

HABITS FOR SIKHI DURING THE DAY

Sikhi does not stop after Nitnem! Here are some habits that can help!

1

Use the 24
minuterule

Have at least 24 minutes set aside during the day. This is known as a "Gharee" of Bhagthi. This could be broken down into 4x6 minute breaks in the day

2

Change your
car habits
while driving

Listen to Katha or Keertan but do it with concentration and focus

3

Use the breaks
in the day to
remember
Vaheguru

It is healthy to take regular breaks in the day. Especially if you are using a computer. If you have breaks from work use them for Sikhi.

4

Monitor
conversations
you are having
with others

Ensure that your conversations have a spiritual tone to them. Do not gossip or talk about others or even listen to slander.

5

Do a
compassionate
thing in the day

This could be for someone in the family. Examples are remembering a special day, giving someone a Gurburab card or gift, telling someone you care for them etc

6

Make a log of
your frustrations
and distractions

Be aware of what frustrates you or takes your mood off feeling positive. Keep a log of it and avoid it wherever possible.

7

Remind
yourself of
what you are
grateful for

Take some time out to write down or think about all of the things that you are grateful for. Remember your house, car, family, friends, work, mental and physical health, Sikhi, Guru Jee, respect, social circles etc

8

Pray for
someone
who makes
you angry

Think of someone who has made you angry and try to forgive them. Say a Shabad for them.

9

Pray for or
help someone
who is in need

This could be for someone who is having a difficult time or it could be for the poor, the needy or others.

10

Practice the
love-hate
rule

Do something you really hate with full concentration for a few minutes, for example it could be washing or cleaning. Also try doing something that you really like, then stop half way through and leave it. This builds resilience.

11

Spend more
time doing
'single-minded'
activities in the
day

When doing activities, do not do two things at once. Don't check your phone while doing work. This really helps with Simran and it gets the mind used to not wandering and staying focussed..

12

Remember
Vaheguru
before eating

Say a Shabad and thank Vaheguru.