



SENIORS

Little Yogi Journal

BG #2.60 & 2.67-
FOCUS THAT CHANGES THE PATH
Moral:TULSIDAS



1. Who's in Charge?

Read these two thoughts.



Who is leading their mind instead of following it? Why? (in 2 lines)

In image B he is leading his mind because even when he got distracted he kept on doing what was right. But in image A he got distracted and kept on letting its mind control.

2. Pause Before You Follow

Think of one moment this week when you almost got distracted.

If you could replay that moment, what different choice would you make? (2-3 lines)



One time when my mom was telling me to practice writing. But as I was looking for a pencil I got distracted, I saw a doll who I was looking for a long time. So I started playing with it instead. But if I could replay that instead of playing with a doll I would have went looking for the pencil and finish my writing practice.

3. One Turning Point

Ratnavali said one sentence that changed Tulsidas' life forever.



Has anyone ever said something that made you stop and think?

Yes my swim coach has

What was it?

I was focusing a lot on one stroke, my coach realised I was getting bad times on the other strokes and good times on only one. So she told me don't just work on one single stroke, work on all of the strokes and on that day forward I worked on all the strokes and because of that I got better at all of them.

4. A Better Direction

Sometimes we don't need more effort. We need a better direction.



Complete this sentence:

Right now, I want to put more of my focus into...

Because I am good at writing but if I put more focus in it I will get really good.

5. Where Does Your Effort Go?



Tulsidas showed
incredible determination
—but at first, it was
directed towards the
wrong goal.



Think about this week.



What's one thing you've spent a lot
of time or energy on, only to
realise later that it was futile?

I spent a lot of time putting my energy watching tv but I realised that all of that energy could
use on something else way more important.

