

## Besaly Program: Introduction.

This document helps to discover weaknesses and areas you need to focus on. It is developed in order to understand how many wrong views you have. Wrong views bring suffering and if you identify them and ignore them, you will be able to reduce the amount of suffering.

Please be mindful and relaxed when you are working on these questions. It is extremely important to answer the questions with no judgement. Don't worry if some of them sound unpleasant or disturbing. It is normal. Be very honest.

### 1. Happiness

Do you know what happiness is? How much do you value happiness? What do you usually do to make yourself happy?

### 2. My weaknesses.

Write down the list of things you believe you need to work on. What areas of your life you feel more vulnerable in? Think of it as if you were at 5<sup>th</sup> grade and had "A" in math. But then you started algebra and realized that it is not so easy and you need to put efforts to understand it. There are some areas in your life that you still need to work on and in order to improve them, you need to know them.

### 3. Mindfulness.

What is your level of Mindfulness? Do you notice your thoughts when they pop up? Do you notice your emotions? Can you see your suffering and your pain? Can you recognize the fact that fear of pain and craving for pleasure are driving your behavior? Do you meditate? How far are you from reality?

4. My Lifestyle.

Do you have healthy lifestyle? How many hours of sleep do you usually have? How often do you drink alcohol? Do you exercise? Do you eat healthy?

5. Finance.

Do you have savings? Do you feel like you make enough money for place to live, food and healthcare? Do you know how much you make and how much you spend per month? Do you track your spending? Do you buy what you don't need?

6. Me time.

Do you have me time? How much time do you spend by yourself in average during the day? Do you feel comfortable when you are just by yourself? Are you looking for a company? Do you feel lonely?

7. Suffering.

Do you know that you suffer? How do you usually get rid of pain? What do you know about your likes and dislikes? What do you do when you cannot get what you want?

8. Trust.

How much do you trust your life? Do you believe that everything happens for the best?

9. Resilience.

How much does it take for you to feel better when negative situation takes place? Is there anything that you keep coming back even if it happened really long time ago?

10. Your Purpose.

Do you know what is your purpose in life? How much time do you spend on doing what you like? Are you ready to give or you think that it is better to be a taker?

11. Self-Discipline.

How disciplined are you? How often do you keep promises to yourself? What are the areas where you need to be more disciplined? How often do you have agenda for a day?

12. Fears.

What are your biggest fears? What event do you think you won't be able to handle? Are you trying to avoid the situation that you think you cannot handle? How?

13. Learning.

How often do you learn new things (read books, watching educational materials, learning new language, etc.)?