

Self-Analysis for Progress

Our most important duty in life is buried beneath the accumulated debris of human habits. We need to free ourselves from bad habits and sow the seeds of success that we desire. We are meant to learn this lesson by concentrating on the purpose of human existence: to know who is behind our life.

We all need to analyze ourselves and write down the thoughts and aspirations for our progress as human beings. Find out what you are – not what you imagine you are. Most people don't change because they don't see their own faults and the real need. True self-analysis is the greatest art of progress. Man is the architect of his own destiny.

Self-analysis is important for the progress of the soul. We can alter ourselves very quickly with strong determination. To eradicate bad habits, we must apply the full strength of our determination and willpower with patience. Whatever we have created or done, we can undo.

Plain living and high thinking should be our goal. Don't make your life complicated by too much activity. Carry all the conditions of happiness within yourself, praying and meditating on God. Our happiness is not subjected to any outside influence. You are the cause for your sadness and happiness. Analyze yourself and try to be what you want to be.

Don't keep your mind engaged in too many activities. Analyze what you get from them and see if they are really important. Don't waste time. Read a good book. Always have a positive approach no matter how miserable the situation is. No matter where you are, keep your mind continuously on soul peace.

Remember that each day we need to find ourselves a better person, otherwise we are going backwards. When we are faced with difficulties, make up your mind to be with good company and in a good environment and to study and meditate. Do not dwell on the faults of others. There is already too much evil in the world; do not add to it. Don't talk evil, don't think of evil and don't do evil. Be like a rose spreading the fragrance of soul goodness. Make everyone feel that you are a friend and helper, not a destroyer. Make everyone feel that you are an image of God, not by words alone but also by your deeds and behavior.

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