



GARDEN *of* AYDEN
BY SUKAIYNA GOKAL



Online Version

INSTRUCTIONS: Use this guide to track your achievements and identify areas for improvement. Date the document and rate yourself on a scale of 1-10 for each category to reflect your current status. Review it monthly to measure your progress and actively work towards your goals.

A MEASURING GUIDE

SPIRITUALITY

1. Achieve clarity of mind.
2. Feel closer to my inner self and be centered.
3. Understand myself.
4. Experience higher spiritual joy that transcends human burdens.
5. Live with intention and purpose.
6. Immerse in love and wisdom.
7. See the spiritual side of everyone I meet.
8. Learn to meditate despite a busy schedule.
9. Rise above superficial concerns for greater peace.
10. Feel truly alive, embracing the richness of all emotions.
11. Feel connected rather than lost.
12. Stop seeking answers to unanswerable questions and live fully.

Notes to myself:

MEANINGFUL LIFE

13. Make a significant positive impact on a large community.
14. Find and live my calling.
15. Know I am on the right path to my calling.
16. Help others heal old wounds.
17. Live with intention and purpose.
18. Grow my soul through life's lessons.
19. Be creative.
20. Avoid being short with loved ones when they are kind.
21. Understand life's purpose.
22. Have a clear objective and pursue it diligently.

Notes to myself:

HAPPINESS

23. Be true to myself, connected with my spirit.
24. End disconnection from others and avoid loneliness.
25. Stay in touch with life.
26. Be intimate and less afraid.

Notes to myself:

PEACE OF MIND

27. Achieve peace of mind.
28. Be free from worry and fear.
29. Honor our bodies, thoughts, spirits, and each other.
30. Feel serene in making decisions aligned with my values.
31. Respond with compassion and wisdom, not knee-jerk reactions.
32. Maintain peace of mind and clarity.
33. Overcome perfectionism to improve work and other areas.
34. Embrace silence.
35. Quiet the constant inner dialogue.
36. Eliminate negative thoughts.
37. Stop judging my thoughts.
38. Peacefully accept my journey.
39. Maintain internal emotional peace, especially from fear, to build self-confidence.
40. Learn to let go, detach, and feel inner peace.
41. Manage anguish and frustration, and protect myself from others' harm.
42. Avoid comparing my needs to others and not being attached to outcomes.
43. Feel free and authentic without guilt, despite external demands.

Notes to myself:

PRODUCTIVITY

44. Master time management.
45. Develop self-discipline.
46. Create good habits.
47. Shift my perspective on challenges, especially regarding self-discipline and motivation.
48. Learn to be in the zone.
49. Increase productivity and focus.

Notes to myself:

SELF-ACCEPTANCE AND CONFIDENCE

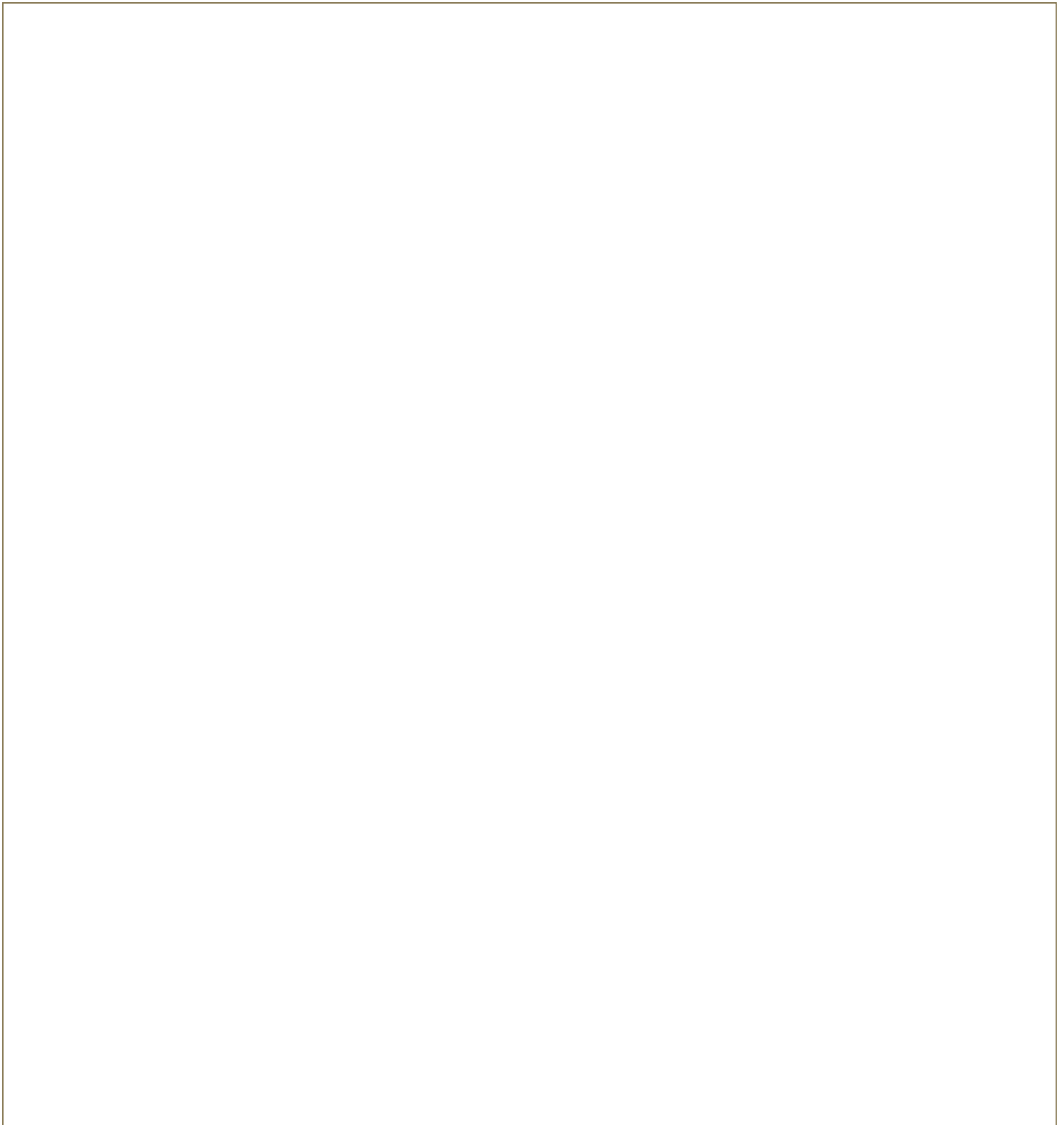
50. Build enough self-confidence to share my message widely.
51. Stop negative self-talk.
52. Move away from limiting self-thoughts.
53. Overcome self-doubt and make progress.
54. Recognize and be content with the good in my life.
55. Worry less about work performance despite high standards.
56. Explore more courage and less embarrassment.
57. Be confident in making the right decisions consistently.

Notes to myself:

MEANINGFUL WORK

58. Earn a living doing something that contributes to others without compromising my soul.
59. Find a passion and stick with it.
60. Pursue my calling while supporting my family financially.
61. Find fulfillment in my career.
62. Feel freer and less burdened by obligations.
63. Know my work, parenting, and interactions are worthwhile.
64. Make a positive difference for those close to me and be happy.

Notes to myself:

A large, empty rectangular box with a thin black border, intended for the user to write their personal notes on the provided list of meaningful work goals.