the 21-day chi habit journal

"Each new day is the beginning of the rest of my life. I greet the sunrise with gratitude, excitement and anticipation. Each moment is precious, more valuable than gold or diamond and deserving to be witnessed - and a memorable tale worth writing about by night's end."

# THE 21-DAY CHI HABITS JOURNAL Records of your journey's exploits PART 2

The most meaningful part of this book is not written by the author, but by you. As a writer, your main reader is yourself and after reading each line, it would be as if someone else wrote it – surprisingly, someone admirable whom you are just beginning to know.

Discover yourself!

# Day 00

Today ends 9 days of preparations – learning, trying out and testing our understanding. Take more days if you have to, but set a definite new Day-0.

Tomorrow is D-Day. Set your firm intention to extend far through and beyond the 21-Days. Feel your Chi reaching comfortably to the end. Write your thoughts, feelings and experiences for this day. Before you sleep, set your alarm to ensure Day 1 tomorrow would have a perfect start.

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## Day 01

First days are always clumsy – make room, make time, make allowances for slip-ups. Perfectionism is unreasonable for today, but do go through each and every commitment with an open heart and mind. How is this starting out, how do you feel? This is a great time to discover how you are – not acting out of habit but with painstaking deliberation. What tendencies and resistances do you discover? Did you meet the enemy? Fill-up your Journal space

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## Day 02

Start-ups are seldom how we expect them, but they are always great learning opportunities – an opportunity to have what Zen calls a "beginner's mind". A mind that is pure and unadulterated by expectations and presumptions. Bring the learning experiences from yesterday to flow smoothly to today. Observe the ease. Be more acquainted with the enemy and remember "to be an invincible warrior by knowing yourself as well as your enemy". Daily journaling is a perfect means for both. Carry on, warrior!

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Kungfu, which is the way of Tai Chi, involves repetitions and more repetition. This is because we forget and continuously forget. We forget until it is a habit and we need not be reminded. Until then, may I ask you if you remembered to recognize your enemy as it appeared today?

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## Day 04

Imagine that, we are already in Day 4! Like the saying goes, time flies. Before you it, 21 days are over. The question will be be - how di it go? Did we learn? Did we achieve? Or did we waste the opportunity? Did we learn? Did we achieve? Or did we waste the opportunity? 21 days is really the continuing, flowing moments of the now. It is happening right now. The outcome of the future is just the extent of the what and how we are right now. Just flow with it doing the Chi Stance and the Inner Smile.

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# Day 05

In journaling, we just don't look at the empty journal space – we gaze inward into our feelings, into the images emanating from deep inside and as we settle down, we get to hear a soft voice. Then, our hand starts to write and the words flow out and speak to us and we feel good because we feel whole.

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Days do become hectic – toxic even. We hurry and run and we don't have time for anything else except what's in the "get to be done list". When does it have to be done? Yesterday!!! Actually when we look back at it, "deadlines are seldom real". Just do it!

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## Day 07

Deadlines are an invention of people who think they can drive everybody (including themselves) into an unthinking automaton. Slow down and think back about the times you did stress out to hurry. Did it get done sooner? Or did you have to redo it because it didn't turn out right? At what cost it terms of stress, ruffled relationships and overspent energy? What if it was done with proper and unhurried planning, organizing, implementation and review? Think about it. Compare that with being an unthinking automaton.

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Tai Chi is done slowly not because of "slow-mo" effect. It is to gain the benefit of seeing, feeling, hearing, smelling and deeply sensing what we otherwise miss out in our normal semi-sleep state. Slowing down for those in ordinary consciousness will surely make them sleep. But for one who is truly awake, slowing down opens up a new world of reality usually missed in semi-sleep state.

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Remember the sayings: "Haste makes waste", "Hurrying up to get nowhere" and "Much ado about nothing". When we look back into our life, how would we describe it? Doesn't it feel like we were out of control? It is only, in knowing one's self that we can start to regain back control and really live "our" life.

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## Day 10

Doing the Chi Stance is both enjoyable and beneficial. Yet there is an almost subconscious tendency to hesitate and procrastinate. When you remember to do it, just instantaneously do it. No second thoughts. Just do it immediately! To entertain the delaying tactics of the mind is to lose this battle with the enemy.



## Day 11

The Tai Chi concept of having a "sense of enemy" is very practical and useful. To recognize and identify that the forces that stop us from pursuing our goal is to help us to understand ourselves and to gain a handle on the situation. Our alertness to catch the enemy at the onset, gives us more control than when we are already "taken" and "powerless".

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## Day 12

As soon as you recognize the presence of the enemy – like when you feel lazy, not in the mood, running around in a hurry, simply allot 3 minutes to stop, slow down and do the Chi Stance. What this does is give you back your center, your power, your bearing, yourself. Regain your power to think and feel from your core and you'll have the wisdom to decide correctly. You are in a battle, deciding correctly is half the battle won.

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Day 13

After winning, reflect how it happened and thank the positive forces that helped you and recognize the deciding factor that made you win – You! Remember to acknowledge those forces that helped and thank them.

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When in the state of losing, as when you feel you don't have a choice but to surrender to the forces that stop you, remember that it is not necessarily a loss. Only you would know that your loss is an investment in learning. That you had actually become a stronger and wiser person with raised spirit, more ready than before to fight the next battle.

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Tai Chi says that "to know one's self and to know one's enemy, one can win 100 times in as many battles". How well do we know the enemy? To know the enemy, we need to engage the enemy and reflect on our encounters.

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## The Chi Habit Journal

Day 16

To know one's self and one's enemy is wisdom – the kind that one does not gain from books or teachers, but from one's battles and reflections.

The 21-Day program provides these battles and the tools to reflect and win with the Heart Kungfu of Journaling and Tai Chi Thinking.



Journaling provides insights that one would miss in simply reflecting. Facing the journal space with a pen is like holding the sword against the enemy. We cut through the veils of illusion, word after word we come closer and closer to seeing the true faces – our face and the enemy's face. The true knowledge that would make us wins 100 times in 100 battles.

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Tai Chi teaches us that the enemy is really our best teacher. While his goal seems diametrically opposite to ours, without our encounter with him, we would not grow in strength and wisdom. This is a real and true perspective. He will offer the best lessons no university on earth can offer.

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In life, we get stressed out and we get sick. Tai Chi looks at this differently. Stress has a yin and yang. Shifting our perspective, we see stress as an opportunity to learn and play. Winning or losing is secondary. Mostly, we suffer stress because we are afraid to lose. If we welcome loss as an investment in learning, would we still be stressed?

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Looking at stress with the Tai Chi perspective, we would welcome stress as the counterpoint of stillness. Stress trains us to have the "jing" of being calm but alert, relaxed but strong. It provides the training that pushes us to higher levels of skills and mastery.

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To have arrived honestly at this point deserves celebration, it is quite a feat to go through 21 days of facing yourself and your enemy. You are a veteran of the 21-day war on behalf of wellness. Look at yourself with pride as this is no mean accomplishment!

Wrap-up, drink-up and flow-on "All good beginnings should have equally good endings."
"Punctuate the end with an exclamation mark!"
"Everything in life is a cycle - we strive to make the change harmonious."

conclusion celebration continuation!

# Review, discuss, and savour the experience:

## Did you complete it?

If not, it is okay. Just as in real life, we have several chances to finish something we start. The important thing finally is to finish it eventually, because if we don't we'll develop the bad habit of not finishing what we start. So no matter what, we do our best to finish what we start!

If you finished it, CONGRATULATIONS!

How did it go?

Have you developed the Habits?

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Do you think you can benefit from repeating the whole program?

Actually, you'd be amazed how much more we can learn the second time around!

If you decide to end this, it is always good to put a punctuation mark to all that we start. To do this, we need to make a conclusion – we can summarize the highs and lows of the process and focus on the elating and extraordinary moments.

What have been the learning and discoveries?

What did you learn in the last 30 days?

What did you gain?

Write them down in the next page called "Afterword".

# Day After 21 AFTERWORD:

Your Concluding and Summarizing Journal Take time to acknowledge and thank!

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## How was it made possible?

Who helped, assisted, encouraged, and supported?

People who deserve a pat on the back or hug?

Do that now!

Wrap-up, clean-up before going:

Are there lose ends – tie them up!

Are there "I's to dot and T's left un-crossed"?

Are there ruffled feelings needing apologies?

Conclude everything!

Or do you think you should make another go for 21-Days?

You decide!

Now summarize your learning, your experiences.

Leave this program with a feeling of thorough completion - nothing unsettled, complete closure!

You're done!

Congratulations!

The next 21-Day Chi Habits is a continuation . . .

And a new beginning . . .

Watch for it and be delightfully surprised!