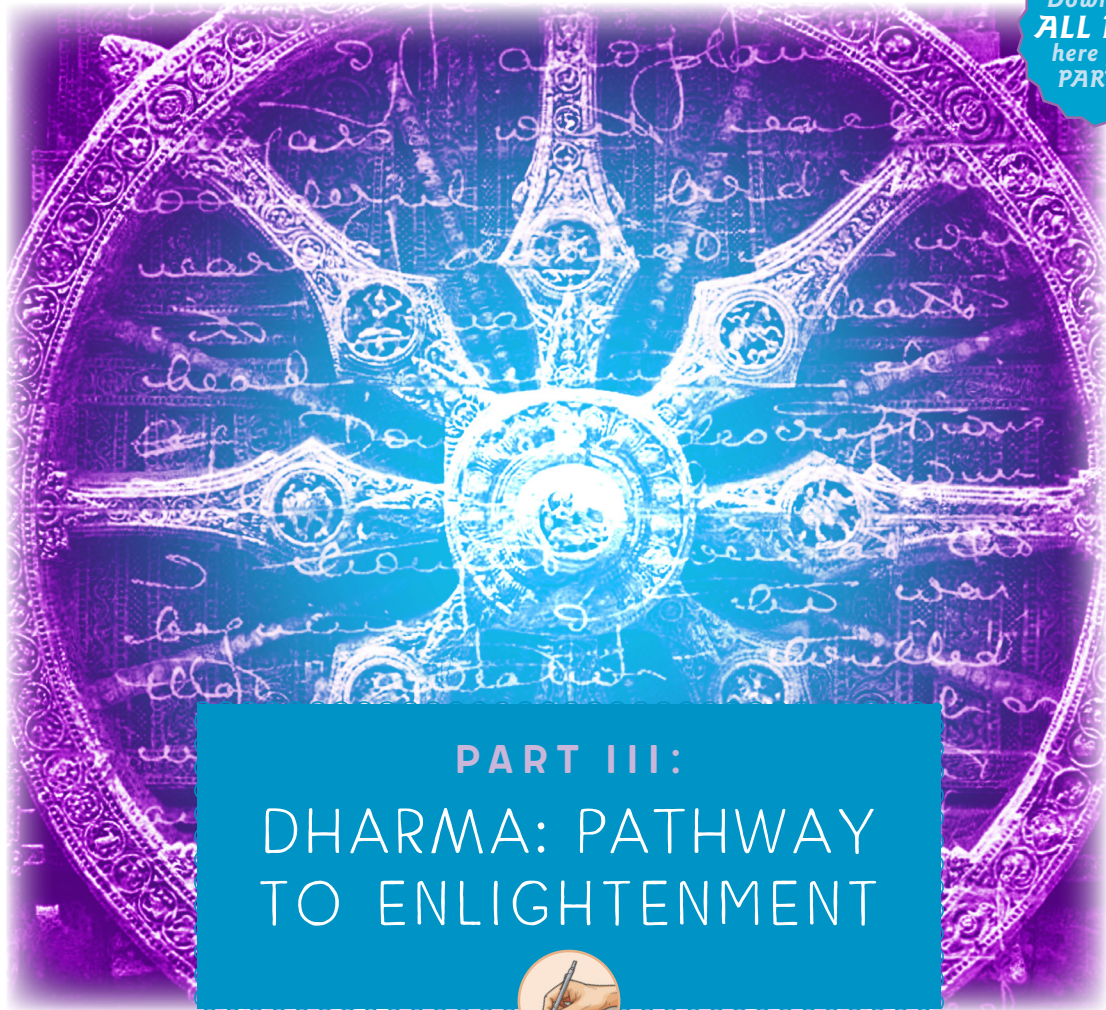




PART III: DHARMA: PATHWAY TO ENLIGHTENMENT



TABLE OF CONTENTS



Worksheet 1
Youthful Pursuits
(CHAPTER 17)



Worksheet 2:
Secondary School
(CHAPTER 17)



Worksheet 3:
Higher Education
(CHAPTER 17)



Worksheet 4:
Creative Pursuits
(CHAPTER 17)



Worksheet 5:
Early Work Experiences
(CHAPTER 17)



Worksheet 6:
Prioritizing
Your Activities
(CHAPTER 18)



Worksheet 7:
Giving and
Gaining
(CHAPTER 18)



Worksheet 8:
Setting Goals
(CHAPTER 19)



Worksheet 9:
Envisioning
Your Future
(CHAPTER 19)



Worksheet 10:
Go Team!
(CHAPTER 20)



Worksheet 11:
Team
Leadership
(CHAPTER 20)



Worksheet 12:
Work-Life
Balance
(CHAPTER 21)



Worksheet 13:
Clarifying
Your Dharma
(CHAPTER 22)

YOUTHFUL PURSUITS

PART III



Worksheet 1

The following exercises from Chapter 17 will guide you in uncovering the tendencies, talents, and interests from your earliest experiences, as well as those that unfolded over time — helping you to reflect on how these gifts may point toward your present dharma.



Which activities were I naturally drawn to during my early years?

Try to recall not only what you did, but the activities that stirred a sense of enthusiasm and joy—those you pursued without needing any encouragement from others. What thrilled and delighted you?



What did I love about each of these activities?

Was it the feeling of mastering something, the creativity involved, the challenge, the sense of belonging—or perhaps the discovery of an inner calling?



What lasting qualities or lessons did I gain from these pursuits?

Look for qualities and insights that may not have been obvious at the time—patience, perseverance, wonder, curiosity, creativity, or others. Reflect on how these activities helped shape who you are today and how they influence your decisions and approach to life.

SECONDARY SCHOOL STUDIES

PART III



Worksheet 2



Which subjects captured my interest most during my secondary school years?

What sparked your curiosity or awakened a hidden passion? Was it the challenge, the relevance to your interests, or perhaps the teacher's approach that made certain subjects stand out?



Were my choices in any way influenced by the expectations of family, society, or peers?

Reflect on any suggestions you received from those around you. Consider whether these influences steered you toward or away from subjects you were naturally drawn to, and how such guidance influenced your choices.



What knowledge did I gain from these studies that have served me later in life?

Did certain subjects teach you to think critically, solve problems, or understand the world from different perspectives? Reflect on how these tools have supported your direction in life.



Who were my most inspiring teachers, and what made them stand out?

Think about the qualities that made these teachers memorable—did they inspire you with their passion, challenge you in ways that helped you develop, or perhaps provide wisdom that still guides you today?

HIGHER EDUCATION

PART III



Worksheet 3



What areas of study did I pursue after secondary school?

Consider all the ways you continued your education—whether through university studies, internships, vocational training, apprenticeships, or other hands-on learning that helped you gain knowledge and skills.



What motivated me to explore these areas?

Did you choose these paths out of financial necessity, personal passion, convenience, guidance from others, or other reasons?



What did I learn during these studies that has influenced my life?

Consider the knowledge, insights, and skills that shaped your character, guided your response to challenges, affected the way you relate to others, and deepened your understanding of the world around you.



What self-directed studies did I pursue outside formal education, and what drew me to them?

Reflect on areas where you took the initiative to learn—through books, independent projects, apprenticeships, or guidance from a mentor. How did these experiences deepen your skills and understanding, and in what ways have they contributed to your character?



Who were the people who guided or inspired me during these years, and how did they influence my choices?

Think of mentors, teachers, colleagues, or peers who left a lasting impression. What qualities did you admire in them, and what lessons or perspectives have stayed with you since?

CREATIVE PURSUITS

PART III



Worksheet 4



What creative activities have been part of my life?

Describe the forms of creative expression that you enjoy—writing, painting, music, dance, design, gardening, cooking, crafts, and another outlet through which you express yourself freely.



What inspires me to create, and how do I feel when I am in that creative flow?

What draws you to the process itself—joy, curiosity, self-expression, challenge, beauty, service, or other motivations?



What have these pursuits revealed or awakened in you?

What qualities or emotions arise within you when you create — your thoughts, feelings, and states of mind? How do these activities affect your level of energy and concentration? How have they contributed to your sense of self? How have they challenged you to grow beyond perceived limitations?



In what ways do my creative activities serve or uplift others?

How do you share your artistic inspirations and creations with others? Is there more you would like to do in this direction?



How have these creative experiences influenced my personal or professional path?

Reflect on how your creative pursuits have contributed to your work, relationships, health, and spiritual understanding.



EARLY WORK EXPERIENCES

PART III



Worksheet 5

Before settling into a full-time career, you likely had a variety of early jobs—short-term or long-term, paid or volunteer—each valuable in its own way.



What were my earliest experiences of work or responsibility?

Think back to the first times you took on a role outside the classroom—whether through a job, internship, volunteer work, or helping in a family business. What were you responsible for?



What motivated me to engage in these activities?

Did you do it to earn money, gain experience, help someone, fulfill a family expectation, explore an interest, or for other personal reasons?



∞ INTERLUDE ∞



CHERISH THE MEMORIES

Take a moment to reflect. Let the images rise — of jobs you've held, the work you loved, the struggles you faced along the way. Enjoy again the excitement of discovering something new in yourself.

Let this session come to a close now or, whenever you feel ready, continue to the next chapter on your journey of Self-discovery.

PRIORITIZING YOUR CURRENT ACTIVITIES

PART III



Worksheet 6

To get a clearer sense of how your time and energy reflect your priorities, it helps to begin by observing what fills your days—both by necessity and by choice. Which activities engage your heart, and which ones simply fill space? By identifying and ranking your current pursuits, you'll begin to see whether your energy is aligned with what matters most to you—and where small adjustments might bring more clarity, harmony, and fulfillment.



How do I spend my time?

Make a list of everything you do daily or from time to time. This may include paid work, caregiving, volunteer service, creative pursuits, personal projects, physical activities, and spiritual practices. If it takes time and energy, it belongs on your list.



Which do I consider my main activity at this time?

This may or may not be your primary source of income. Focus on the activity that currently occupies most of your time, and likely most of your attention.



How do I perceive my role and responsibilities?

Whether your role has been defined by others or set largely by your own decisions, consider what is expected of you, how much freedom you have in defining your role, and how you fulfill those responsibilities.



GIVING AND GAINING

PART III



Worksheet 7

This exercise invites you to look at your current primary activity—what you ranked as your first priority—as a dynamic interplay between what you give and what you receive: between outer action and inner growth.



For what reasons do I engage in this activity?

What motivates you to give your time and energy to this work? It could be a combination of things—passion for the work, financial stability, a sense of duty, or perhaps a wish to meet others' expectations. What do you consider your primary motivations?



What do I love most about this work?

Which aspects of your current work bring you satisfaction and a sense of fulfillment? Is there a part of your day you look forward to—something that leaves you feeling energized, useful, and truly in your element?



What do I like least about it?

Be honest about the frustrations or limitations you experience. Are they minor annoyances—or signs of a deeper misalignment with your skills, values, worldview, or personal goals?



What do I contribute to it?

What unique skills, knowledge, experiences, ideas, or qualities do you bring? How do your contributions positively impact the work itself, your coworkers, and the overall environment?



What are my most meaningful achievements in this area?

Which accomplishments stand out to you—not only for what they represent outwardly, but for what they’ve taught you about yourself?



In what endeavors did I not achieve the results I hoped for?

Reflect on both outer circumstances and inner factors that may have played a part. What did those experiences reveal about what you still need to develop—and about the validity or clarity of your personal goals?



What do I receive from this work on a practical level?

How does this work support your material needs? What opportunities does it offer for using your talents and developing new skills?



What inner qualities am I developing through this work situation?

Identify the strengths of character this work is helping you develop.



How has my relationship with this work evolved over time?

Has your motivation changed? Do you give or gain in new ways now?

∞ INTERLUDE ∞



A PAUSE TO ABSORB

You've looked closely at how you spend your time, what motivates you, and what you give and receive through your work. Before you turn toward future goals, pause to absorb what you've discovered. Perhaps a brief walk, a few minutes of quiet reflection, or a page of notes in your journal can help you take in what you've uncovered so far.

When you feel ready, return to the next exercises to reflect on your goals and the directions you wish to pursue.

SETTING GOALS

PART III



Worksheet 8

Setting clear goals helps us clarify our direction forward. They also provide a framework for meeting challenges and staying focused when obstacles arise. In this exercise, you'll reflect on the current goals of your primary activity, why they matter, and how well they align with your core values and aspirations.



When I first began this work, what goals did I have in mind?

Looking back, what did you hope to accomplish? What initially inspired and motivated you?



In what ways have those goals changed over time?

Have your priorities changed? Are you now working toward something different—or refining an earlier aim with greater clarity and purpose?



What goals matter most to me now?

At this point in your work life, what goals—both practical and personal—feel most worth striving for?



How well does my current work align with my evolving goals?

Does it support your deeper values and evolving sense of purpose—or does it feel at odds with them? What, if anything, would need to change for your work to feel more in harmony with the life you most want to live?



How has my role in this work evolved over time?

Have you assumed new or different responsibilities? Have your relationships with colleagues changed as your role has grown?



Which personal or professional skills would I like to develop further in my current work?

You might think of areas such as continuing education, communication skills, stress management, leadership, problem-solving, conflict resolution, mentoring, or others you feel are important to your growth.



How would I like to evolve in the work I'm doing now?

Looking ahead, what insights or inner qualities would you like to cultivate as you move forward in this role?

ENVISIONING YOUR FUTURE

PART III



Worksheet 9

As you approach these questions, take a few quiet moments to center yourself—perhaps through a few rounds of even breathing, a meditation technique, or the Introspection Gateway exercise you may have already used. Let your mind grow calm, your heart steady, and your awareness uplifted toward the spiritual eye. When you feel ready, open your eyes and view your life from a higher, broader, longer-range perspective.



Are there aspects of my work with which I am not completely satisfied?

Consider such things as the nature of the work itself, its pace, your role, or the environment in which you work. Reflect also on the pressures you face at work day to day, and how they affect your personal life.



Beyond stress factors, what deeper issues may be causing my dissatisfaction?

Is there a disconnect between your duties and your values? Might you long for greater challenge, a stronger outlet for creativity, more opportunities for growth, or deeper appreciation for your contributions?



What practical changes could make your situation better?

Consider adjustments that you can make yourself, as well as changes that could be proposed or requested within your workplace.



What new areas would I like to explore?

Think about directions or pursuits that spark your interest—perhaps something you’ve long wanted to try.



What first steps could I take now to begin exploring them?

Consider how you might gather information, reach out for guidance, or make space in your week to try something new.



If I could have my dream job, what would it be?

Don’t limit yourself to what seems immediately possible. Think about the kind of work that would bring you the greatest sense of purpose and joy—its environment, the colleagues you’d work with, and the rhythm of life that would best support your wellbeing.

∞ INTERLUDE ∞



CHERISH THE MEMORIES

Having reflected on your work in the light of your deeper priorities, pause now to let things settle. Sometimes a little distance helps your insights mature.

Then allow yourself to daydream: let your thoughts drift toward the ideal expression of your gifts—the work itself, the people you would serve alongside, and the environment that would uplift and inspire you.

GO TEAM!

PART III



Worksheet 10

This exercise invites you to identify the teams you're a part of, and to become more aware of what you bring to them—how you relate to others within them, and what you receive in return. Whether the team is formal or informal, professional or personal, this awareness can help strengthen your role within it and contribute more effectively to the well-being of the group as a whole.



What teams am I currently part of—at work, at home, or in other areas of life?

Include any groups—formal or informal—that collaborate toward a shared purpose, such as family units, volunteer circles, community projects, as well as work-related teams.



What are the goals of each team?

Reflect on the specific objectives of each team and the team's role in achieving a broader mission or purpose.



Who is part of each team, and what roles do they play?

Consider the skills, strengths, and responsibilities each member brings. How do these roles support the team's goals?



What is my role within each team?

Reflect on where you fit into the team dynamic: What are your responsibilities, and how do you relate to the contributions of others? What unique qualities or perspectives do you bring? How does your presence influence the atmosphere and effectiveness of the team?



In what ways do I support the team leader?

Do you contribute to decision-making, offer feedback, suggest solutions, carry out decisions, help manage team dynamics, or offer moral support?



How do I support the other team members?

Reflect on how you help create a positive team environment. Do you offer assistance, share knowledge, or provide emotional support when needed? How do you encourage trust, collaboration, and cooperation among your teammates?



What do I receive personally from being on this team?

Think beyond tangible rewards like income or recognition. How does being part of the team support your growth—through developing new skills, building relationships, increasing self-confidence, or deepening your sense of belonging and shared purpose?



How might I play my part more effectively within the team?

Identify specific ways you could enhance your contribution—perhaps by communicating with greater clarity and awareness, offering support more readily, sharing your ideas, being more attentive to the needs of the group, or developing the knowledge and skills that would strengthen your role.

TEAM LEADERSHIP

PART III



Worksheet 11

I f you're not in a leadership role at present, feel free to skim or set this exercise aside; but if you do lead others—or aspire to—these reflections will help you cultivate awareness and skill. • These questions invite you to explore how you serve your team—not only through direction, but by building trust, fostering cohesion, and encouraging shared success.



What are the goals of each team I lead?

What specific objectives has each team set, and how do those objectives support the broader purpose of your work, project, or organization?



Who are my key collaborators, and what do they bring to the team?

Reflect on the individuals you work with most closely. What strengths, skills, or personal qualities do they offer? In what ways do their contributions—practical, creative, or interpersonal—support the team's goals and working atmosphere?



What responsibilities and decision-making authority have I assigned to each team member?

What duties or responsibilities have you clearly communicated to each person? Are you confident they understand them as you intend? How much or how little autonomy have you given? Have their actions affirmed your trust?



What additional tasks could I entrust to others on the team?

What additional responsibilities could you hand over to help your team members, allowing them the chance to develop new skills and yourself the freedom to focus on the bigger picture?



How do you work with your team to achieve your shared objectives?

How do you foster a spirit of openness, collaboration, and shared responsibility? What approaches do you use to track progress, invite input, and offer feedback? In what ways do you help keep everyone aligned and moving in harmony?



How do I support each of them in their roles?

Support can take many forms—mentorship, emotional encouragement, access to resources, constructive feedback, and the removal of roadblocks. Which of these approaches do you use to help each team member perform at their best?



How do I build team cohesion and inspire my teams?

How do you create a sense of belonging, trust, and shared purpose? In what ways do you uplift your team's spirit and help them stay engaged with the work they're doing?



What leadership skills would I like to develop or improve?

Identify the skills or qualities that would most strengthen you as a leader in the months ahead.



How is leadership helping me inwardly?

In what ways has leading others strengthened you from within? What lessons about yourself are emerging through this responsibility?



What is my deeper purpose as a team leader?

What qualities do you want to embody more fully as you guide your team forward? Beyond achieving results, what do you hope your leadership gives to others?

WORK-LIFE BALANCE

PART III



Worksheet 12

Without noticing, the rhythm of our days can become lopsided: hours slip by at the desk while life sits on hold. Over time this imbalance strains our health, erodes our relationships, and can leave us with an inner sense of emptiness, as though something essential has been set aside. These reflections will help you restore a rhythm that sustains not only your livelihood, but your whole being.



How many hours each day—and each week—do I dedicate to work?

Count the hours you are actively engaged in work-related activities.



How is work affecting my physical health and emotional wellbeing?

Do you feel consistently tired or stressed? Consider how your eating habits, exercise, sleep, and mood are influenced by the demands of your work.



How does my work schedule affect my time with loved ones?

Who are the people most affected by your absence, fatigue, or distraction? What changes might allow for more quality time with them?



Does my current work rhythm leave space for my spiritual practices and inner growth?

Are you able to set aside time and energy for introspection, meditation, prayer, or study—or do these get pushed aside by exhaustion or the press of daily demands?



Where in your life do you find space for fun, creative expression, and relaxation?

Do you have activities that help you recharge—art, music, writing, sports, gardening, travel, crafting, or something uniquely your own? Are you satisfied with the time and energy you give them? Which would you like to make more room for in your life?



How do you express your gratitude for the abundance and blessings in your life?

In what ways do you share your time, energy, knowledge, and resources in service to others?



Looking at your work rhythm in relation to the other areas of your life, where do you feel the greatest need for better balance?

CLARIFYING YOUR DHARMA

PART III



Worksheet 13

Before beginning this summary, take a moment to center yourself. Lift your perspective from rational analysis to intuitive wisdom by focusing your mind and your gaze upward toward the spiritual eye. Mentally see your work and service engagements to date pass before your inner vision, letting images and feelings float into your awareness. When you feel ready, turn to the questions below.

- **What threads and recurring themes do you see running through the activities of your life?**

- **What energizes and inspires you most in your work?**

- **Where does your energy feel blocked, depleted, or out of balance?**

● *What can you do to restore your energy and regain balance?*

● *What more do you hope to accomplish through your present work?*

● *What other interests would you like to explore?*

● *Which doors seem to be closing — and which ones opening to new horizons?*

● *What insights have you gained about your dharma in this lifetime?*
