

WORKSHOP #3 - LIFE CHANGING HABITS

A Framework to reduce the *GAP* between *KNOWLEDGE* & *HABIT*

#5 EAT RIGHT FOOD

WHAT WAS THE EFFECTS OF EATING OUTSIDE FOOD / ONION-GARLIC / NONVEG FOOD ON YOUR MIND ?

Write any 1-2 Negative EMOTION or INCIDENT happened due to wrong food

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What are the 3 Delight Foods you eat which are not favorable to your health & Sanskar ?

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WHAT CAN YOU DO FROM TODAY ONWARDS TO AVOID THE 3 WRONG & UNHEALTHY FOODS ?

WRONG FOODS	WAYS TO AVOID

#6 HAVE RIGHT FRIENDSHIP

FIND 3 BAD HABITS YOU DEVELOPED UNKNOWINGLY DUE TO COMPANY OF BAD FRIENDS...

BAD HABITS	BAD FRIENDS

WRITE THE CORONA FRIENDS IN YOUR LIFE (*Identify them & avoid them but don't expose them*)

CORONA FRIENDS	THEIR NAMES (<i>Write in CODE</i>)
Thief	
Sinner	
Addict	
Cheater	
Vulgar	
Atheist	

WRITE THE 3 NAMES OF PRAISING FRIENDS & RAISING FRIENDS IN YOUR LIFE

PRAISING FRIENDS	RAISING FRIENDS

AVOID THEM

ACCEPT THEM