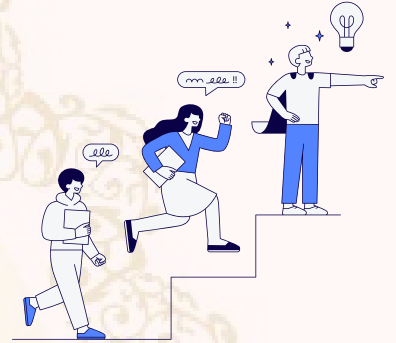


Day 14: Weekly Reflection: Tracking Shifts in Thoughts and Behavior

A Guide by
Shree's Essencia



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Day 14: Weekly Reflection: Tracking Shifts in Thoughts and Behavior

Purpose: To reflect on the progress made in recognizing and replacing impurities with virtues, and to track the shifts in thoughts, behaviors, and attitudes over the past week.



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1. Reflect on Your Awareness of Impurities

- **Action:** Take a moment to review the past week and reflect on how aware you have become of your negative tendencies and impurities, such as lust, anger, greed, pride, envy, and delusion.
- **Ask yourself:**
 - Which impurities did I become more aware of this week?
 - How did I notice them arising in my thoughts and behaviors?
- **Example:** "I became more aware of my anger arising in certain situations, especially when my expectations weren't met. I noticed that I would react impulsively, but I was able to pause and choose a calmer response."

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2. Track Shifts in Your Thoughts and Behavior

- **Action:** Reflect on the shifts you experienced in your thoughts and behaviors over the week, especially in situations where you worked on replacing negative tendencies with their opposite virtues.
- **Ask yourself:**
 - What positive shifts did I notice in my thoughts and behaviors?
 - How did I begin responding differently to situations that previously triggered negative emotions?
- **Write down any specific changes you've noticed.**
- **Examples:**
- "I noticed that when I felt the urge to compare myself to others, I consciously chose to practice compassion instead of envy. I felt more connected and at peace with myself."

- "Instead of reacting with frustration when I didn't get what I wanted, I practiced humility and accepted the situation with grace."
- "When I felt greedy or focused on material gain, I reminded myself to focus on contentment, which helped me feel more fulfilled and at ease."

3. Reflect on the Impact of These Shifts

- **Action:** Consider the impact these shifts in thoughts and behavior have had on your emotional well-being and relationships.
- **Ask yourself:**
 - How have these changes affected my inner peace and contentment?
 - What effect have these changes had on my relationships with others?

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- **Write down your reflections.**

- **Examples:**

- "By practicing contentment, I've noticed that I feel less stressed about external circumstances and more at peace with what I have. I am less anxious and more grateful."
- "When I practiced humility, I felt a deeper connection with my colleagues. There was less competition and more collaboration in the workplace."
- "Forgiving myself and others has given me a sense of emotional freedom. I no longer hold onto anger or resentment, and I feel lighter and more compassionate."

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4. Identify Areas for Continued Growth

- **Action:** Reflect on any areas where you still feel a tendency to fall into negative thoughts or behaviors.
- **Ask yourself:**
 - Where did I struggle this week?
 - In what situations did I find it difficult to apply the virtues I'm trying to cultivate?
- **Write down these areas of struggle and set an intention to continue working on them in the coming week.**
- **Examples:**
 - "I noticed that when I was dealing with a stressful situation at work, I became frustrated and impatient. I struggled to maintain contentment and felt overwhelmed."
 - "I found it hard to practice forgiveness in moments when I felt betrayed by others. I need to focus more on compassion in those moments."

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- "I sometimes still have moments where I feel inferior to others, especially when I compare myself to my peers. I need to continue practicing humility in these situations."

5. Celebrate Your Progress

- **Action:** Take a moment to acknowledge and celebrate your growth over the past week, no matter how small.
- **Ask yourself:**
 - What am I proud of accomplishing this week?
 - What positive changes have I noticed in my attitude or behavior?

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- **Write down the progress you've made and celebrate your commitment to this journey.**
- **Examples:**
 - "I'm proud of myself for recognizing and managing my anger in difficult situations. I've become more patient and calm."
 - "I feel a sense of accomplishment in replacing envy with compassion. I now focus more on building positive connections instead of comparing myself to others."
 - "I'm grateful for the shifts I've made towards contentment. I'm not as driven by external success, and I'm learning to enjoy the present moment."

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6. Evening Reflection (Journaling)

- **Action:** Before ending your day, write down your reflections on the week. Use these questions to guide you:
- **What is the most significant shift I've noticed in myself this week?**
- **Example:** "The most significant shift has been learning to pause and respond with calmness instead of reacting impulsively when things don't go as planned."
- **How have my relationships been impacted by these changes?**
- **Example:** "My relationships feel more harmonious because I've practiced forgiveness and humility. I'm less focused on my ego and more on understanding others."

- **What area will I focus on improving in the next week?**
- **Example:** "Next week, I want to focus on practicing contentment even more, especially in situations where I feel the urge to strive for more or compare myself to others."
- **How do I feel about my progress on this journey?**
- **Example:** "I feel encouraged and grateful. I've made meaningful progress, and I'm excited to continue on this path of self-improvement."

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Guided by Bhagavad Gita Wisdom:

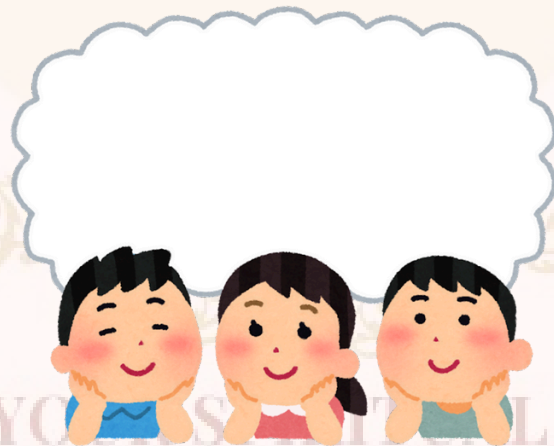
Krishna emphasizes the importance of self-reflection as a tool for spiritual progress in the Bhagavad Gita (6.5). He teaches that one must practice self-discipline and reflection to evaluate the progress of the mind and refine one's actions. This introspection helps us identify shifts in our thoughts and behaviors, allowing us to align with our higher nature.

Relevance:

This day offers a moment to pause and observe the changes that have occurred so far, giving us the opportunity to track the progress in our spiritual journey and refine our actions, thoughts, and emotions for further growth.

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- **End of Day 14:**
- **Summary:**
- Today, you reflected on the shifts in your thoughts and behaviors over the past week, tracking your progress in recognizing and replacing negative tendencies with positive virtues.
- By identifying areas of growth and areas for continued improvement, you are setting the stage for continued transformation and purification of the mind and heart.



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