

Wellpath Worksheet

Boost Your Physical Centers to Greater Health and Fitness

- The Centers of Focus: The Physical Centers of Your life
- The Path to These Goals: Purify the physical centers of your life toward better health

Use the following worksheet to purify the centers of your life and enhance your health.

Goal	Current State	Future State	Action Plan	Target Date for Implementation	Remarks/Actual Progress
Understand the Physical Centers of Your Life	I am currently unaware of what the physical centers of my life are	I want to develop an understanding of what physical centers are and how they apply to my life	1. Read Jin's book Heart of Gold and Encyclopedia Centerpath	1.	1.
Purify Your Air Center	I am currently unsure of the condition and/or likely have room for improvement	I want cleaner and fresher air	1. Buy an air purifier 2. Buy an air humidifier 3. Buy a high efficiency vacuum cleaner 4. Consider buying incense oil	1.	1.
Purify Your Water Center	I am currently unsure of the condition and/or likely have room for improvement	I want cleaner and fresher water	1. Consider hiring a 3rd party to evaluate your water supply 2. Consider buying a water filter and/or water conditioner 3. Consider bottled water over tap water (however be sure to minimize plastics usage) 4.	1.	1.
Purify Your Food Center	I eat too many frozen, processed, and unfresh foods	I want more organic and freshly prepared foods	1. Make a list of current diet/products and make a new list of what you plan to replace them with. 2. Buy more fruits and vegetables. 3. Buy 'Organic' products and from 'Farmer's Markets' 4. Eat less meat	1.	1.

			5. Etc.		
Purify Your Physical Health Center	My lifestyle is too sedentary. Weight possibly too high	I want an active lifestyle through regular exercise and walking	<ol style="list-style-type: none"> 1. Take a wellness test at your hospital 2. Walk 3-5 times per week 3. Exercise 3-4 times per week (based on suggestions from doctor) 4. Make a 12-month plan to progressively lose weight through a more balanced diet and exercise. 	1.	1.

Heartpath Worksheet

Reconnect with Your Heart Center and Elevate Your Emotional Well Being

- The Centers of Focus: The Emotional Centers of Your Life
- The Path to These Goals: Reconnect with your heart to gain emotional stability and greater happiness

Use the following worksheet to reconnect with your heart and improve your emotional well-being.

Goal	Current State	Future State	Action Plan	Target Date for Implementation	Remarks/Actual Progress
Discover the Heart in All Things	I am currently unaware of structure of nature and the pure and powerful center at the heart of all things	I want to be knowledgeable of the pure and powerful center at the heart of all things	<ol style="list-style-type: none"> 1. Read Jin's book Heart of Gold or Seven Paths to Power 2. Study Nature. Use Encyclopedia Centerpath as your guide 	1.	1.
Listen to Your Heart	I currently don't listen to my heart. I instead live my life based on society's agendas	I want to live more freely, intuitively, and spontaneously having learned to listen to and follow the natural wisdom of one's heart	<ol style="list-style-type: none"> 1. Keep a journal by your side. As worries, decisions, and conflicts arise; record what your first reaction was. Evaluate that reaction and follow if the best path 2. Ask your heart what it wants and sketch out a path to realize that desire. 3. Read Jin's book Heart of Gold or Seven Paths to Power 	1.	1.
Reconnect with Your Heart	I lack a relationship with my heart	I want to be in touch with my heart and its pure intention	<ol style="list-style-type: none"> 1. Read Jin's book Awaken 	1.	1.

Virtuepath Worksheet

Purify Your Thought Centers to Improve Your Wellbeing

- The Centers of Focus: The Thought Centers of Your Life
- The Path to These Goals: Purify your thoughts to improve your overall wellbeing

Use the following worksheet to purify the thought centers of your life.

Goal	Current State	Future State	Action Plan	Target Date for Implementation	Remarks/Actual Progress
I want to understand what a Thought Center is	I am currently unaware of what thought centers are	I want to develop an understanding of what thoughts are, where they reside, and how they emerge	<ol style="list-style-type: none"> 1. Read Jin's book Heart of Gold or Seven Paths to Power 2. Study Nature 	1.	1.
I want to learn how thoughts grow into larger things	I am currently unaware of how thoughts grow into and shape one's larger life	I want to develop an understanding of how thoughts grow into larger creations /things /organisms	<ol style="list-style-type: none"> 1. Read Jin's book Heart of Gold or Seven Paths to Power 2. Study Nature 	1.	1.
I want to learn how to better shape the character of my thoughts	I am currently unaware of the mechanisms behind and techniques to improve the quality of one's thoughts	I want to learn how to better control your thoughts	<ol style="list-style-type: none"> 1. Learn how the world works (which leads to a more positive outlook on life). Read Jin's book Encyclopedia Centerpath 2. Take up Yoga 3. Take up Meditation 4. Buy a good 'positive thinking' book. Avoid ones that state that richness comes from simply thinking of money! 5. Study your religion more deeply (each speaks of the importance of cleansing one's thoughts) 	1.	1.

Socialpath Worksheet

Boost Your Social Centers and Improve Your Relationships

- The Centers of Focus: The Social (or Flock) Centers of Your Life
- The Path to These Goals: Improve yourself through helping others

Use the following worksheet to improve the social centers of your life.

Goal	Current State	Future State	Action Plan	Target Date for Implementation	Remarks/Actual Progress
I want to understand what Social Centers are	I am currently unaware of what social centers are	I want to develop an understanding of what social centers are, where they reside, and how they emerge	1. Read Jin's book Encyclopedia Centerpath (especially Chapter 5)	1.	1.
I want to understand just how deeply I am intertwined with the rest of humanity	I largely feel unconnected with others and don't see much value in fostering such connections	I want to understand my deep interconnectivity with others and the importance of our shared humanity	1. See the Video: https://www.youtube.com/watch?v=-SkSVa-IWVg 2. Read Jin's book Heart of Universe to realize how deeply all things are interconnected, including humans	1.	1.
I want to help others	I currently spend little time helping others or see little value in it	I want to take action to help others	1. Spend more time with and helping family and friends 2. Share your knowledge of the world and life with others 3. Coach children on the importance of helping others 4. Give your time to a worthy cause Donate some of your money to good causes 5. To truly understand the full value in helping others, study the words and lives of Ghandi and Mother Theresa	1.	1.

Sagepath Worksheet

Boost Your Knowledge Center to Become Wise

- The Centers of Focus: Centers of Transcendental Truth
- The Path to These Goals: Learn how the world works to build perspective and wisdom

Use the following worksheet to elevate your wisdom.

Goal	Current State	Future State	Action Plan	Target Date for Implementation	Remarks/Actual Progress
I want to understand the difference between fact-based knowledge and wisdom	I believe facts (and debating facts) brings true intellectual growth	I want to gain deep wisdom to transcend the limitations of my current, fact-based knowledge	<ol style="list-style-type: none"> 1. Read Jin's book Heart of the Universe or Seven Paths to Power 2. Study Nature. Use Encyclopedia Centerpath as your guide 	1.	1.
I want to discover the Great Wisdom of Nature	I currently believe man's world of technology while significant, pales in comparison to nature's wisdom	I want to intimately learn of nature's deep wisdom	<ol style="list-style-type: none"> 1. Study all things to find their center (use Heart of the Universe or Encyclopedia Centerpath as your guide). 2. Keep a sketch pad journal to record your findings and grow them 3. Apply the findings from your nature studies to your life, the cosmos, infrastructure, institutions, biology, matter, rituals, and human nature 	1.	1.
I want to become truly Wise	I know lot of things however admire wise souls and want to become one	I want to become a truly wise individual	<ol style="list-style-type: none"> 1. Spend years studying nature and Centerpath 	1.	1.

Spiritpath Worksheet

Connect with the Divine and Elevate Your Spiritual Life

- The Centers of Focus: God and The Spiritual Centers of Your Life
- The Path to These Goals: Get closer to God through better understanding her mind through her designs

Use the following worksheet to elevate your spiritual life and get closer to God.

Goal	Current State	Future State	Action Plan	Target Date for Implementation	Remarks/Actual Progress
I want to learn what resides at the heart of the universe	I am currently unaware of the architecture of the universe and how centers effect the larger creation about them	I want to learn what resides at the core of the universe and learn how the character of centers molds the character of the larger whole forming about it	1. Read Jin's book Heart of Universe and Seven Paths to Power (Chapter 7 in particular)	1.	
I want to learn how to take great solace in the miraculous state of being we live in	I am currently unaware of the many miracles that make life possible	I want to understand the many layers and interrelations of being to build a true understanding of the miracle of being	1. Read Jin's book Heart of Universe and Encyclopedia Centerpath 2. Study Nature	1.	1.
I want to give thanks to the Great Creator for this blessed state	I am currently not giving thanks to the many things that sustain us and the Great Creator	I want to regularly give thanks to the miracles of being and the Source that provides it	1. Read Jin's book Heart of Universe and Seven Paths to Power (Chapter 7 in particular)	1.	1.
I want to find deep solace in knowing greater	Having been molded by modern society's unflinching faith in science and technology, I am	I want to appreciate higher order things and beings into one's heart relishing in	1. Read Jin's book Heart of Universe and Seven Paths to Power (Chapter 7 in particular)	1.	1.

things and greater beings are at work above and beyond us	unwilling to give myself to higher things and beings	the knowledge we are not the center of the universe nor its greatest creation			
---	--	---	--	--	--

Selfpath Worksheet

Reconnect with Your True Self and Release the Power of the Universe

- The Centers of Focus: Your Ultimate Core/Who You Are
- The Path to These Goals: Reconnect with your core and release the power of the universe

Use the following worksheet to realize your full potential.

Goal	Current State	Future State	Action Plan	Target Date for Implementation	Remarks/Actual Progress
I want to discover the center in all things	I am currently unaware of structure of nature and the pure and powerful center at the heart of all things	I want to be knowledgeable of the pure and powerful center at the heart of all things	<ol style="list-style-type: none"> 1. Read Jin's book Heart of Universe and Encyclopedia Centerpath 2. Study Nature 	1.	1.
I want to understand that my core, like all centers in nature is pure and powerful	I have read accounts of the bliss experienced by those who have attained enlightenment, however am unfamiliar of its actual character and quality	I want to better understand the elevated state of being reported by 'enlightened' sages, monks, and artists	<ol style="list-style-type: none"> 1. Glean the incredible power of centers through studying Encyclopedia Centerpath 2. Read books by enlightened souls to better understand the powerful qualities they obtained when they reconnected with their core including Lao Zhu, Van Gogh, etc. 	1.	1.
I want to reconnect with my core and unleash its awesome arsenal of creative and awe-inspiring wonder	I currently feel unsettled with who I am and suspect there is a higher way available out there	I want to better understand myself and world. I want to reconnect with the spontaneity of my youth. I want something more and richer out of this life	<ol style="list-style-type: none"> 1. Read Jin's book Awaken and implement its many recommendations and practices 	1.	1.