

STAYING IN CHARDI KALA

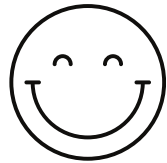
Staying in Chardi Kala means to stay positive and happy even when tasks or circumstances are difficult.

1. Pick a task or activity you find difficult
2. Perform the activity, taking note of how you feel
3. Repeat two more times, but add 5 minutes of Simran prior to the activity.
4. Use the Mood Chart below to note down how you felt.

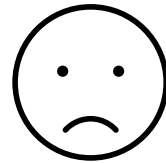
MY DIFFICULT TASK:

DAILY MOOD CHART

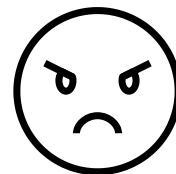
DAY:



Happy



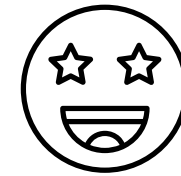
Sad



Angry



Worried



Excited



Other

Before Activity

During Activity

After Activity

I felt above emotions because: