

## *Excuses of not doing LiYA 1 hour*

<b>Sr.</b>	<b>Habit</b>	<b>Tick</b>
1	I am Lazy	
2	I don't believe in it	
3	I take a lot of time to do it.	
4	I am not interested	
5	I forgot.	
6	I don't wish to share my life.	
7	I feel it is boring.	
8	I don't have time	
9	I am too tired	
10	I am too busy	
11	My day is too full	
12	I feel it's childish	
13	I can't do, though I want to do.	
14	I will start some day.	
15	I do it in parts.	
16	I will do but not send sms.	
17	I am not expressive	
18	I will write in book, as I can't type everyday.	
19	I did for some days.	
20	I don't want to report someone.	
21	I don't want to follow this.	
22	I will just send 'z' folder.	

Sr.	Habit	Tick
23	I have no reason.	
24	I am busy with Morning routines.	
25	I don't feel good to write 'NO' in all areas.	
26	I am already organised	
27	I don't need it	
28	I don't understand it.	
29	It's for others not for me.	
30	I am happy anyways	
31	I follow other apps of getting work done.	
32	"I am already doing this in my mind- meditation, planning, clearing so why should I practice this?"	
33	I don't want to follow a pattern	
34	I resist self-analysis	
35	I believe outward things are more important than inner self	
36	I feel the trouble is more than the benefits	
37	I can't wake up early for this	
38	I can't lose one hour of sleep for this	
39	My body needs rest	
40	I have to attend to my children and family every morning	
41	I travel a lot so my schedule does not permit me to follow it	
42	I have never been consistent in anything that I have taken up	
43	I am not the type to stick to a routine	
44	I anyways live life so.	
45	I don't want to be organised	
46	I am right brain free person	
47	I am indisciplined	

Sr.	Habit	Tick
48	I don't want to be put in the box.	
49	I am new to this culture	
50	I am old to this culture	
51	I am not interested in self-growth	
52	I wasn't well	
53	I travel a lot	
54	I know it all	
55	I don't use whatsapp or smartphone.	
56	I feel it's repetitive	
57	I do it mentally	
58	I do not wish to create life i just witness it.	
59	I read others sms that energises me.	
60	I can't lie and can't write truth.	
61	I pray every morning	
62	I attend camps that's good enough	
63	It's Too much	
64	This is not important for me.	
65	Work is more important for me	
66	Family is more important for me.	
67	"You think I cannot get it on my own?"	
68	What am I going to achieve with this?	
69	It is a painful process	
70	I feel it's forced.	
71	Talk some thing else.	
72	It's about doing	
73	To practice this everyday will get too monotonous	

Sr.	Habit	Tick
74	”Why should I tell my inner secrets to everyone?”	
75	It is human nature not to be disciplined	
76	“What will happen with this?”	
77	Buddha did not do this	
78	The Rishis in the Himalayas did not do this.	
79	Guruji said.... Be indisciplined	
80	People do not want to be bonded / disciplined / or be put into a fixed system.	
81	By doing this spontaneity is lost	
82	In people the need of “uncertainty” is very high	
83	“Certainty” is against their nature	
84	What is the purpose?	
85	It is painful to write, as this habit of writing is not inculcated in us	
86	“Why take so much trouble for self-introspection?”	
87	Difficult to break old patterns of resistance	
88	Memories of “don’t listen to others”	
89	It is one person’s idea so why to follow?	
90	This is not the only way. There are many others.	
91	Everyone in the world is not doing this so why should I?	
92	Who says this is so?	
93	Change my leader.	
94	My group is not interesting	
95	My spouse reads it	
96	It’s crazy	
97	When she or he will do i will do.	
98	That's not me.	
99	Weather is cozy	

## ***Benefits of LiYA 1 hour***

<b>Sr.</b>	<b>Affirmations</b>	<b>Tick</b>
1	We live by our Umbrella Vision.	
2	We become Persistent which is the quality of Success.	
3	We become Consistent	
4	Our awareness increases.	
5	We start to focus on <b>what we want</b> rather than otherwise	
6	Our output in outer world /productivity increases multifold	
7	It covers Self-analysis which all our Vedas speak about.	
8	It covers Self-Introspection which all our Vedas speak about.	
9	Our Vibrations remain high. If they fall they come back in One and half hours ( Segment Intending)	
10	We can catch our thoughts	
11	It helps us to focus on how we want to be	
12	Sensitivity outwards increases	
13	Creativity and divine ideas flow in.	
14	We are daily Inspired by our visions.	
15	We start to take action on visions.	
16	We develop habits or break habits	
17	It reminds to Meditate and be zero.	
18	We plan and get clarity.	
19	It keeps us aware and in high vibration.	
20	It Optimum's execution.	
21	It UpLifts values by listening to inspiration talks.	
22	It helps in charging our inner spirit.	

Sr.	Affirmations	Tick
23	We get abundant of time by being clear.	
24	We get vibrant health	
25	It reminds us to be in gratitude	
26	We relive the wow moments	
27	We live happy relationship by various applications	
28	We share the knowledge	
29	We catch the joke of the moment	
30	We become expressive.	
31	We learn more by noting down what we learnt.	
32	We become excited about the day.	
33	We are being in OKness.	
34	Special project keeps are focus on thing which we wish to but miss out.	
35	We continue to be in high energy by Segment Intending.	
36	We inculcate values of compassion & empathy.	
37	Self check on what are we contributing towards society	
38	We experience Group energy	
39	We experience magic in Every thing.	
40	We fill up peoples bucket and focus on greatness.	
41	We start fresh on happy note.	
42	We have effective communication by z folder.	
43	It reminds us about time alloted to things which matter and most important like vision book and Gratitude journal!	
44	It gives mirror of self.	
45	Our self esteem raises.	

Sr.	Affirmations	Tick
46	It amplifies our sensitivity to our feelings.	
47	We reframe our mind.	
48	It helps our Overall growth.	
49	We feel complete in all areas of life.	
50	We take people along.	
51	We become effective in delegation with responsibility.	
52	We stop passing the buck.	
53	We catch our own pattern and change them.	
54	It rewires brain.	
55	We choose to believe what We want to believe.	
56	We take life as a game.	
57	We are in balance of nothing matters and every thing matters.	
58	We take up responsibility of ones life.	
59	We keep in energy self and many as many as you wish.	
60	Feel good factor.	
61	Do everything with awareness.	
62	We get organised	
63	Oneness	
64	Create our own ideal world.	
65	Be happy for others happiness.	
66	Adds joy and inspiration	
67	Self growth.	
68	Effortless ness	
69	Our lows are converted into Wows	
70	We are truthful to ourselves meditating or otherwise	

Sr.	Affirmations	Tick
71	We are organized through planning and save a huge amount of time. We need not reinvent the same wheel	
72	Our Efficiency is multiplied dramatically	
73	We start communicating in High Vibration	
74	We start to communicate with compassion	
75	Our Health rises to a new level ( doing all health related exercises)	
76	We become much more humble because we are accountable	
77	We are open to an experiment to see whether it works	
78	Our Creativity increases because we are penning it down.	
79	We can Break disempowering Habits effortlessly with the handle of Liya One Hour	
80	We Make and follow our wholesome Habits through this daily process	
81	One hour of peace and joy pervades through out the rest of the 23 hours	
82	We stop procrastinating	
83	We take decision quickly and implement even quicker	
84	Our Self belief and self confidence increases.	
85	We become clear and precise about our Visions ( Vision Book)	
86	It helps us to ‘clear the clutter’ within us on a daily basis	
87	Our Visions manifest faster as we focus energy towards them daily	
88	We experience harmonious relationships with all around us	
89	Systematic process which is sure-shot successful if one follows it.	
90	Our highs are acknowledged through the Wows	
91	Our Wows are enhanced by gratitude	
92	Our sub-conscious mind is fed by what we want (Pre and Post-paid Gratitude)	
93	Magic of our Life Increase (Appreciating small things/simple pleasures)	
94	Our Relationships start to blossom (Appreciating people)	



Sr.	Affirmations	Tick
95	Our moments of joy increase immensely (Awareness increases)	
96	We are planting the seeds and allowing time to receive the fruits.	
97	We are ordering ourselves to the cosmic kitchen. The food is bound to come in due time	
98	Every low thought or feeling can be converted into what we want (RYMF)	
99	We are living by truth- mansa, vaacha, kaaya. What we think, say and act is in tandem.	
100	By reporting we are self committing ourselves more and more everyday.	
101	We are becoming accountable to the Universe.	
102	We are also becoming like a child asking for support from our group / buddies	
103	We are also dropping our ego of this so called idea of freedom	
104	We start becoming students of life by listening to inspirational talks of our Master	
105	We acknowledge the contribution of everyone (hearing other speakers also	
106	Opportunities flow toward us as we open ourselves to the universe	
107	We start devoting time to things which are important, interesting and exciting for us (TV, mobile and aimless internet surfing is reduced tremendously)	
108	We experience growth in wealth (business) but yet remain cool, calm and relaxed (anxiety, tension disappears) We remain highly energized throughout the day	
109	We remain centered and balanced as we focus on our own self (we look inward) before we step into the outer world (looking outward)	
110	We learn a little bit more about our own selves every day through our regular self-investigation.	
111	We drop low vibrations like jealousy, animosity, judgement, comparison through daily soul-searching	
112	We rise to high vibrations of hope, peace, joy and bliss through this daily Sadhana and flow through the day radiating it all around	