

Group Activity

Group 3

Topic - Management of Thought, Breath and Time

Directions :

Given below is a checklist related to management of thought, breath and time.

Read them carefully and put a tick mark ✓ in the appropriate column/columns.

Management of	Thought	Breath	Time	Time Wasters
1. Regular exercises/ walk		✓		
2. Brooding over past quarrels	✓			✓
3. Silent sitting				
4. Prioritisation of tasks			✓	
5. Positive thinking				
6. Likhita Japam 1 page daily				
7. Worrying about future career				
8. Organised study table				
9. Focussing on one work at a time				
10. Pranayamam daily				
11. Aimless surfing of internet				
12. Excessive sleep				
13. Gossiping over phone				
14. Jyoti Meditation				
15. Avoiding procrastination				
16. Getting up by 5am daily				
17. Not easily provoked				
18. Reading Sai Literature				
19. Not being judgemental				
20. Planning ahead				