

LOOK N LEARN

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2022 Self Assessment → 2023

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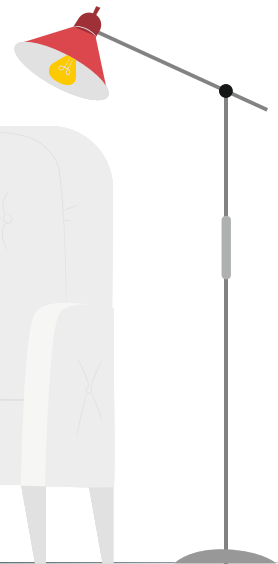
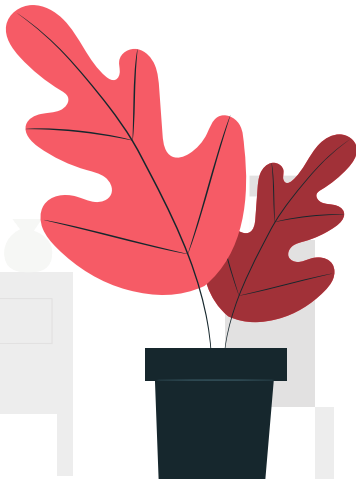
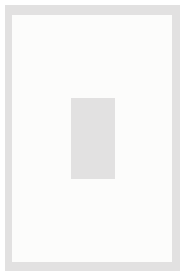
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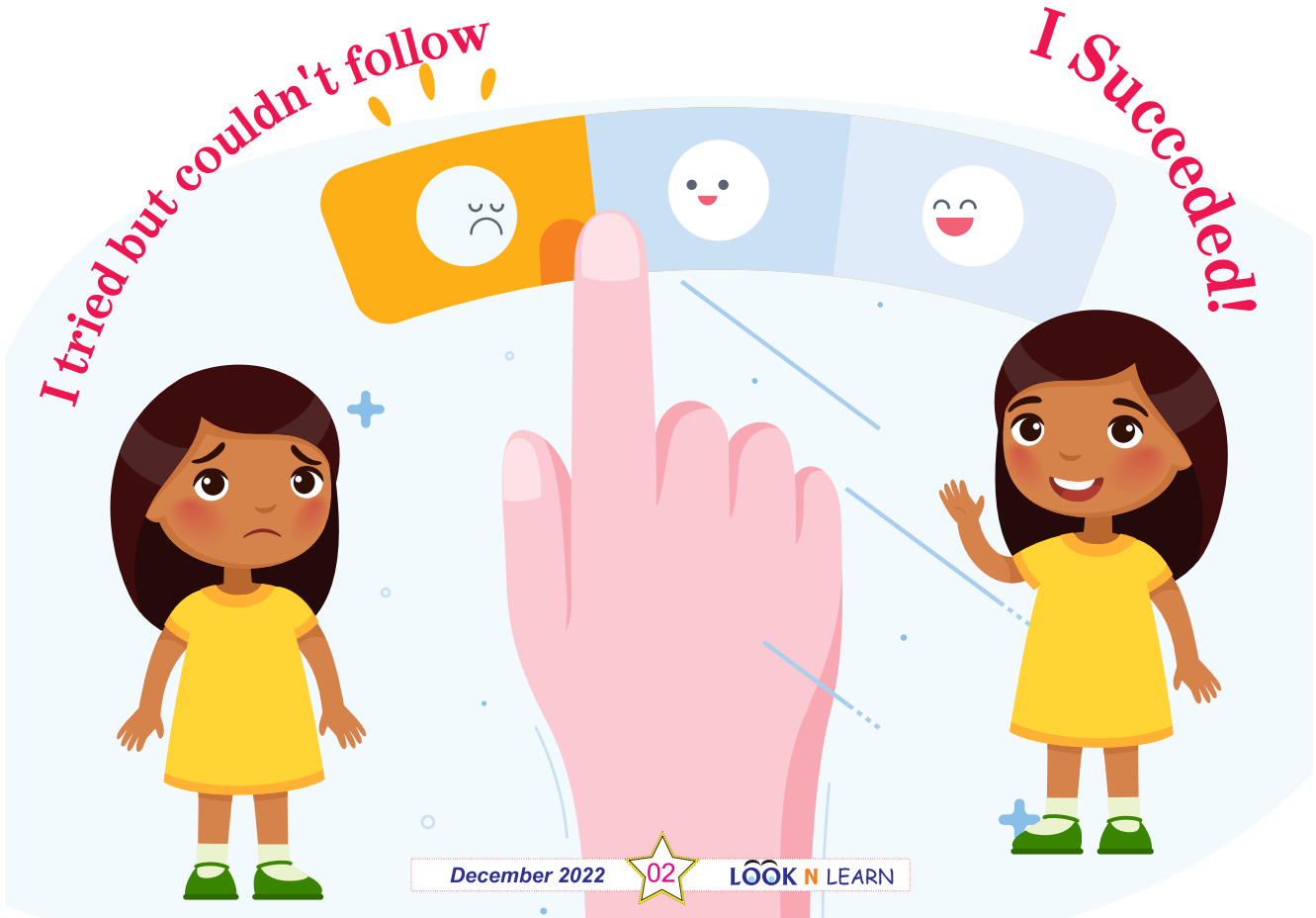
Design your Destiny

At the beginning of the year **2022**, we had targeted many goals and resolutions. We achieved certain goals but we missed some of them...isn't it?

Now, in this coming new year **2023**, let's design our destiny and try to achieve our goals and get success in our life...

साल **2022** की शुरुआत के साथ ही हमने कई लक्ष्यों और संकल्पों को लक्षित किया था। हमने कुछ लक्ष्य हासिल किए लेकिन उनमें से कुछ चूक गए... है ना?

अब, इस आने वाले नए साल **2023** में, आइए हम अपने भाग्य को डिज़ाइन करें और अपने लक्ष्यों को प्राप्त करने का प्रयास करें और अपने जीवन में सफलता प्राप्त करें





*In 2022
Did you...*

Follow your dream

*Goals that **HAS**
become a reality?*

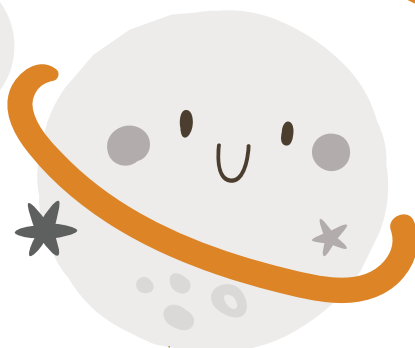
- ★ _____
- ★ _____
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- ★ _____

*Goals that **HAS** not
become a reality?*

- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____



*Be honest
to yourself!*



Do you think you have missed only these goals?

No,

Infact you could have achieved much more than the targeted goals if you would have utilised your time in right activity through out the year.

What have you skipped?

What is that you could have done?

Come on, Let's analyse it.

क्या आपको लगता है की आप केवल इन लक्ष्यों से चूक गए हैं?

नहीं,

वास्त में आप लक्षित लक्ष्यों की तुलना में बहुत अधिक हासिल कर सकते थे, यदि आप अपने समय का उपयोग पूरे वर्ष सही गति विधि में करते।

आपसे क्या छुट गया?

ऐसा क्या था जो आप कर सकते थे?

चलो, आओ इसका विश्लेषण करें।





THAT



Declaration Form

"Look n Learn"

Statement about ownership and other particulars about the fortnightly "Look n Learn" to be published in the issue every year after last day of February.

FORM IV (See Rules 8)

- | | |
|---|--|
| 1. Place of Publication | : Mumbai |
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| 6. Name & Add. of Individuals | : Ashok R. Sheth |
| Who the fortnightly (and partners of share holders holding more than one percent of total capital). | |

I Ashok R. Sheth, hereby declare that the particulars given above are true to trust of my knowledge and belief.

Dt. 10-12-2022

Ashok R. Sheth (Publisher)

Still wondering what could it be?

LET'S SEE WHY HAVE YOU MISSED IT....

MAY BE BECAUSE YOU SPENT LOT OF YOUR VALUABLE TIME IN....

Social media surfing



Wasting time in unreasonable things

Watching TV/Netflix etc for long hours



Gossiping



Picnic/parties



Being lazy



-Gurubhakt Mehta Parivaar

This precious time is lost.

Once the time is lost... it can never be got back.

Instead, we **COULD** have invested that time and **Designed our Destiny...**

Satkarya(good deeds), Philanthropy, Sadhana, Tapp,
Aaradhana etc and bind more and more punya and Shubh karma.

There are so many things that we could have done but

Yes, it was possible... but we have MISSED IT!

यह कीमती समय खो चुका है। बिता हुआ समय वापस नहीं आ सकता।

इसकी जगह, हम नियती का निर्माण कर सकते थे...

जैसे कि... सत्कार्य, परोपकार, तप, त्याग, साधना, आराधना इ. करने में

निवेश कर सकते थे.... हाँ, यह संभव था।

We had 365 days, out of which we could have tried doing the following... See how many **YES** you can collect and...



SUCCESS

Design your Destiny



YES, IT WAS POSSIBLE!

We could have avoided
wearing foot wear for atleast
1 day a week
throughout 2022...

☐ Did you do? YES

☐ NO, I MISSED IT!

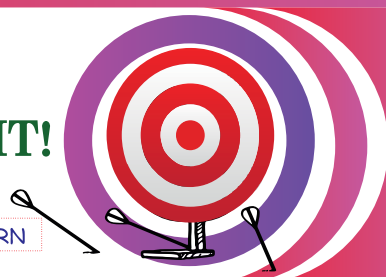


YES, IT WAS POSSIBLE!

We could have atleast done
Navkarshi-Chauvihar
throughout 2022...

☐ Did you do? YES

☐ NO,
I MISSED IT!



December 2022

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LOOK N LEARN

YES, IT WAS POSSIBLE!

If doing Atthai Tapp was difficult,
we could have done Rasparityaag Tapp-
(avoiding one of your favourite item per day)
throughout 2022...

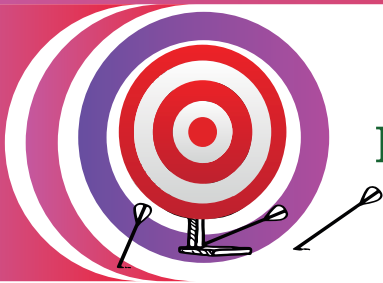
Did you do? YES

☐

NO,

☐

I MISSED IT!



YES, IT WAS POSSIBLE!

We could have gone to
offer seva in upashray...
throughout 2022...

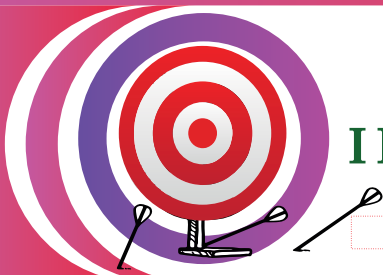
Did you do? YES

☐

NO,

☐

I MISSED IT!



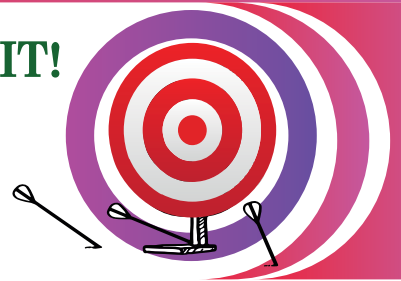
YES, IT WAS POSSIBLE!

We could have tried doing
1 Gatha kanthastha everyday
throughout 2022...



☐ Did you do? YES

☐ NO, I MISSED IT!



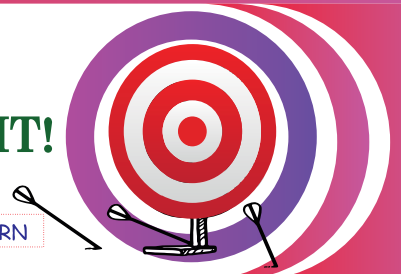
YES, IT WAS POSSIBLE!

We could have tried doing
Samayik-Pratikraman everyday
or atleast on the days of Tithi
throughout 2022...



☐ Did you do? YES

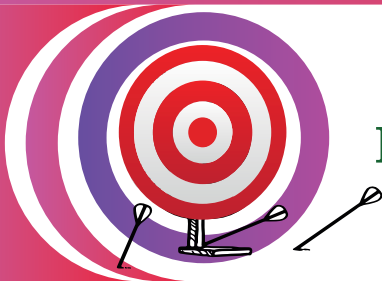
☐ NO,
I MISSED IT!



YES, IT WAS POSSIBLE!

We could have helped the under privileged with his/her studies throughout 2022...

Did you do? YES

☐

NO, ☐

I MISSED IT!



YES, IT WAS POSSIBLE!

Everyday we could have said Jai Jinendra in the morning and Sorry at night to all throughout 2022...

Did you do? YES

☐

NO, ☐

I MISSED IT!



YES, IT WAS POSSIBLE!

SHHH!

We could have kept
maun for atleast 1 hr daily
throughout 2022...

☐ Did you do? YES

☐ NO, I MISSED IT!



YES, IT WAS POSSIBLE!

We could had spent quality time
at old age orphanage and tried
to spread smile throughout 2022...

☐ Did you do? YES

☐ NO, I MISSED IT!



CARE FOR THE ELDERLY

December 2022

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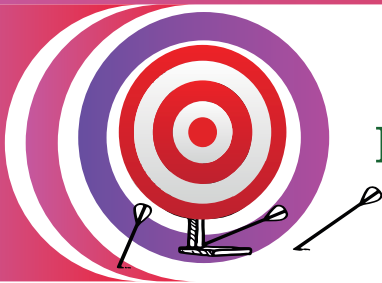
LOOK N LEARN



YES, IT WAS POSSIBLE!

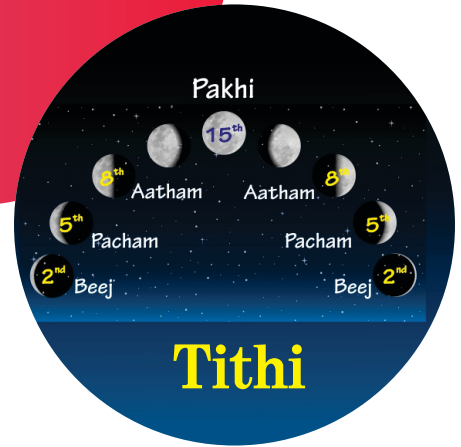
We could have tried doing
Ekasana/Aayambil
on the days of Tithi
throughout 2022...

Did you do? YES

☐

NO, ☐

I MISSED IT!



YES, IT WAS POSSIBLE!

We could have
distributed sweets during
Diwali on the streets
throughout 2022...

Did you do? YES

☐

NO, ☐

I MISSED IT!



YES, IT WAS POSSIBLE!

**We could have chanted
a Mala in the morning
throughout 2022...**



☐ **Did you do? YES**

☐ **NO, I MISSED IT!**



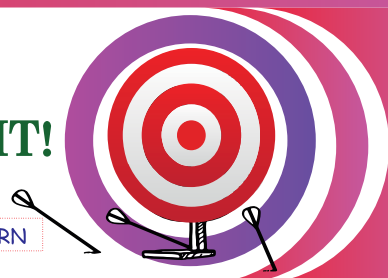
YES, IT WAS POSSIBLE!

**We could have distributed
water bottles to the thirsty
in scorching heat
throughout 2022...**



☐ **Did you do? YES**

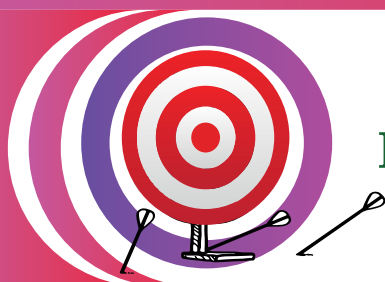
☐ **NO,
I MISSED IT!**



YES, IT WAS POSSIBLE!

We could have fed
birds and animals in
our surroundings everyday
throughout 2022...

Did you do? YES ☐



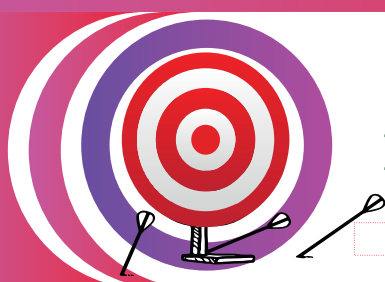
NO, ☐
I MISSED IT!



YES, IT WAS POSSIBLE!

We could have done
Namaskar mantra Japp
throughout 2022...

Did you do? YES ☐



NO, ☐
I MISSED IT!

YES, IT WAS POSSIBLE!

We could have taught
Namaskar mantra to
a non jain person
throughout 2022...



☐ Did you do? YES

☐ NO,
I MISSED IT!



YES, IT WAS POSSIBLE!

We could have served
Aayambil food to
Tapasvi during Oli
throughout 2022...

Aayambil food

- 6 Vigai tyag

- yoghurt
- sugar
- ghee
- milk
- oil
- all fried food



☐ Did you do? YES

☐ NO,
I MISSED IT!



Glimpse of Gnan Poojan Aaradhna 2022-

Children from Parasdham Ghatkopar, Mulund, Kolkatta, Junagadh, Jamnagar, Amravati center etc. of at Look N Learn Jain Gyan Dham participated in Gnan poojan with immense Bhakti and Bhaav .



Stop - take a pause for a moment
Watch - analyse your activities.

Go - throughout the year,

Invest your valuable time to achieve your targeted goals of good deeds

Make your own **NEW YEAR RESOLUTIONS** that is sustainable and the one which you can follow

I will...

[illegible][illegible]

परम गुरु वाणी

Param Shree says...

3 things to remember in life
no matter how hard your life becomes



GIVE OFTEN



No matter how little you
have with you and no
matter how little you give,
remember you may be
the only one doing that



HATE NO ONE



Forgive all
no matter how
bad others treat you...
just keep yourself
free from all
karma-bondages



LIE TO NO ONE



Always stick to
truth no matter
how hard
it may be
NEVER LIE!



Param Gurudev Shree says...

Do not waste your time,

Invest your time!

