

## PURPOSES AND COMMITMENTS TO CONSTRUCTIVE ACTION

*Specify how much of your time, attention, energy do you currently spend on:*

Work: \_\_\_\_\_ Leisure: \_\_\_\_\_ Family: \_\_\_\_\_

Social Activities: \_\_\_\_\_ Self-improvement studies: \_\_\_\_\_

Volunteer Service: \_\_\_\_\_ Philosophical reflection: \_\_\_\_\_

Prayer and Meditation: \_\_\_\_\_ Exercise: \_\_\_\_\_

What percentage of your income or personal resources do you regularly give to spiritual, cultural, or other causes that you consider to be worthwhile?

What do you need to do to improve your attitudes, behaviors, and personal circumstances?

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*Given your spiritual aspirations, specify how much of your time, attention, energy do you will allocate to:*

Work: \_\_\_\_\_ Leisure: \_\_\_\_\_ Family: \_\_\_\_\_

Social Activities: \_\_\_\_\_ Self-improvement studies: \_\_\_\_\_

Volunteer Service: \_\_\_\_\_ Philosophical reflection: \_\_\_\_\_

Prayer and Meditation: \_\_\_\_\_ Exercise: \_\_\_\_\_

**Write an affirmation to clearly define your resolve to live effectively and grow spiritually:**

## COMMITMENT TO DAILY SELF-CARE and FOCUSED MEDITATION ROUTINE

*(write this in the affirmative, as if it is already your routine)*

How many hours do you sleep?

What is your early morning self-care routine?

What is your regular exercise routine?

What is your wholesome dietary regimen?

When do you meditate?

Average duration of practice?

What is your routine—what procedure do you follow?

What is your choice of daily spiritual reading or study material for acquiring knowledge and to improve your understanding of your relationship with the Infinite?

*Always remember that you are an immortal, spiritual being and live from that understanding.  
Acknowledge the innate, divine nature of others.*

*Contents of this handout are excerpted from:  
The Self-Revealed Knowledge that Liberates the Spirit by Roy Eugene Davis, CSA Press*