

Society & Media Worksheet

1. What are the strongest social influences to affect you in the past week?

2. When did you last cultivate positive friends? Was it planned or accidental?

3. What percentage of your week is spent with positive company? What percentage with challenging, difficult, or unpleasant people? How does this affect you?

Positive_____ Difficult_____ Neutral_____

4. When should you try to remove yourself from destructive friends before their negativities overwhelm you? Give some examples.

(a) _____

(b) _____

5. What are the strongest media influences that affected you this week?

6. What motivation do you have to watch the news, surf the net? Is it conscious?

Compose a purpose: *"I am watching this TV/posting to facebook so that.....*

(benefit for self) _____

(benefit for friends/family) _____

(benefit for community) _____

7. What is your usual response to the news/TV/internet? How do you feel? Think?

8. What proportion of your reading time is spent on Dharma or self-help books that will help me out of suffering? _____ What kind of result are you hoping for?

9. What proportion of your day is spent on the media? _____

10. When did you last sit quietly without any external stimulus? How did you feel?

- Each morning look over the questions so you have them clear in your mind for the day.
- In the evening take a few moments to complete the checklist before you go to bed.
- Consider sharing your experience or insight in class next week!

(please tick or cross where appropriate):

	Wed	Thu	Fri	Sat	Sun	Mon
I identified my strongest SOCIAL influences						
Cultivated positive friends						
Made sure at least 50% of my leisure time was spent with positive company						
Was able to remove myself from destructive friends before their negativities overwhelmed me						
I identified my strongest MEDIA influences						
When watching TV/news/ magazines, consciously developed my kindness, compassion, empathy						
Analysed where my reading/TV etc was taking me, became aware of its purpose						
Spent at least 50% of my reading time on Dharma or self-help books that will help stop suffering						
Sat quietly without any external stimulus						

- **Monday Evening:** Look over your results and see if there is a common theme:

Things I did consistently well:

Things I learned:

Things I could do better:

Other comments:

Seed & Related Object Worksheet

Think back over the past week or month. Try to answer the questions using specific examples.

1. Describe the motivation do you start the day with. Is it planned? Random?

2. Give an example when you acted out of character? What/who did you blame at the time? What type of latent seeds were activated in that situation?

3. In what situations do you habitually blame others? What would be the potential, within your own mind that is being activated? What's your side of the story?
(a) _____
(b) _____
4. What objects trigger the strongest dislike in you? (places, people, situations)

5. What are the main objects that trigger strong attachment?

6. What are some related objects of desire or hatred for your friends, that are NOT a problem for you?

7. What type of objects/situations/people often overwhelm you, that you need to keep a respectful distance from? How will you keep that distance?

8. What activities or objects inspire you? Bring out the best in you?

9. How often do you cultivate an even, contented mind (to minimise negative seeds ripening)? Describe how you do it.

- Each morning look over the questions so you have them clear in your mind for the day.
- In the evening take a few moments to complete the checklist before you go to bed.
- Consider sharing your experience or insight in class next week!

(please tick or cross where appropriate):

	Wed	Thu	Fri	Sat	Sun	Mon
I tried to cultivate a peaceful, contented mind to minimise the number of negative SEEDS ripening						
I refrained from blaming others for my problems but instead looked for the cause within myself.						
When I acted out of character, I recognised it as a ripening latent seed, not the fault of others.						
I recognised the OBJECTS or people that trigger the strongest aversion in me.						
I recognised the main objects that trigger strong attachment in me.						
I identified the people/places/ideas etc that overwhelm me, that I should keep at a distance.						

- **On the day before class:** Look over your results and see if there is a common theme:

Things I did consistently well:

Things I learned:

Things I could do better:

Other comments:

Inappropriate Attention Worksheet

Think back over the past week or month. Try to answer the questions using specific examples,

1. What kinds of objects or situations have you repeatedly overestimated their potential and what they can do for you?

2. What external objects or situations distract you from a deeper happiness, from what really matters to you, for what you consider important?

3. What kind of objects or situations have you not seen the downside of, but they later became apparent?

4. When you notice you're craving an object, how do you cultivate an even, contented mind?

5. Which people do you feel the most dislike towards, that you cannot tolerate? How could you see the bigger picture, including their needs and concerns?

6. Think of a situation where you see the negativities and nothing positive at all. Take another look, and name one positive aspect or way you could benefit.

7. Do you often dwell on the negative aspects of a situation? What effect does that have on you? How could you think instead?

8. Do you often dwell on what other people have, their 'perfect life'? Does this engender resentment or rejoicing in you? How could you reassure yourself of your own worth and potential?

- Each morning look over the questions so you have them clear in your mind for the day.
- In the evening take a few moments to complete the checklist before you go to bed.
- Bring it with and be ready to discuss at least one point in class next week. Just share what you are comfortable with.

(please tick or cross where appropriate):

	Wed	Thu	Fri	Sat	Sun	Mon
I identified the objects onto which I project the strongest INAPPROPRIATE ATTENTION						
I tried to see the bigger picture, including others people's needs and concerns.						
I avoided dwelling on the negative aspects of a situation, and instead looked for a solution.						
When I noticed myself craving an object I tried to cultivate an even, contented mind.						

- **On the day before class:** Look over your results and see if there is a common theme:

Things I did consistently well:

Things I learned:

Things I could do better:

Other comments:

Three Reflections for the Higher Trainings

Wisdom

When you are out shopping, observe how an item appears to you in the store when you first notice it. Then notice how its appearance changes and becomes more concrete as your interest in it grows. Then notice how you feel after you bought it and consider it yours.

What is the object's function?

What causes and conditions brought this object into existence?

How will it change in the future?

Do other people see it differently?

What expectations did you embroider the object with?

Concentration

Chose an object of meditation and focus your mind on it, trying to achieve and maintain stability, clarity, and intensity. Avoid laxity and excitement.

Identify the fundamental state of the mind unsullied by thought, just in its own state, mere luminosity. With mindfulness and introspection remain in that state. If a thought arises, name it, rather than get involved in the contents.

Notice your reaction to it. Notice any associated physical sensations, without seeking to change them or react. Just look into the very nature of that thought itself. (This will cause the distraction to lose its power and dissolve of its own accord).

Ethics

Observe your motivation as often as you can. Even before getting out of bed in the morning, establish a non-violent, non-abusive outlook for your day. Divide the day into sections (there's an app for that!), and re-check you motivation. Or take five minutes to reflect at meal times. Think "Whatever I do today, may I become able to help all beings". At night examine what you did during the day.

Evaluate the possible negative and positive effects of feelings such as lust, anger, jealousy, and hatred. Remind yourself of the pros and cons, with examples from the news and from your own life and experiences of you family.

Notice your attachments to food, clothes, and shelter, and what happens to you if they are thwarted.

Adopt an attitude of contentment. Be satisfied with adequate food, shelter and clothing. Use your spare time and money to meditate, spend time with family.

Develop a strong wish to refrain from harming others, either physically or verbally, no matter whether you are embarrassed, insulted, reviled, pushed or hit.

Worksheet on Habit Patterns

Think back over the past week or month. Try to answer the questions using specific examples, not generalisations. Use the most recent instances. Be honest - no-one will read it except you!

1. What helpful habit could you like to start cultivating right now? How would it...
Enhance your own life _____
Benefit others _____
2. Describe the type of situation where you have confidence in your ability to help.

3. What positive habits or skills support this?

4. What is your most *negative* physical habit? What do you do at the moment to curb it? What else could you do?

5. What is your strongest negative verbal habit? What steps have you taken to overcome it? How could you phrase things differently?

6. What are your primary emotional habits or responses? The things you worry about the most, stress over, long for or desire?

7. What activities could you do to 'change the channel'? (Remember, they must be both enjoyable *and* long-term beneficial)

8. Name three *positive* habits you already have:
Activities _____
Communication _____
Attitudes _____

- Each morning look over the questions so you have them clear in your mind for the day.
- In the evening take a few moments to complete the checklist before you go to bed.
- Bring it with and be ready to discuss at least one point in class next week. Just share what you are comfortable with.

(please tick or cross where appropriate):

	Wed	Thu	Fri	Sat	Sun	Mon
Consciously adjusted my motivation each morning, focussing on what matters to me most						
Checked my motivation each day - did I intend to do/say this? Or is it an unconscious response?						
Recognised my primary emotional responses in stressful situations						
Attempted to curtail my strongest negative physical habit (waited until 3 rd time before doing)						
Found an activity that is both enjoyable and long-term beneficial to focus on each day						
Had a strategy to "change the channel" to replace a negative habit						
Attempted to curtail my strongest negative verbal habit (is it kind, helpful, relevant?)						
Practiced using my speech to bring happiness and/or help others						
Practiced mindfulness and equanimity towards my emotions, being kind and letting them go						

- **On the night before class:** Look over your results to see if there is a common theme:

Things I did consistently well:

Things I learned:

Things I could do better:

Worksheet on Social Media

1. When you were little, who pulled you into line? _____
2. Now who do you listen to as a moral compass? _____
3. How do you decide between what is right or wrong? What criteria do you use?

4. What professional code of ethics do you use? _____
5. On a weekly basis, how do you physically support others? (money, goods, activities)

6. What compliments or advice did you give today?

7. Reflecting on the last few days, when did you think kindly of others?

8. When did you restrain yourself from harsh judgements, impatience or obsessions?

9. Compose a motivation for checking social media. Ask: Why? Who is it for?

10. Before posting, how often do you check "Is it kind, useful, necessary?"

11. How often do you check emails/social media each day?
Daily_____ Hourly_____ Minutes_____ Total estimate?_____
12. When was the last time you spent a day (de)vice free? _____
When is the next one planned for? _____