

Questionnaire

This questionnaire can be carried out daily, weekly, or monthly to assess how well you are adhering to the rules described in this book. The answers you provide here will clearly reveal your progress, identifying areas for growth and pinpointing any aspects that still require your attention.

Subject 1: Navigating Inner Peace (6 questions)

- 1. Rule One: Realize True Happiness Within.** Today, did I recognize that my lasting happiness comes from within and is independent of external sources like possessions, achievements, or relationships?

Yes	☐	No	☐
To some extent	☐	Not relevant	☐

- 2. Rule Two: Live in the Present Moment.** Today, was I fully engaged and mindful in the present moment, without being preoccupied with the past or future?

Yes	☐	No	☐
To some extent	☐	Not relevant	☐

- 3. Rule Three: Control Your Thoughts to Control Your Life.** Today, did I focus on the positive aspects of my life and avoid dwelling on negative thoughts?

Yes	☐	No	☐
To some extent	☐	Not relevant	☐

4. **Rule Four: Avoid the "If-Then" Model for Happiness.** Today, did I focus on finding contentment in the present rather than conditional happiness based on external achievements or possessions?

Yes ☐
To some extent ☐

No ☐
Not relevant ☐

5. **Rule Five: Avoid Engaging in Negative Self-Talk.** Today, did I refrain from negative self-talk, nurturing self-compassion and a positive self-image while also learning from my mistakes and taking responsibility for them?

Yes ☐
To some extent ☐

No ☐
Not relevant ☐

6. **Rule Six: Practice Nonattachment.** Today, did I maintain my inner peace, enjoying life's experiences and pursuing my goals without attachment or fear of loss?

Yes ☐
To some extent ☐

No ☐
Not relevant ☐

Subject 1 out of 11 subjects: 6 out of 111 questions completed

Subject 2: Navigating Worry (8 questions)

1. **Rule One: Realize That Worries Are Created by Your Imagination, Not by Reality.** Today, did I refrain from letting worries control my thoughts and understand that they are created by my imagination, not by reality?

Yes ☐
To some extent ☐

No ☐
Not relevant ☐

2. **Rule Two: Recognize That Most of Your Worries Never Materialize.** Today, did I refrain from letting worries control my thoughts, understand that most worries never materialize, and avoid unnecessary anxiety over hypothetical outcomes?

Yes ☐
To some extent ☐

No ☐
Not relevant ☐

- 3. Rule Three: Worries Are Transient—Don't Jump to Conclusions or Act on Them.** Today, did I refrain from letting worries control my thoughts due to their transient nature and avoid jumping to conclusions or acting impulsively?
- | | | | |
|----------------|--------------------------|--------------|--------------------------|
| Yes | ☐ | No | ☐ |
| To some extent | ☐ | Not relevant | ☐ |
- 4. Rule Four: Practice "Worry Time" Allocation.** Today, did I avoid letting worries consume and disrupt my entire day and set aside specific times to address them in a structured manner?
- | | | | |
|----------------|--------------------------|--------------|--------------------------|
| Yes | ☐ | No | ☐ |
| To some extent | ☐ | Not relevant | ☐ |
- 5. Rule Five: Be Aware That Worries Are Counterproductive and Harmful.** Today, did I refrain from letting worries control my thoughts due to their harmful nature and replace them with positive thoughts, constructive problem-solving, and mindfulness?
- | | | | |
|----------------|--------------------------|--------------|--------------------------|
| Yes | ☐ | No | ☐ |
| To some extent | ☐ | Not relevant | ☐ |
- 6. Rule Six: Don't Worry About Things You Didn't Arrive with and Can't Depart With.** Today, did I refrain from worrying over transient external things like material wealth and social standing, which I cannot take with me when I leave this world, and focus instead on what truly matters: relationships, personal growth, and my positive impact on society?
- | | | | |
|----------------|--------------------------|--------------|--------------------------|
| Yes | ☐ | No | ☐ |
| To some extent | ☐ | Not relevant | ☐ |
- 7. Rule Seven: Don't Worry Too Much About the Future, As It May Not Include You.** Today, did I refrain from excessive worry about the future, acknowledge its unpredictability and the uncertainty of my presence in it, and focus instead on enjoying and appreciating the present without letting future uncertainties diminish my current happiness?
- | | | | |
|----------------|--------------------------|--------------|--------------------------|
| Yes | ☐ | No | ☐ |
| To some extent | ☐ | Not relevant | ☐ |

8. Rule Eight: Consider Worries from Your Deathbed

Perspective. Today, did I challenge my worries and assess their significance from the perspective of being on my deathbed, shifting my focus to what truly matters, aligning with my deepest values and life goals?

Yes	☐	No	☐
To some extent	☐	Not relevant	☐

Subject 2 out of 11 subjects: 14 out of 111 questions completed

Subject 3: Navigating Authenticity (9 questions)

- 1. Rule One: Be Aware of the Illusion of Sudden Success.** Today, did I avoid the illusion of rapid success and understand that it may lead to overconfidence and a false belief in the easiness of success, instead recognizing that real success requires diligent work, persistence, strategic planning, and continuous learning?

Yes	☐	No	☐
To some extent	☐	Not relevant	☐

- 2. Rule Two: Always Stay Humble in Success and Patient in Adversity.** Today, did I maintain humility in success, avoiding arrogance and embracing patience in adversity to avoid negativity?

Yes	☐	No	☐
To some extent	☐	Not relevant	☐

- 3. Rule Three: Avoid the Lust for Power.** Today, did I responsibly manage my power, staying vigilant against its seductive qualities and prioritizing its use for the benefit of other people with humility and integrity?

Yes	☐	No	☐
To some extent	☐	Not relevant	☐