

SPIRITUAL SELF-SCHEMA (3-S) BLUEPRINT

Date <input style="width: 200px;" type="text"/>	
<i>Anticipated ultimate destination of your Spiritual path (e.g., Enlightenment, union with God, heaven, nirvana)</i>	<input style="width: 100%;" type="text"/>
Moment-by-Moment Destinations (what personal qualities or characteristics will you need to enact in daily life in order to reach this destination. The 10 paramis (perfections) are provided as moment-by-moment destinations of a Spiritual path. If you wish, you may add to this list.	
1. Generosity 2. Morality 3. Renunciation 4. Wisdom 5. Effort Other? <input style="width: 150px;" type="text"/>	6. Tolerance 7. Truth 8. Strong determination 9. Selfless Love 10. Equanimity Other? <input style="width: 150px;" type="text"/>
What habit patterns will you need to strengthen in order to achieve the moment-by-moment destinations of your Spiritual path, and what habit patterns are incompatible with the moment-by-moment destinations of your Path and will need to be abandoned?	
Cognitive Scripts (habitual thoughts)	Action Sequences (habitual behaviors)
Scripts to be rehearsed (e.g., 3-S affirmation) <input style="width: 100%;" type="text"/>	Behaviors to be practiced (e.g., 3-S stretch) <input style="width: 100%;" type="text"/>
Scripts to be abandoned <input style="width: 100%;" type="text"/>	Behaviors to be abandoned <input style="width: 100%;" type="text"/>
Guidance and support (identify your sources of refuge)	Cues-to-action (create points of access to the Path)
Spiritual Guide (or teachers) <input style="width: 100%;" type="text"/> Scriptures and other written/oral teachings <input style="width: 100%;" type="text"/> <input style="width: 100%;" type="text"/> Social network (names/addresses of individuals who are also on this Path who can support each other) <input style="width: 100%;" type="text"/> <input style="width: 100%;" type="text"/> <input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/> Sight <input style="width: 100%;" type="text"/> Sound <input style="width: 100%;" type="text"/> Smell <input style="width: 100%;" type="text"/> Taste <input style="width: 100%;" type="text"/> Touch
Signs (that you're on your Spiritual path) e.g., high Spiritual experience/expression ratings on your 3 times daily Self-Schema Check-In.	Warning Signals (that you're not on your Spiritual path) e.g., the 5 hindrances -- craving, aversion, worry/agitation, sloth, doubt.
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<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
<input type="button" value="clear entries"/>	