



Keeping a journal over the course of weeks and months helps us become more aware of the frequency and depth of our practices, and of the attitudes and situations that may undermine our resolutions. Use this journal daily to reflect on the quality of your inner life. If time is short, respond to the questions that feel most relevant.

Time and Priorities

Our days include both restorative and dispersive activities. Relaxation renews our energy and helps us stay inwardly balanced; entertainment, though enjoyable, often disperses our energy. Becoming aware of how we spend our time reveals much about our priorities.

Looking back on today, how much time did I spend in each of the following areas?

- Sleep: _____
- Work: _____
- Meals: _____
- Relaxation or hobbies: _____
- Time with family and friends: _____
- Online activity: _____
(social sites, messaging, video calls, news, films, browsing)
- Recreation and entertainment: _____
(outings, other leisure pastimes)
- Spiritual or personal growth practices: _____

Where could I free up more time for my inner life?

Practice and Depth

- Which practices did I engage in today?

- Were they inward and meaningful, or did they feel routine or superficial?

- Did I skip or postpone any of my usual practices? If so, why? How did I justify my inaction?

Concentration and Awareness

- What specific thoughts, concerns, or interruptions distracted me during practice?

- Did my mind drift into a sleepy, subconscious state? How did I bring it back to focus?

Inner Experience and Influence

- Did I feel a connection to my higher Self today? If so, in what way?

- How did my spiritual practices influence the rest of my day?

- What was the highlight of my inner life today?

- Other observations that feel significant or deserve further reflection:



Feel free to enact one or all of the following suggestions tomorrow:

- Commit to keeping your mind focused for at least fifteen minutes during one of your practices.
- Spend time—in person or virtually—with someone who inspires you.
- Make an inner pilgrimage: watch, listen to, or read something that carries the vibration of truth and inspiration.