

DAILY CHECKLIST

✓ PUT YOUR LIFE IN PERSPECTIVE

Being in your own company gives you the chance to see where you're headed in terms of your relationships, career, and spiritual evolution. Each day, strive to spend at least half an hour looking back over the previous day and analyzing how you lived it. It's important to evaluate your relationships with your loved ones and your colleagues on a regular basis.

✓ LEARN TO BE INDEPENDENT

Independence also has to do with emotional self-reliance. Spend some time every day without your cell phone or Facebook friends. Doing so will help you learn to enjoy life on your own. After all, you don't have to be in the company of others in order to feel fulfilled and happy.

✓ GET THOSE CREATIVE JUICES FLOWING

Are you a creative person like an artist, musician, designer, or writer? Take the time to polish your ideas and projects. Creativity will fulfill you and help you become emotionally independent.

✓ ENRICH YOUR RELATIONSHIPS

Give some breathing space to your spouse. After all, you don't have to be together *all* the time. Enjoy activities on your own and allow your

partner to do the same. Doing so will help to make your relationship more enduring. Avoid spending too much time away, however. Try to find the right balance between solitude and intimacy.

✓ CONTEMPLATE AND GROW SPIRITUALLY

Are you looking for spiritual peace and tranquility? Spend some time alone in contemplation and self-reflection. Spiritual evolution is the goal of every member of the human family, so work toward it and experience the ultimate joy.

✓ TRANSFORM YOURSELF

Solitude will help you transform your shortcomings and bad habits. For instance, it will give you the chance to break away from those who entice you to drink or smoke. You'll be able to see yourself objectively and change for the better.

One way to reflect on this is to think of all those you've harmed and disturbed by your actions and attitude. The next step is to repent and rectify your mistakes.

✓ SPEND YOUR TIME ALONE IN A CONSTRUCTIVE WAY

Engage in life-enhancing activities in your solitude: Write a journal, listen to classical music, do some gardening, read a good book, or cultivate your hobbies. Have fun and learn to entertain yourself!

SELF-REFLECTION WORKSHEET

1. After some self-reflection and soul-searching, what are my top priorities? Where am I heading regarding my career? How do I feel about my relationships?

2. Have I spent some time *completely by myself* today without being glued to my phone, computer, or television? What did I choose to do?

3. Have I given some space to my partner or am I clinging unnecessarily? What am I afraid of? Am I okay with going out for a walk or spending time apart from my partner? Why or why not?

4. Have I looked *within* today and tried to nurture my spiritual self? How can I make time for prayer or meditation every day?

5. Have I considered transforming myself by getting rid of my bad habits and negative ways of thinking? What would I like to change?

6. Have I used my solitude to do something fulfilling such as: Listening to classical music, gardening, or reading a good book? Have I written in my journal? Have I spent time engaging in my hobby? Why or why not? What is my favorite activity to pursue during my solitude?
