflection: "Life knows better than we do". ~ Rumi
What does this mean to you? OR FREE WRITE

Reflection CONTINUED



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»»» ISHVARA PRANIDHANA

12
DAY TWELVE



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»»» Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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MUST
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DONE

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Reflection: If you were to release all control and surrender, how do you think it might feel in your mind and body? OR FREE WRITE

Reflection CONTINUED



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»» ISHVARA PRANIDHANA

13
DAY THIRTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE

»» *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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WORK

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HOME

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Reflection: Is there something in this moment you could accept with an open heart? OR FREE WRITE

Reflection CONTINUED



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»» ISHVARA PRANIDHANA

14
DAY FOURTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE


»»..... *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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 **MUST get DONE**

WORK

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Reflection: We are asked to be strong and yet soft at the same time. How can you approach life in this way? OR FREE WRITE

Reflection CONTINUED



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»» ISHVARA PRANIDHANA

15
DAY FIFTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE


»» *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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MUST get DONE

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Reflection: You are a dance partner to life. Deborah Adele mentions “we are asked to be vulnerable and undefended, and yet so present we can follow the next move, wherever the leading step takes us, adding our own style as we go.” When do you struggle to be vulnerable and let your guard down? Where does that come from? If you began to let go in those moments, how would you be more present? Describe your style you add to life. OR FREE WRITE

Reflection CONTINUED



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»» ISHVARA PRANIDHANA

16
DAY SIXTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE


»» Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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MUST get DONE

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Reflection: Briefly write down everything you did yesterday. Reflect on all of the moments in your day, and try to find the meaning or purpose in events, interactions, activities, or moments in your day. OR FREE WRITE

Reflection CONTINUED



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»»» ISHVARA PRANIDHANA

17
DAY SEVENTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE


»»» *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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 **MUST get DONE**
WORK

HOME

Reflection: Make a list of things in your life where you would like to be more fluid. OR FREE WRITE

Reflection CONTINUED



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»»» ISHVARA PRANIDHANA

18
DAY EIGHTEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE


»»» Personal Journal

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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 **MUST get DONE**
WORK

HOME

Reflection: What is holding you back from becoming your best self?
OR FREE WRITE

Reflection CONTINUED



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»» ISHVARA PRANIDHANA

19
DAY NINETEEN



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____

DATE

»» *Personal Journal*

GRATITUDES

- 1 • _____
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- 3 • _____

How am I **feeling** today?

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Reflection: Write a letter to yourself encouraging you to surrender to the universe. OR FREE WRITE

Reflection CONTINUED



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»»» ISHVARA PRANIDHANA

20
DAY TWENTY



DAILY SELF-CARE

- Podcast • _____
- Book • _____
- Movement • _____
- Mantra • _____


DATE


»»» *Personal Journal*

GRATITUDES

- 1 • _____
- 2 • _____
- 3 • _____

How am I **feeling** today?

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MUST get DONE

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Reflection: What is your higher purpose in life? Do you know it yet? If so talk about how you realized what it was. If you don't, what steps do you think you can take to surrender to life to find it? OR FREE WRITE

Reflection CONTINUED



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