| **Anticipated ultimate destination of your Spiritual path (e.g., Enlightenment, union with God, heaven, nirvana)** |

| **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  
6. Tolerance  
7. Truth  
8. Strong determination  
9. Selfless Love  
10. Equanimity  
Other?  

| **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) | Behaviors to be practiced (e.g., 3-S stretch)  
Scripts to be abandoned | Behaviors to be abandoned  

| **Guidance and support** (identify your sources of refuge) |

Spiritual Guide (or teachers)  
Scriptures and other written/oral teachings  
Social network (names/addresses of individuals who are also on this Path who can support each other)  

| **Cues-to-action** (create points of access to the Path) |

Sight  
Sound  
Smell  
Taste  
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. |

[clear entries]