

"THE 5 AWAKENED QUALITIES" with TRAVIS ELIOT

THE 5 AWAKENED QUALITIES come from the eight limbs of yoga systematized by the sage, Patanjali. The first limb is the Yamas often translated as the awakened qualities.

THE 5 AWAKENED QUALITIES are:

AHIMSA (Peacefulness)

SATYA (Truthfulness)

ASTEYA (Generosity)

RAHMACHARYA (Sexual Control)

PARIGRAHA (Abundance)

Next to each quality below, rate on a scale of **1-10**, how well you feel you are doing in that category.

(1 is very poor, 5 is average, and 10 is exceptional. When determining your score consider your last 30 days.)

Peacefulness

Truthfulness

Generosity

Sexual Control

Abundance

After scoring each awakened quality, determine your lowest score and write it in the space below.

Write 3 specific action items of how you can improve this score.

Action Item #1

Action Item #2

Action Item #3

**Lastly, begin to execute your action items, putting your practice into action!
We applaud you for taking the time to do this powerful work.**