

**DAY 24 - STUDENT SANKALPA &
VISUALIZATION WORKBOOK**
दिन 24 - छात्र कार्यपुस्तिका



SANKALPA & VISUALIZATION
संकल्प और दृश्यावलोकन

Crafting Intentions & Creating Transformation
संकल्प बनाना और परिवर्तन रचना करना

Student Name / छात्र का नाम: _____

Date / दिनांक: _____

SECTION 1: DAY 23 REVIEW

दिन 23 समीक्षा

The Inner Child is: _____

The four phases of inner child work are:

How I connected with my inner child yesterday:

SECTION 2: UNDERSTANDING SANKALPA

संकल्प को समझना

2.1 DEFINITION परिभाषा

SANKALPA (संकल्प) = _____

From Sanskrit:

SAM = Complete, whole, together

KALPA = Vow, rule, determination

2.2 SANKALPA VS GOAL संकल्प बनाम लक्ष्य

Fill in the differences:

GOAL	SANKALPA
Comes from ego/desire	Comes from _____
About achieving something	About _____ something
Future oriented	_____ tense
External achievement	_____ transformation

2.3 RULES FOR CRAFTING SANKALPA

संकल्प बनाने के नियम



P_____

What you ARE, not what you're NOT



P_____ T_____

Already true



S_____ and

C_____

Easy to remember



P_____

Use "I"



F_____ T_____

Resonates deeply



E_____ C_____

Evokes feeling

2.4 SANKALPA EXAMPLES संकल्प उदाहरण

Convert these negative/future statements to proper Sankalpas:

- "I want to stop being anxious" → _____
- "I will be more confident someday" → _____
- "I don't want to be poor" → _____
- "I'm trying to be healthier" → _____

SECTION 3: DISCOVERING MY SANKALPA

मेरा संकल्प खोजना



3.1 EXPLORATION QUESTIONS खोज प्रश्न

What does my heart most deeply long for?

If I could embody any quality completely, what would transform my life?

If I were fully healed, fully myself, what would I BE?

What truth about myself do I most want to remember?

What would my highest self say about who I really am?

3.2 KEY WORDS AND THEMES मुख्य शब्द और विषय

Looking at my answers above, what words or themes repeat?

What feels most TRUE? Most important?

3.3 CRAFTING MY SANKALPA

मेरा संकल्प बनाना

My Sankalpa (first draft):

Check against rules:

- Is it positive?
- Is it present tense?
- Is it short and clear?
- Is it personal (uses "I")?
- Does it feel true?
- Does it evoke emotion?

My refined Sankalpa:

How does it feel when I say it? (1-10): _____

Does it resonate deeply? Yes Somewhat Need to refine

SECTION 4: VISUALIZATION TECHNIQUES

दृश्यावलोकन तकनीकें

4.1 KEY CONCEPTS मुख्य अवधारणाएं

Why visualization works:

The brain cannot fully _____

How to visualize effectively:

1. R_____ deeply first
2. Engage all S_____
3. Add E_____
4. P_____ tense
5. Include D_____
6. R_____ (regular practice)
7. T_____ the process

4.2 TYPES OF VISUALIZATION

दृश्यावलोकन के प्रकार

Match the type to its description:



OUTCOME

Meeting your healed/evolved self



PROCESS

Imagining healing happening in body



HEALING

Seeing desired end result achieved



FUTURE SELF

Seeing yourself taking the steps



SAFE PLACE

Creating an inner sanctuary

SECTION 5: FUTURE SELF VISUALIZATION EXPERIENCE

भविष्य का स्व दृश्यावलोकन अनुभव

Record your experience after the guided visualization:

5.1 THE PATH रास्ता

What did the path look like?

What did it feel like to walk into the future?

5.2 MY FUTURE SELF मेरा भविष्य का स्व

How did my future self look?

Their posture and presence:

The light in their eyes:

5.3 THE MESSAGE संदेश



What message did my future self have for me?

What wisdom did they share?

5.4 BECOMING बनना

How did it feel to step INTO my future self?

What did I notice in my body?

What do I know from that place?

SECTION 6: EMOTIONAL BODY WORK भावनात्मक शरीर कार्य

6.1 WHERE EMOTIONS LIVE भावनाएं कहां रहती हैं

Match the emotion to common body locations:

FEAR

Chest, throat, eyes

ANGER

Belly, chest, throat

SADNESS

Jaw, shoulders, hands

SHAME

Face, chest, collapse

6.2 SOMATIC VISUALIZATION PRACTICE

शारीरिक दृश्यावलोकन अभ्यास

Record your experience:

The area I worked with:

SHAPE of the feeling:

COLOR:

TEXTURE:

TEMPERATURE:

What happened when I breathed with it:

What happened when I brought in healing light:

How I feel now:

SECTION 7: POSITIVE AFFIRMATIONS

सकारात्मक पुष्टि

7.1 RULES FOR AFFIRMATIONS पुष्टियों के नियम

Affirmations should be:

1. P_____
2. P_____ tense
3. P_____
4. S_____
5. B_____
6. E_____

7.2 MY AFFIRMATIONS मेरी पुष्टियां

Create 5 personal affirmations:

SELF-WORTH:

CONFIDENCE:

HEALING:

PEACE:

MY CHOICE:

7.3 HOW I WILL USE THEM मैं इनका उपयोग कैसे करूंगा

When I will practice:

Morning: _____

Evening: _____

When triggered: _____

Will I try mirror work? Yes Maybe later Not yet

SECTION 8: CLIENT APPLICATION

ग्राहक अनुप्रयोग

8.1 GUIDING QUESTIONS FOR CLIENTS ग्राहकों के लिए मार्गदर्शक प्रश्न

Write questions you would ask to help clients discover their Sankalpa:

8.2 COMMON ISSUES सामान्य समस्याएं

How would you help reframe these client statements?

Client: "I want to be happy"

You might guide to: _____

Client: "I want to stop being so scared"

You might guide to: _____

Client: "I just want money"

You might guide to: _____

8.3 VISUALIZATION DELIVERY

दृश्यावलोकन प्रदान करना

Key tips for guiding visualization:

1. Speak _____ and _____
2. _____ frequently
3. Use _____ language
4. Allow client's own _____
5. Bring back _____

8.4 INSTALLING NEW PATTERNS नए पैटर्न स्थापित करना

The steps to install new patterns:

01	02
-----	-----
Identify old and new pattern	Create statement for new pattern
03	04
-----	-----
See new pattern in action	Reinforce daily
05	06
-----	-----
Physical reminder	Daily practice

SECTION 9: PARTNER PRACTICE NOTES

साथी अभ्यास नोट्स

9.1 WHEN I GUIDED जब मैंने मार्गदर्शन किया

My partner's presenting issue:

The Sankalpa we crafted:

How the visualization went:

What worked well:

What I could improve:

9.2 WHEN I WAS GUIDED जब मुझे मार्गदर्शन मिला

What my partner helped me see:

How it felt to be guided:

Feedback for my partner:

SECTION 10: INTEGRATION एकीकरण

How these tools work together:

SANKALPA is like a _____ (seed)

VISUALIZATION is like the _____ (soil)

SOMATIC WORK is like _____ (clearing weeds)

AFFIRMATIONS are like _____ (protecting the garden)

How I can use these with INNER CHILD work:

SECTION 11: DAILY PRACTICE PLAN

दैनिक अभ्यास योजना

MORNING PRACTICE (10 minutes):

1. Plant Sankalpa: _____
2. Visualize: _____
3. Affirmations: _____

EVENING PRACTICE (10 minutes):

THROUGHOUT DAY:

When triggered, I will: _____

SECTION 12: WEEKLY PRACTICE TRACKER

साप्ताहिक अभ्यास ट्रैकर

Day	Sankalpa	Visualization	Affirmations	Notes
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

SECTION 13: HOMEWORK ASSIGNMENTS

गृहकार्य असाइनमेंट

ASSIGNMENT 1: Sankalpa Practice

Plant Sankalpa in morning meditation

State it before sleep each night

ASSIGNMENT 2: Future Self Visualization

Do the Future Self visualization 3 times this week

Journal what you receive each time

ASSIGNMENT 3: Affirmations

Practice your 5 affirmations morning and evening

Try mirror work at least once

ASSIGNMENT 4: Somatic Practice

When you notice tension/emotion, use the techniques

Practice 'emotion as image' on yourself

ASSIGNMENT 5: Continue Inner Child Work

Daily check-ins with inner child

Consider creating a Sankalpa for your inner child

SECTION 14: POST-SESSION REFLECTION

सत्र-पश्चात प्रतिबिंब

What struck me most today:

My Sankalpa and what it means to me:

The technique I found most powerful:

How I will use these tools:

Questions I still have:

SECTION 15: SESSION COMPLETION

CHECKLIST

सत्र पूर्णता चेकलिस्ट

Before completing today:

- Understand what Sankalpa is vs goals/affirmations
- Crafted my personal Sankalpa
- Experienced Future Self visualization
- Practiced somatic visualization
- Created 5 personal affirmations
- Understand how to guide clients
- Practiced partner work
- Know how to install new patterns
- Have daily practice plan

My confidence in using these techniques: _____/10

My commitment to daily practice: _____/10

Instructor's Signature: _____

📄 END OF DAY 24 WORKBOOK

DECODE LIFE TRANSFORMATION - Level 1

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"यथा दृष्टिस्तथा सृष्टिः"

"As is your vision, so is your creation."

TOMORROW - DAY 25: MEETING THE INNER CHILD

कल - दिन 25: आंतरिक बाल से मिलना

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