

Personal evaluation of chanting my japa

		Answer	Am I improving	Am I feeling satisfied with my performance *
A	How many rounds of japa do i chant			
1	Minimum daily			
2	On Ekadasi			
3	On festivals			
4	Before mangala arati			
5	Is my attitude to chant just 16 rounds or a minimum of 16			
B	Do I fall prey to bad habits such as			
6	Japa prajalpa; entertain conversations while chanting			
7	Activity japa; chant & do other things			
8	Thinking Japa; contemplating on the day ahead while chanting			
9	Often have rounds remaining and struggle to complete them			
10	Sometimes fail to complete prescribed number of rounds			
11	I often fall asleep while chanting			
12	Sleep late			
13	Take a late meal before bed and feel tired in the morning			
C	What kind of chanting do I practice			
14	Sitting down, walking, standing, lying down or other			
15	Early morning, daytime or evening			
16	Chant best: alone, in a group, with companion, other			
17	Feel bored while chanting			
18	Expectations from chanting include, material benefits, liberation or devotional service			
19	How often can you chant with a silenced and clear mind and hear the name uninterruptedly; sometimes, daily for how long			
20	Do I chant mechanically or with emotion			

		Answer	Am I improving	Am I feeling satisfied with my performance *
21	Are you inspired to chant extra rounds; never, sometimes, daily, how often			
D	Do I value and respect my japa mala			
22	Is my bead bag always clean			
23	Do I always know where my beads are			
24	Do I always carry my beads with me			
25	Am I using a counter or tulasi beads			
E	Am I making an effort to understand how to chant			
26	Do I read about the holy name regularly			
27	Can I memorize the 10 offenses by heart			
28	Am I making a conscious effort to avoid the 10 offenses			
29	Who do I associate with to chant good japa			
30	Do I discuss japa sessions with others			
31	Do I keep regular records of my performance			
32	Do I know what my main anarthas are			
F	Am I focused			
33	How many years have I been chanting japa			
34	Did I developed a taste for chanting, or does it feel more like a duty			
35	In all honesty is chanting japa my, 1st, 2nd, 3rd or last priority			
36	Have I noticed any improvement in my japa over the years			
G	Personal problems effecting my japa			
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	* Not at all / A little / Sufficiently / Fully			

		Answer	Am I improving	Am I feeling satisfied with my performance *
H	What improvements have I made?			
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I	In general, when do I manage to chant nicely?			
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