

OVERCOMING A HABIT WEEKLY REVIEW

PART V



Worksheet 10

At the close of each week, take a moment to step back and gain a clear view of your week's endeavors. This is your opportunity to recognize progress, learn from experience, and move forward with deeper insight and renewed intention.



To what extent am I satisfied with my efforts this week?

Where do you see progress, and where is there still room to grow?



What benefits have I experienced?

What benefits have emerged this week—both in your inner state and in your daily interactions?



In what ways did I have difficulty this week?

Which challenges showed up more than once? Noticing these recurring patterns will help you respond more effectively next time.



What adjustments did I make during the week?

What changes to your approach helped improve your consistency?



What changes or new strategies will I try for next week?

Based on what you've learned, how will you refine your approach?

∞ INTERLUDE ∞



RELEASE

Unmasking one or more pernicious habits may have been difficult, even humbling. It's important to remember: We are not defined by our habits. As Yogananda recounts in his autobiography, his guru Swami Sri Yukteswar said, "What we have done, we can undo."

Give yourself some time now—even a few days if needed—to release any lingering identification with the habits you've examined. When you feel ready, take up your sword again and set out on a new path, one illumined by positive habits that redirect your energy toward inner freedom.