

## Ending the Day... Dedication and Aspiration

### At the End of Each Day...

1. What activities were you involved in that contributed to the greater good?

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2. What communication was skilful, helpful or kind?

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3. What positive attitudes or emotions did you focus on?

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4. What mistakes did you do on the 10-point checklist?

Body 

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Speech 

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Mind 

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5. What was your day like? (pleasant) 1 2 3 4 5 (overwhelming)

6. How would you rate your kindness to others? (poor) 1 2 3 4 5 (good)

7. How would you rate your success in non-retaliation? (poor) 1 2 3 4 5 (good)

8. Did you remember to motivate this morning? yes / no

### Fix mistakes straight away

At the end of each day, look over your activities, your communication, and what you spent most time dwelling on. Rather than feeling guilty about mistakes, or not appreciating the qualities you do have, keep a simple ledger:

Three good thing you did today:	Who benefitted?
1.	
2.	
3.	
Three things you could have done better:	What did the mistake teach you?
1.	
2.	
3.	

## Turn positive facts into positive experiences

Consciously recognise when good things happen. Look out for them during the day, and bring your full awareness to them when they happen, or recall them at the end of the day.

1. What good things happened to you today? \_\_\_\_\_  
\_\_\_\_\_
2. How did people show you kindness? \_\_\_\_\_  
\_\_\_\_\_
3. What went well without any obstacles? \_\_\_\_\_  
\_\_\_\_\_
4. What daily activities or events bring you comfort, peace, joy? \_\_\_\_\_  
\_\_\_\_\_

## Savour the experience

Make it last by staying with it for 5, 10, 20 seconds. Focus on physical sensations, emotional experience, consciously note the rewarding aspects.

5. Think of the above events... How did they feel within your body? \_\_\_\_\_  
\_\_\_\_\_
6. How did your emotional mood change? \_\_\_\_\_  
\_\_\_\_\_
7. What other effects did they have on you? \_\_\_\_\_  
\_\_\_\_\_

## Imagine the experience entering deeply into you

Relax your body and absorb the emotions and sensations into you as a rainfall of light, as piles of radiant jewels filling our heart, or as beautiful music harmonising your body and mind. Feel them filling your body, absorbing into you, and stabilising within you. For instance:

- Jewels into your heart
- Music harmonising body and mind
- Merit in the bank
- Another piece of the puzzle
- Embroideries of your life
- Steps along the path

8. Write a few words to elaborate and inspire you using one of these metaphors.  
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