



Workshop Name: Exploring Self: Understanding the hidden power and light of wisdom

Checklist for Week-1 of 3

Name of Participant: _____

Workshop taken between ___/___/___ and ___/___/___

S.No	Commitment	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6	Day-7
1	Woke up at	:	:	:	:	:	:	:
2	Took morning walk	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
3	Number of instances when expressed happiness							
4	Number of instances when appreciated your child							
5	Number of instances when appreciated your spouse							
6	Number of instances when appreciated your subordinate							
7	Number of instances when got angry during the day							
8	Smoked or consumed tobacco during the day	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
9	Consumed Alcohol during the day	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
10	Followed Food instructions	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N