

Student Name: _____ Date: ____/____/____

(2) Renunciation Worksheet

- Sit down with a nice cup of tea or coffee, reflect on the questions, and fill in as much as you can.
- Bring it with you next week and be ready to discuss at least one point in class (don't worry - you don't have to hand it in! Just share what you are comfortable with).

Do your short-term concerns support your long-term goals?

1. What types of activities or concerns dominated your attention during the past week?

2. What proportion of your time was spent in maintaining the worldly concerns?

3. What are some *short term changes* you could make this week, so you could spend more time on your long-term goals?

4. What is the biggest change you need to make? How will you do things differently *in the coming week*, to support that?

5. What is a time where you voluntarily underwent hardships for something that really mattered to you. What did you say to encourage yourself?

6. List three of the things most important to you in life:

a. _____

b. _____

c. _____

7. How can your activities of the next week contribute to or support these things?

a. _____

b. _____

c. _____

8. What stops you doing what matters *most* to you? What distractions? What fears?

9. What would you be doing right now if you knew you couldn't fail?

Meditation on the Eight Worldly Concerns

"Don't give up what you want *most* for what you want *now!*"

- Think about gain and loss. Do I want more money and possessions than I actually need? Do I put myself ahead of the welfare of others while I pursue gain? Do wealth and possessions bring permanent happiness, or do I worry about losing what I have? DO I own my possessions, or do they own me?
- Think about success and failure. Are success and happiness inextricably bound together? Does success in one area threaten happiness in other areas of my life? Is there such a thing as success that can never be lost? If you have a failure, is it permanent?
- Think about praise and criticism. Do nice words make a real difference in my life? Are they ever enough? How can I learn from mistakes if I avoid criticism?
- Think about pleasure and pain. Is pleasure permanent? Is pain permanent? Is momentary pleasure worth the effort put into achieving it? What can we learn from pain? Is it useless?
- By pursuing the eight worldly concerns - putting in so much effort to avoid even the slightest discomfort and great and continuous effort for short-lived pleasures - we are like a moth flying to the flame, experiencing a brief joy of anticipation but only creating the cause for more suffering in the future.
- "Don't give up what you want *most* for what you want *now!*"
- Think about the benefits of broadening your vision. Can you imagine being less stressed and more relaxed? Can you imagine being able to fully enjoy what you have because you naturally recognise it will not last?
- Can you imagine not being distracted from the things that matter most to You? Can you imagine spending more quality time with your family, looking after your health, and helping to make the world a better place?
- Can you imagine being rid of suffering forever, achieving a lasting, stable happiness?
- What binds us to this cyclic existence is enchantment with the eight worldly concerns. To achieve liberation from the rat-race, we need to be motivated by renunciation, the determination to definitely emerge from suffering and all its causes! To end this reflection, make an investment in your own future happiness.
- Think of the three things most important to you in life. How are you supporting them in your actions right now, this week?
- Think of your main focus for the coming week. What ratio of your time will you spend on maintaining the worldly concerns? What ratio will you spend on working towards your long-term goals? What are three things you can change right now, to adjust the balance?
- What would you be doing right now if you knew you couldn't fail?
- Dedicate this reflection to 'not sweating the small stuff', but making sure your daily actions reflect and support your values and what matters most to you.