RENUNCIATION WORKSHEET

This worksheet is intended to provide support for clarifying and committing to the practice of renunciation, which is the willingness to let go of thoughts and behaviors that get in the way of cultivating clarity and serenity. There are two considerations: Renouncing obstacles that interfere with setting aside time for daily meditation practice and renouncing persistent hindrances to cultivating clarity and serenity during your daily life routines. Below, please fill in the areas indicated for your reflection:

Activities (tv shows, computer time, extra sleep time, etc.) I am willing to renounce to practice meditation 45 minutes per day:

Internal preoccupations (materialism, self-indulgence, harboring resentments, etc.) I am willing to let go of to make life for myself and others happier, healthier and more balanced: