

## Stay with a Sadhana at home – Set it up for success

The capacity to stay with a commitment and use our willpower by clear choice is a very rewarding skill to have. Each time we make a commitment and follow it, our willpower strengthens. Each time we make a commitment and break it, our willpower weakens. Therefore, it's recommended to commit carefully, and make sure the discipline you take on is realistic and clearly defined. Better commit to too little, than too much!

To wield discipline in a masterful way is to have the capacity both to make commitments and stay with them when that's in order, and to let go of rigidity and go with the flow when that's in order.

If we don't make a commitment it can easily happen that we stop when an inner threshold or obstacle comes up. Instead, with the help of the commitment, we stay, meet the obstacle, get over the threshold, learn and grow from it, and come out wiser on the other side.

### Questions to ask yourself in order to set it up for success

Define clearly before committing:

**1. What?**

- define what's included in the sadhana. Eg, what you will do and/or for how long time each day you will do it.

**2. Is this realistic?**

- extract the essence of the sadhana you would like to do and scale it down to something that is very easily doable.  
- it's better to commit to too little than too much. We often have a tendency to take on too much, since we are very enthusiastic in the beginning. That's to set it up for failure. We want to set it up for success and make it easily doable to get through the sadhana. If you commit to just a little bit, you can easily do it even on the more challenging days, and you can always choose to do more if the day allows. Better to do a little bit every day than a lot once per week.

**3. When in the day will I do it?**

- straight after waking up, at the lunchbreak at work, while the food is on the stove in the evening...? It doesn't have to be the same time each day, but it may be helpful.  
- if it's difficult to find time you may have to ask yourself "What do I need to say no to, in order to make time for the sadhana". Maybe I find that I can sacrifice time on social media, spending less time socialising in the lunchbreak, get up a bit earlier in the morning or similar.

**4. Where will I do it?**

- to have a specific place for your sadhana has proven to be key, so you don't feel you can start only after cleaning up, the others have left the room etc. then it may not happen.

- Your sadhana place can be a corner of the bedroom, a place in the garden, or any other place that is accessible to be YOURS during this time. This place will hold a certain supportive energy and get more loaded with positivity each time you use it.

**5. How many times per week?**

**6. Are there any exceptions?**

Decide already now if you foresee the need for exceptions, ex. I don't do it when my parents come visiting in the weekend, or on the days when I work late, the first 2 days of my period, if I have a fever, or similar.

**7. What obstacles may come up?**

- ex. Sleepy and snoozing in the morning, other activities at night, visitors over the weekend, getting lost in the phone when it's sadhana time...)
- How do I deal with these situations?

**8. What do I do if I get sick or I have my moontime?**

- ex. I can do the sadhana mentally in my mind, or is it ok to skip that day?

**9. What kind of support might I need?**

- ex. Tell my family what I'm doing and asking for their support
- put a reminder in the phone so I don't forget
- call a friend every day after I've completed the sadhana
- have a treat I get when I'm done...

**10. What happens if I miss one day?**

- is it ok to miss sometimes, or I start again on day 1?

**11. Is this realistic?**

- look again at your proposed commitment and check that it is both realistic and feels easily doable. If it doesn't feel easy you may want to commit to only some parts, because you can always choose to do more, but if you have committed to a lot, you can't choose to do less.

**12. For how many days?**

- decide on a date to finish and how to celebrate your completion.
- Put the end date in your calendar
- on this day, set aside at least half an hour to evaluate what the sadhana has given or not given and how this commitment was for you
- if you wish, you can make a new commitment, going through all of the questions anew.

**13. Start & Stay!**

- Once committed, stay with your decision without questioning what it gives or doesn't give. If you question too much during the sadhana it can be hard to keep the motivation up during the times when you are meeting thresholds.

#### **14. Evaluate & Celebrate**

- Evaluate after the last day of the sadhana, and assess whether you would like to make a new commitment or not.
- Celebrate the completion in a way that feels special for you! WELL DONE!