

My 5-Minute Strength Practice

7 days of showing up for the thing you are already good at

In collaboration with ISKCON · Where Science Meets Bhakti Yoga

STUDENT REFLECTION TOOL

Session 1 · Duration: 50–60 mins

■ Before You Begin — How This Works

Read before Day 1

- Choose a **fixed time** each day — same time every day works better than the best time.
- Pick something you **enjoy and are drawn to**. Not for marks. Not to impress anyone. Just for you.
- **Five minutes only**. The goal is showing up — not performing. Consistency beats intensity.
- There is no correct answer on this form. **Honest answers are the only useful ones**.
- Complete Part C after Day 7. Complete Part D with a parent, not for them.

■ Part A — My Chosen Strength

Fill in on Day 1

My chosen strength for this week

e.g. drawing, writing stories, problem-solving, music, sport, cooking, helping people

Why I chose this (not because someone told me to)

One moment this strength showed up recently

What I will do daily — be specific

Not "I will draw." Instead: "I will draw one object from my room for 5 minutes after breakfast."

"Before I start this week, I want to notice ..."

■ Part B — 7-Day Tracker

Fill in each day

Day	Done?	What I did (one line)	How it felt	Energy 1→5
1	■ Yes ■ No		■ Easy ■ OK ■ Hard	■ ■ ■ ■ ■
2	■ Yes ■ No		■ Easy ■ OK ■ Hard	■ ■ ■ ■ ■
3	■ Yes ■ No		■ Easy ■ OK ■ Hard	■ ■ ■ ■ ■
4	■ Yes ■ No		■ Easy ■ OK ■ Hard	■ ■ ■ ■ ■
5	■ Yes ■ No		■ Easy ■ OK ■ Hard	■ ■ ■ ■ ■
6	■ Yes ■ No		■ Easy ■ OK ■ Hard	■ ■ ■ ■ ■
7	■ Yes ■ No		■ Easy ■ OK ■ Hard	■ ■ ■ ■ ■

Days completed :	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7
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Missed a day? Circle it, move on. Missing one day does not break a habit — stopping entirely does.

Part C — What I Noticed	Fill in after Day 7
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01 Which day felt easiest to show up?	02 Which day did I want to skip — and what happened?
03 When did I enjoy it most — what was different?	04 What surprised me about doing this daily?
05 What did this practice tell me about how I work best?	06 Did my mood that day affect anything else?

Do I want to continue this strength practice next week?	<input type="checkbox"/> Yes, same <input type="checkbox"/> Yes, modified <input type="checkbox"/> Try something new <input type="checkbox"/> Not yet
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THE ONE THING I WANT TO REMEMBER FROM THIS WEEK

"This week I learned that I am someone who ..."

This is for you — not for your marks, not for your parents. Write what is actually true.

Part D — Parent Note	Optional but meaningful
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This section is not a report card. Write what you observed — not what they did right or wrong. Your child may read this.

One behaviour or quality I noticed this week
One moment I felt proud — even quietly
Something I told them (or want to tell them)
Something I noticed that I want to ask about
<i>Parent / Guardian: I have read what my child wrote this week. I will not correct it or grade it. I will use it to understand them better.</i>

Parent / Guardian Signature

Date Reviewed

FOR FACILITATOR USE ONLY

Facilitator note or observation

Reviewed by

Date

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