



Satsang Month 1: Cultivating Your Witness Mind

Take a Moment to Witness . . .

At the beginning of the month: How do I feel right now? What's going on for me in my life & my business?

Each day:

Before you practice this month's meditation: How do I feel?

After you practice the meditation: how do I feel?

Where am I pushing? Do I know why? Can I ease up?

Where am I procrastinating? Do I know why? Can I do one small thing?

What activities energize me?

What activities deplete me?

At the end of the month: How do I feel now? What, if anything, is different?

Journaling Prompts . . .

I push when I:

This is how I experience pushing:

I procrastinate when I:

This is how I experience procrastinating:

I consistently feel energized when:

I consistently feel depleted when:

An experience I keep having over & over again is:

What does this have to teach me?

This month, I have learned: