



Dr. K's Guide to Mental Health

Meditation Module | Karma | Worksheet

What are your advantages?	What are your disadvantages?

What can you offer the world, or the people around you, that no one else can?



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Exercise 1: Write 1 page about what is wrong with the world. You may think that you know what you are going to write, or you may think “there’s too much wrong with the world to fit into one page.” Write anyway! What you start with and what you end up with at the bottom of the first page may give you a clue as to what your dharma is.



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Exercise 2: What is the next action you can take? Just pick one for each of the following and make the action as small as possible.

1. For your personal / home life?

2. For your professional or academic career?

3. For your relationships?

4. For gaining independence?

When you check off all four, then you can start over again the next day.