2022 Self Assessment 2023

Design your Destiny
At the beginning of the year **2022**, we had targeted many goals and resolutions. We achieved certain goals but we missed some of them... isn't it?

Now, in this coming new year **2023**, let's design our destiny and try to achieve our goals and get success in our life...

**साल 2022 की शुरुआत के साथ ही हमने कई लक्ष्यों और संकल्पों को लक्षित किया था। हमने कुछ लक्ष्य हासिल किए लेकिन उनमें से कुछ चूक गए... है ना?**

**अब, इस आने वाले नए साल 2023 में, आइए हम अपने भाग्य को डिज़ाइन करें और अपने लक्ष्यों को प्राप्त करने का प्रयास करें और अपने जीवन में सफलता प्राप्त करें**
In 2022
Did you...
Follow your dream

Goals that **HAS** become a reality?

* ___________________________________
* ___________________________________
* ___________________________________
* ___________________________________
* ___________________________________
* ___________________________________
* ___________________________________
* ___________________________________

Goals that **HAS not** become a reality?

* ___________________________________
* ___________________________________
* ___________________________________
* ___________________________________
* ___________________________________
* ___________________________________
* ___________________________________

Be honest to yourself!

December 2022
Do you think you have missed only these goals?

**No,**

Infact you could have achieved much more than the targeted goals if you would have utilised your time in right activity through out the year.

**What have you skipped?**
**What is that you could have done?**
**Come on, Let's analyse it.**

क्या आपको लगता है की आप केवल इन लक्ष्यों से चूक गए हैं?

नहीं,

वास्तव में आप लक्षित लक्ष्यों की तुलना में बहुत अधिक हासिल कर सकते थे, यदि आप अपने समय का उपयोग पूरे वर्ष सही गति विधि में करते।

आपसे क्या छुट गया?
ऐसा क्या था जो आप कर सकते थे?
चलो, आओ इसका विश्लेषण करें।
Declaration Form
“Look n Learn”

Statement about ownership and other particulars about the fortnightly
“Look n Learn” to be published in the issue every year after last day of February.
FORM IV (See Rules 8)

1. Place of Publication : Mumbai
2. Periodicity of its Publication : Fortnightly
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   Add. : 20, Vanik Niwas,
         Kama Lane, Ghatkopar (W), Mumbai - 86
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   Nationality : Indian
   Add. : 20, Vanik Niwas,
         Kama Lane,
         Ghatkopar (W), Mumbai - 86
6. Name & Add. of Individuals
   Who the fortnightly (and
   partners of share holders
   holding more than one percent
   of total capital).

I Ashok R. Sheth, hereby declare that the particulars given above are
true to trust of my knowledge and belief.

Dt. 10-12-2022

Ashok R. Sheth (Publisher)
Still wondering what could it be?

LET'S SEE WHY HAVE YOU MISSED IT....

MAY BE BECAUSE YOU SPENT LOT OF YOUR VALUABLE TIME IN....

Social media surfing

Wasting time in unreasonable things

Watching TV/Netflix etc for long hours

Gossiping

Picnic/parties

Being lazy

-Gurubhakt Mehta Parivaar

December 2022
This precious time is lost.
Once the time is lost... it can never be got back.
Instead, we COULD have invested that time and Designed our Destiny...
Satkarya(good deeds), Philantrophy, Sadhana, Tapp, Aaradhana etc and bind more and more punya and Shubh karma.
There are so many things that we could have done but
Yes, it was possible... but we have MISSED IT!

We had 365 days, out of which we could have tried doing the following... See how many YES you can collect and...

SUCCESS
Design your Destiny
YES, IT WAS POSSIBLE!

We could have avoided wearing foot wear for at least 1 day a week throughout 2022...

☐ Did you do? YES

☐ NO, I MISSED IT!

YES, IT WAS POSSIBLE!

We could have at least done Navkarshi–Chauvihar throughout 2022...

☐ Did you do? YES

☐ NO, I MISSED IT!
YES, IT WAS POSSIBLE!

If doing Atthai Tapp was difficult, we could have done Rasparityaag Tapp—(avoiding one of your favourite item per day) throughout 2022...

Did you do? YES ☐

NO, ☐
I MISSED IT!

YES, IT WAS POSSIBLE!

We could have gone to offer seva in upashray... throughout 2022...

Did you do? YES ☐

NO, ☐
I MISSED IT!
We could have tried doing 1 Gatha kanthastha everyday throughout 2022...

- Did you do? YES
- NO, I MISSED IT!

We could have tried doing Samayik-Pratikraman everyday or atleast on the days of Tithi throughout 2022...

- Did you do? YES
- NO, I MISSED IT!
YES, IT WAS POSSIBLE!

We could have helped the underprivileged with his/her studies throughout 2022...

Did you do? YES ☑

NO, ☐
I MISSED IT!

YES, IT WAS POSSIBLE!

Everyday we could have said Jai Jinendra in the morning and Sorry at night to all throughout 2022...

Did you do? YES ☑

NO, ☐
I MISSED IT!
We could have kept maun for at least 1 hr daily throughout 2022...

- Did you do? YES
- NO, I MISSED IT!

We could have spent quality time at old age orphanage and tried to spread smile throughout 2022...

- Did you do? YES
- NO, I MISSED IT!
YES, IT WAS POSSIBLE!

We could have tried doing Ekasana/Aayambil on the days of Tithi throughout 2022...

Did you do? YES □

NO, □

I MISSED IT!

YES, IT WAS POSSIBLE!

We could have distributed sweets during Diwali on the streets throughout 2022...

Did you do? YES □

NO, □

I MISSED IT!
We could have chanted a Mala in the morning throughout 2022...

☑️ Did you do? YES

☐ NO, I MISSED IT!

We could have distributed water bottles to the thirsty in scorching heat throughout 2022...

☐ Did you do? YES

☐ NO, I MISSED IT!
YES, IT WAS POSSIBLE!

We could have fed birds and animals in our surroundings everyday throughout 2022...

Did you do? YES ☐

NO, ☐
I MISSED IT!

YES, IT WAS POSSIBLE!

We could have done Namaskar mantra Japp throughout 2022...

Did you do? YES ☐

NO, ☐
I MISSED IT!
YES, IT WAS POSSIBLE!

We could have taught Namaskar mantra to a non Jain person throughout 2022...

☐ Did you do? YES
☐ NO, I MISSED IT!

YES, IT WAS POSSIBLE!

We could have served Aayambil food to Tapasvi during Oli throughout 2022...

☐ Did you do? YES
☐ NO, I MISSED IT!

Aayambil food
- 6 Vigai tyag
- yoghurt
- sugar
- ghee
- milk
- oil
- all fried food
Glimpse of Gnan Poojan Aaradhna 2022-
Children from Parasdham Ghatkopar, Mulund, Kolkatta, Junagadh, Jamnagar, Amravati center etc. of at Look N Learn Jain Gyan Dham participated in Gnan poojan with immense Bhakti and Bhaav.
Stop - take a pause for a moment
Watch - analyse your activities.
Go - throughout the year,
Invest your valuable time to achieve your targeted goals of good deeds

Make your own **NEW YEAR RESOLUTIONS** that is sustainable and the one which you can follow

| I will... | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
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Param Shree says...
3 things to remember in life no matter how hard your life becomes

1. **Give Often**
   - No matter how little you have with you and no matter how little you give, remember you may be the only one doing that.

2. **Hate No One**
   - Forgive all no matter how bad others treat you... just keep yourself free from all karma-bondages.

3. **Lie to No One**
   - Always stick to truth no matter how hard it may be NEVER LIE!
Param Gurudev Shree says...

Do not waste your time,
Invest your time!