Spiritual Introspection Chart for _____(mo. & Yr.)

	Did I energize today?	How long did I meditate?	Did I sit in silence?	Did I practice all the techniques ?	How did I do today? i.e. Was I honest or dishonest? Kind or mean? Jealous or happy for another? Helpful or selfish?	Did I think of God & Guru? (practice the presence)	What bad habit did I struggle with?	What good habit did I reinforce?	Did I serve God & Guru today? How?	Did I read Master's teachings today?	Did I control my moods & emotions	Did I eat right?	Did I exercise?
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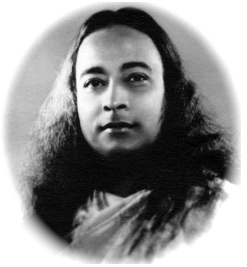
Questions to write about: Am I feeling deeper love for and attunement with God? What is the purpose of my life? Am I thankful to Divine Mother for everything that comes to me? Do I have spiritual enthusiasm?

Inspiration from Yogananda: *"Millions of people never analyze themselves. Mentally they are mechanical products of the factory of their environment, preoccupied with breakfast, lunch, and dinner, working and sleeping, and going here and there to be entertained. They don't know what or why they are seeking, nor why they never realize complete happiness and lasting satisfaction. By evading self-analysis, people go on being robots, conditioned by their environment. True self-analysis is the greatest art of progress."*

"Everyone should learn to analyze himself dispassionately. Write down your thoughts and aspirations daily. Find out what you are -- not what you imagine you are! because you want to make yourself what you ought to be. Most people don't change because they don't see their own faults."