



SENIORS

Little Yogi Journal

sh/pa/vr

BG 6.26 A Mind Full of Courageous Thoughts
Moral: SAGE VISHWAMITRA



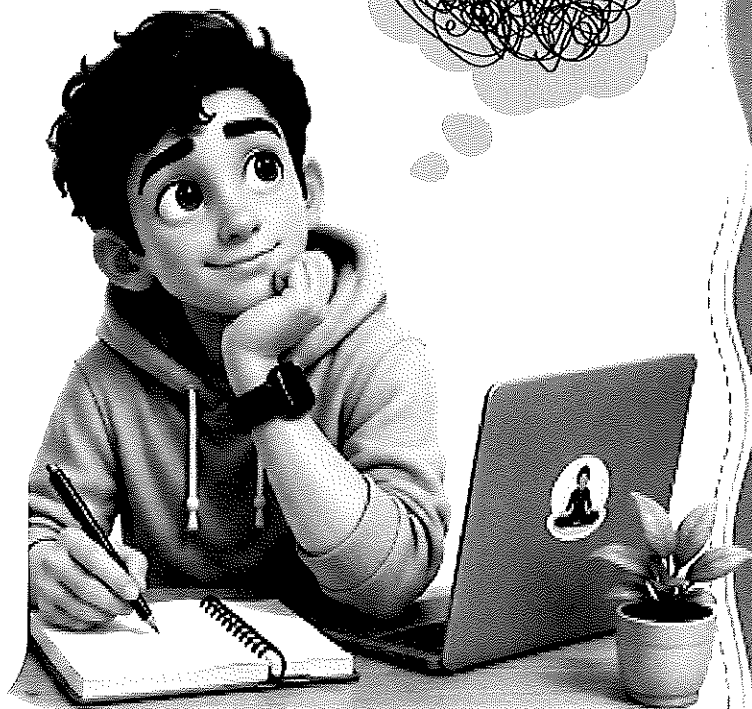
1.

Playlist Switch

Imagine your mind is stuck playing the same worried thought.

What would help you change the track?

do something
to distracted
your self

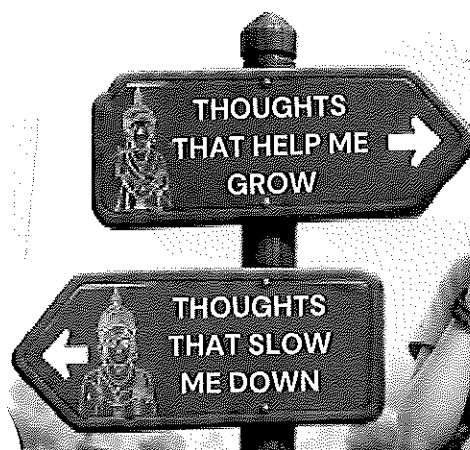


2.

Mind Traffic

Not every thought deserves our attention.

How do we decide which thoughts to follow and which to let pass?



We pass negative thoughts
who think positive

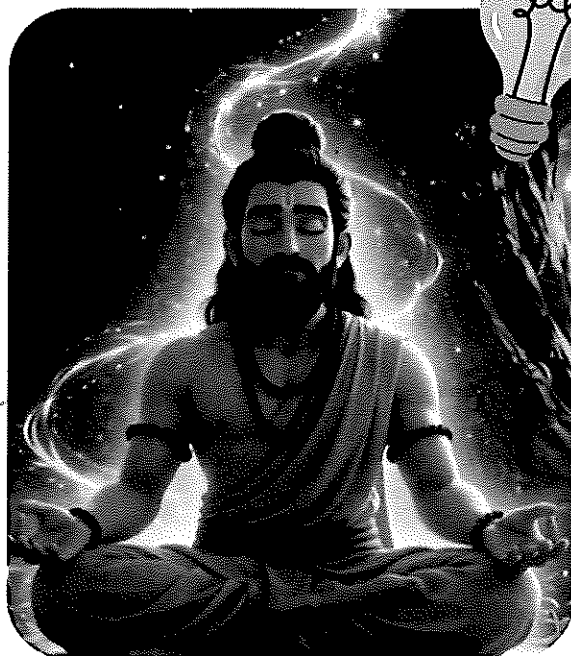
3.

Tiny Progress

Vishwamitra didn't become wise in one day.

What is one skill that you want to grow little by little with regular practice?

My handwriting



SKILL

How do you plan to make use of that skill in your life?

so that my mom ^{very day} will be proud.

4.

PUZZLE MANIA!

Scan the code, reveal the hidden character, and race against time to solve the puzzle!

SCAN ME

