



THE URBAN MONK ACADEMY

WORKBOOK

MY 100 DAY GONG

Welcome

note from the designer: to experience the full functionality of the PDF, please save the file to your computer.



This program has been specifically designed to help you map out your life and get incredibly clear on what your goals are for the next year. It will then direct you to set action items for your 30, 60, and 100 day marks in order to navigate towards your one year goal.

We start with the “Life Garden”. I really want you to spend some time thinking about what flowers (or plants) you’d like to have in your life, what can fit, and how much energy (water) you have to feed these “plants” in your life. Most of us commit to too many plants, never notice the weeds in the garden, and

don’t have an adequate accounting of how much energy, vitality, or “water” we have to get it done.

Spend some time really thinking about your Garden so you’re clear on what your priorities are. Most people are in such a hurry to get going that they start driving and not even know the destination. That usually wastes a lot of gas. No wonder we’re all so tired. We burn our gas driving around in circles.

Once you’ve looked at your Life Garden, then start working on your Gong.

A Gong in Chinese is a designated amount of time that you allot to perform a specific task daily. For example, knowing that it takes at least 90 days for a particular good habit to “burn into” your nervous system, I have found that the 100 Day Gong is the most appropriate length to practice. This means that we pick a particular practice (or set of practices) and designate them as our Gong and we diligently practice them every day for 100

days without fail. This means that if you miss a day, even if its day 99, you start over. Not only does this build resolve, it forces us to wake up and pay attention to our day-to-day routines. It is incredibly painful when you miss day 46, for instance (I did!) and have to start over. At first you try to make excuses to yourself about how it was OK and how you’ll just keep going, but then, a deal is a deal... you start over.



Next round, you pay attention! It is a wonderful way of not only building focus and determination, but also to ensure that you train regularly. It is a dedicated act of self-love that snaps you out of your daily trance and brings the light of awareness to your consciousness. The more we practice, the more we wake up and the better off we are. It takes at least 90 days for a new set of behaviors to take effect in our nervous systems

so 100 Day Gongs are the perfect length for this.

I do these all of the time in my personal life and development. I set goals for myself for the next 100 days (physical, mental, spiritual, career) and I look at them daily and I reinforce my Sub Conscious mind every day for those hundred days.

When the Gong is over, I assess where I am and take a few days of introspection and meditation before I set my next gong. In essence, I allow my Super Conscious mind to guide me into the next series of programs for the Sub Conscious mind. This is a wonderful method for bringing the Self Conscious mind into the equation and tie all aspects together— again, harmonizing Yin and Yang. (More on this in chapter 12 of “Rise and Shine”)

Depending on how dedicated you are and where you think you’d like to start, you can put in something simple, like one Qi Gong set for starters and do that for a hundred days or you can get far more involved. I usually have 8 exercises or meditations per day in a given gong but that’s me— I’ve been a monk. Start where you feel like you can realistically manage it with your current time allowances and get the first hundred days under your belt. I assure you that afterward; you will do more of them and add more goals and practices as you go along. This practice really helps get you on track and creates an environment for growth and personal development that is self inspired and easy to follow.

This workbook is designed to help you transform the stagnant energy in your life, move through perceived limitations, and manifest the life you’ve always wanted using tried and true energetic principles. Fill in the **GONG GRID** at the end of this workbook daily as you complete your daily items.

When setting a **GONG**, be realistic with what you can reasonably do every day. Remember, whatever you commit to, you’ll have to do it without fail for 100 days. This builds willpower and resolve. With that being said, also try to push yourself out of your comfort zone and really strive to change your daily patterns.



The purpose of this exercise is to gain clarity on where you currently stand in your life. It will help establish your goals and desires, and then take the necessary action to make changes happen in order to attain those goals. This requires effort on your part. Our esoteric science teaches us that when we link the power of **INTENTION** with that of **ATTENTION**, we can do anything. Therefore, our goal here is to set our intentions and then focus our attention on those goals daily. The more we keep our focus and will it into being, the closer we are to attaining those goals. During the course of this **GONG**, it is imperative to practice your Qi Gong (in order to move stagnant energy in your field) and meditation (in order to gain the clarity and focus you need) daily.

Remember (please listen to the modules before doing this work), honing in your focused attention is critical as is bringing up your Vitality. Getting energy and focus lined up is the winning formula. Getting your goals down on paper is key. Making sure your goals are realistic is also critical.

The way you use this book is you either print it and write in your items (which is old school

and preferable for many as penmanship has a profound effect and reflection from the psyche) or use the auto-fill option, type it in and keep it on your phone, tablet, or then print it. The **KEY** is to go through your book every-day- at least once a day. Look at what you've committed to and remember what you've set out to do. We **FORGET**. We move on. We say we want something and then move to something else...never finishing things out and attaining mastery. **USE** this book as your guide for your 100 Day Gong and, when ready to do your next one, look through this, see where you succeeded and where you failed and use it as a guide to **SET** your next Gong.

Ok that's it! Get to work, fill it out, read it through, make sure you're being reasonable, and set a start day. Once you've done so, go to the home page of the Member's Area and click "Start my Gong" so that the system can help you track your days and send your daily emails— each email was written to support where you're at along the way. Happy trails and I'll see you on the weekly calls.

- **Pedram Shojai, OMD**

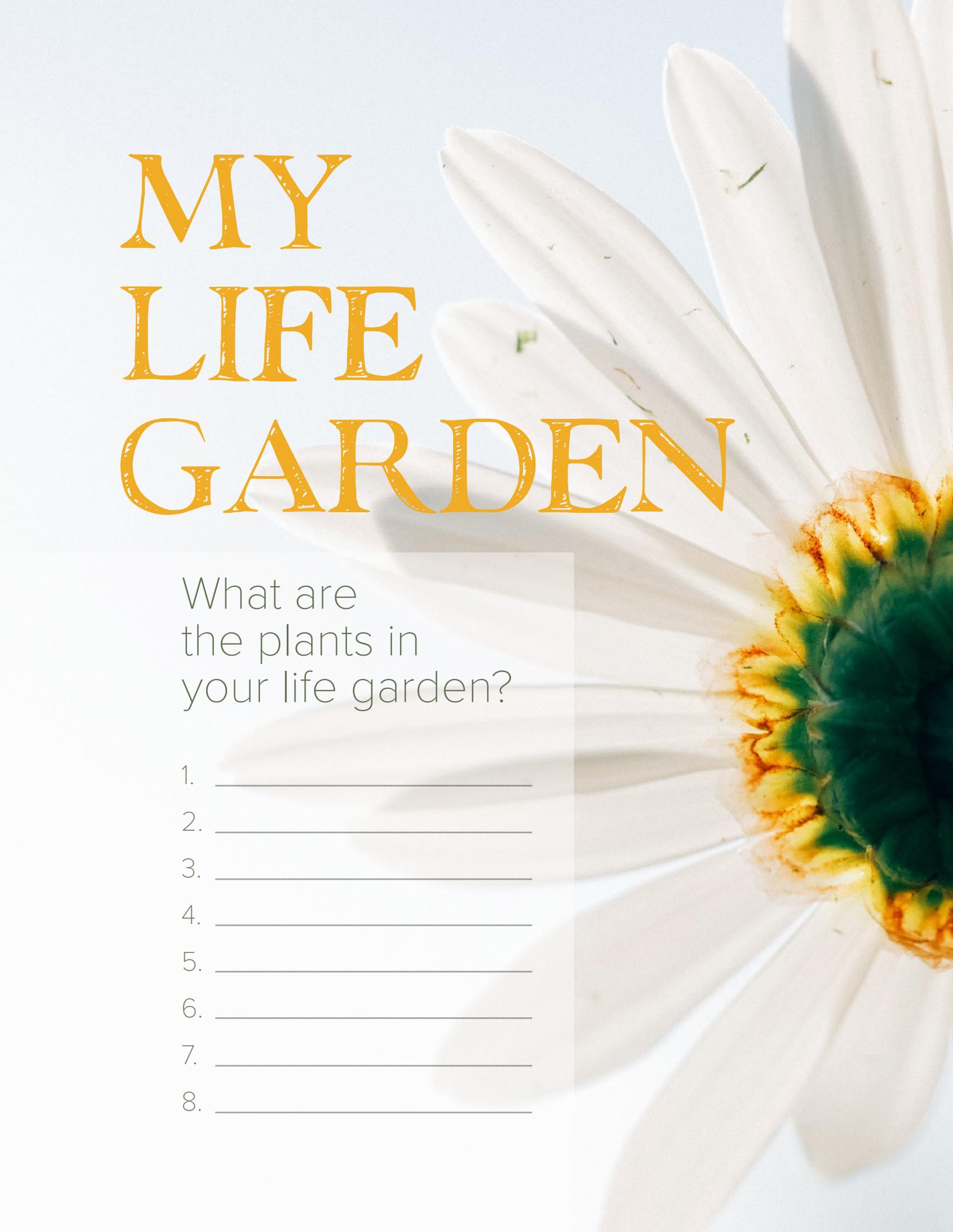




My Daily Gong Items

List Your Daily
Gong Items Here:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



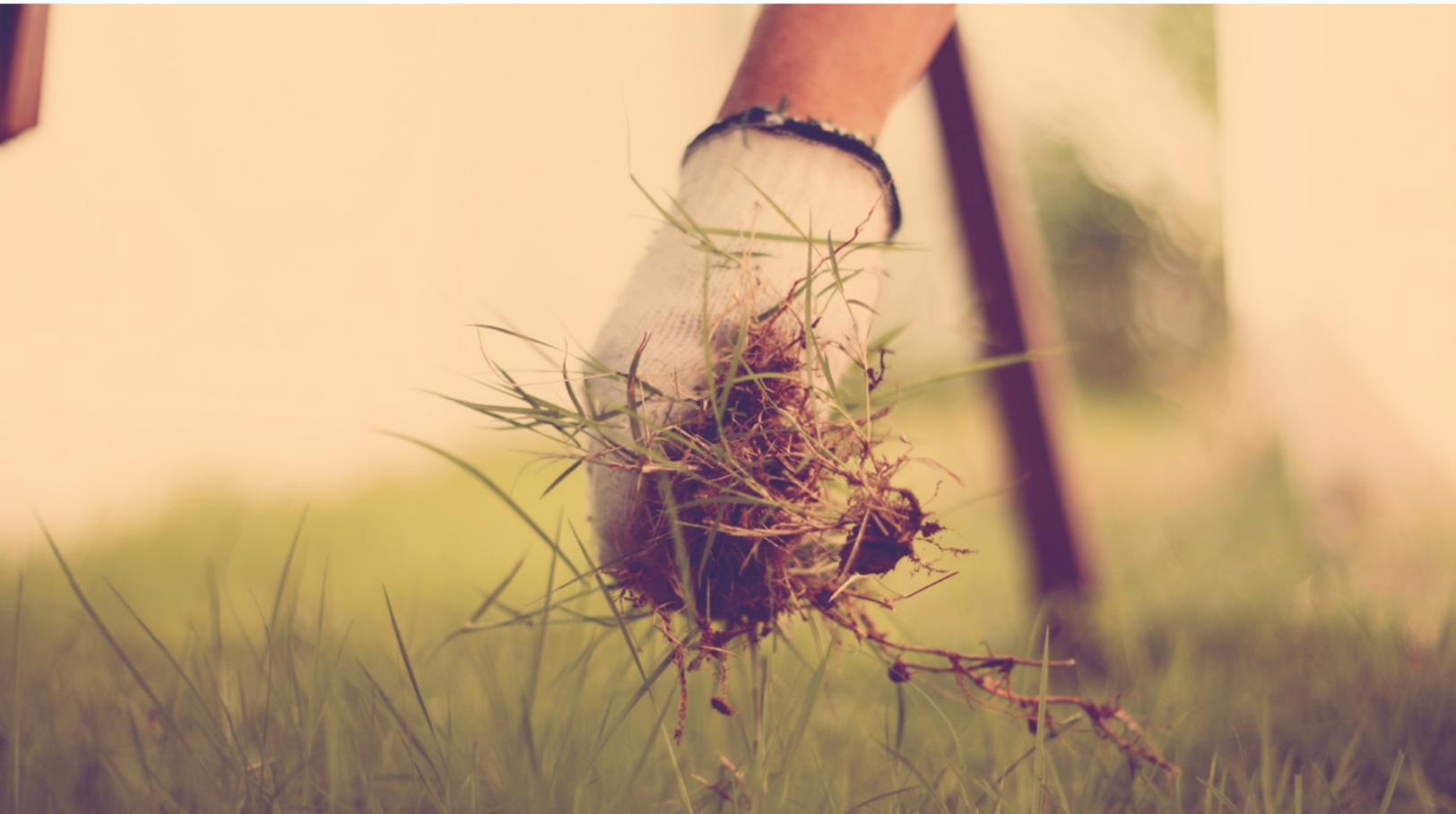
MY LIFE GARDEN

What are
the plants in
your life garden?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

WEEDS IN MY GARDEN

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



URBAN MONK ACADEMY

ONE HUNDRED-DAY GONG

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Subconscious Programming

Read this to yourself daily—speak directly to your sub conscious mind as if speaking to another person:

“Henceforth, you are free from the influence of any misinterpretations of experience from errors in my Self-conscious reasoning.

You will refuse to accept, or act upon such misinterpretations. Instead, you will be guided by the influx of Super-conscious life and wisdom.

Under this influence, you will set my body in perfect order. Through this wisdom, you will guide me aright in all my affairs. By the reflection of this boundless power, you will give me strength, ability, and persistence to accomplish all I have to do.”

Remember: **BELIEFS + HABITS = YOUR BRAIN SOFTWARE**

Draw from the power of Infinity and allow the Life Force to move through you and bring energy and abundance to all facets of your life.





Visualization

Type by first clicking
in the black boxes.



How I see my ideal life:

My Accomplishments





My Core Strengths



Things I Need To Work On

My Negative // Harmful Memes





My Life's Purpose



Positive Memes To Replace Faulty Programming

A photograph of a sunset over the ocean. The sun is low on the horizon, creating a warm orange and red glow. Two people are visible on a boat in the distance on the right side of the frame.

What I'd Like To Attain In My Life

How I see my ideal life:

Experiences I'd like to have:

My unique contribution to the world:

My Current Situation

CAREER

Today's Date: _____

0 1 2 3 4 5 6 7 8 9 10 (Greeeat!)

My overall career picture:

MENTAL HEALTH

Today's Date: _____

0 1 2 3 4 5 6 7 8 9 10 (Greeeat!)

My overall mental health picture:

My Current Situation

SPIRITUAL HEALTH

Today's Date: _____

0 1 2 3 4 5 6 7 8 9 10 (Greeeat!)

My overall spiritual health picture:

PHYSICAL HEALTH

Today's Date: _____

0 1 2 3 4 5 6 7 8 9 10 (Greeeat!)

My overall physical health picture:

My Current Situation

FAMILY LIFE

Today's Date: _____

0 1 2 3 4 5 6 7 8 9 10 (Greeeat!)

My overall family life picture:



My One Year Goals



CAREER

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



30 Day Goals



CAREER

I'm going to achieve these career goals by doing the following...

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



60 Day Goals



CAREER

I'm going to achieve these career goals by doing the following...

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



100 Day Goals



CAREER

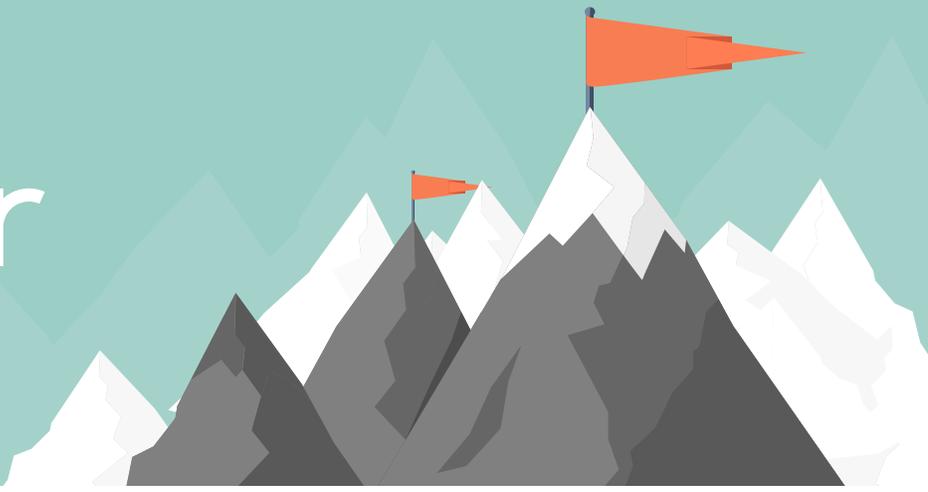
I'm going to achieve these career goals by doing the following...

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



My One Year Goals



MENTAL HEALTH

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



30 Day Goals



MENTAL HEALTH

I'm going to achieve these mental health goals by doing the following...

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



60 Day Goals



MENTAL HEALTH

I'm going to achieve these mental health goals by doing the following...

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



100 Day Goals



MENTAL HEALTH

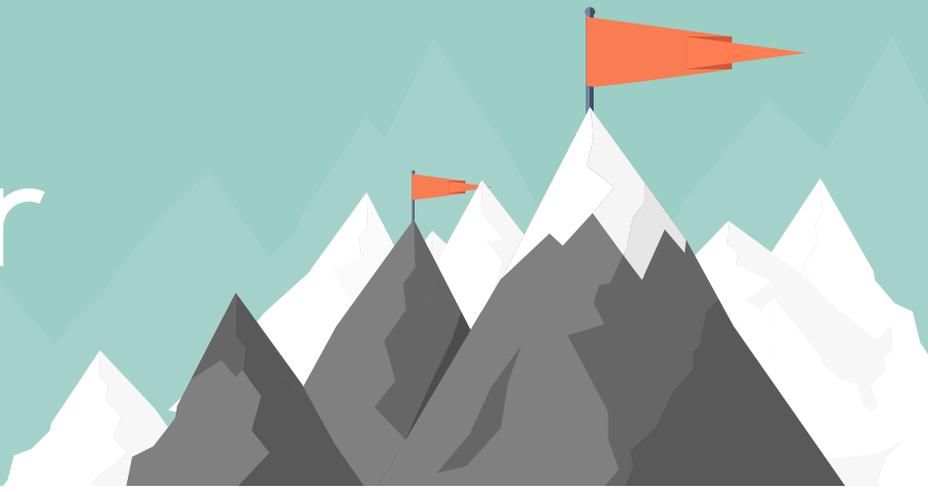
I'm going to achieve these mental health goals by doing the following...

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



My One Year Goals



SPIRITUAL HEALTH

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



30 Day Goals



SPIRITUAL HEALTH

I'm going to achieve these spiritual health goals by doing the following...

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



60 Day Goals



SPIRITUAL HEALTH

I'm going to achieve these spiritual health goals by doing the following...

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



100 Day Goals



SPIRITUAL HEALTH

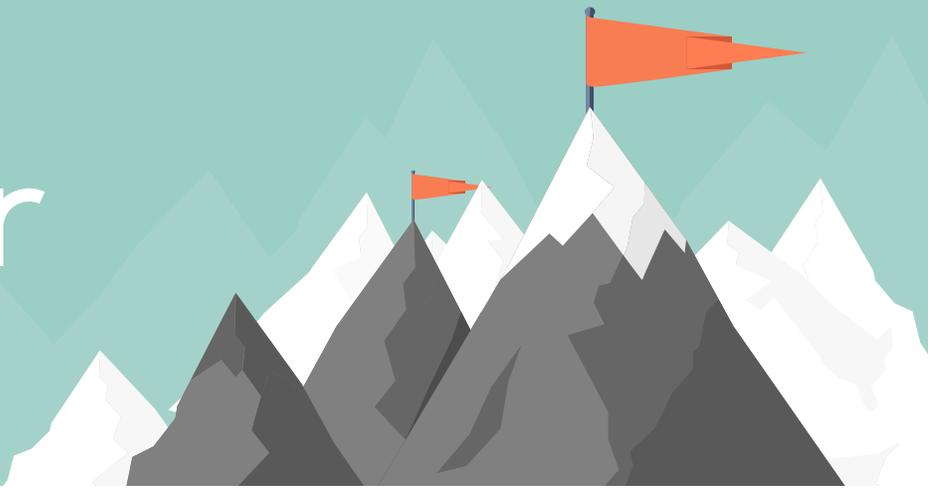
I'm going to achieve these spiritual health goals by doing the following...

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



My One Year Goals



PHYSICAL HEALTH

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



30 Day Goals



PHYSICAL HEALTH

I'm going to achieve these physical health goals by doing the following...

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



60 Day Goals



PHYSICAL HEALTH

I'm going to achieve these physical health goals by doing the following...
By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



100 Day Goals



PHYSICAL HEALTH

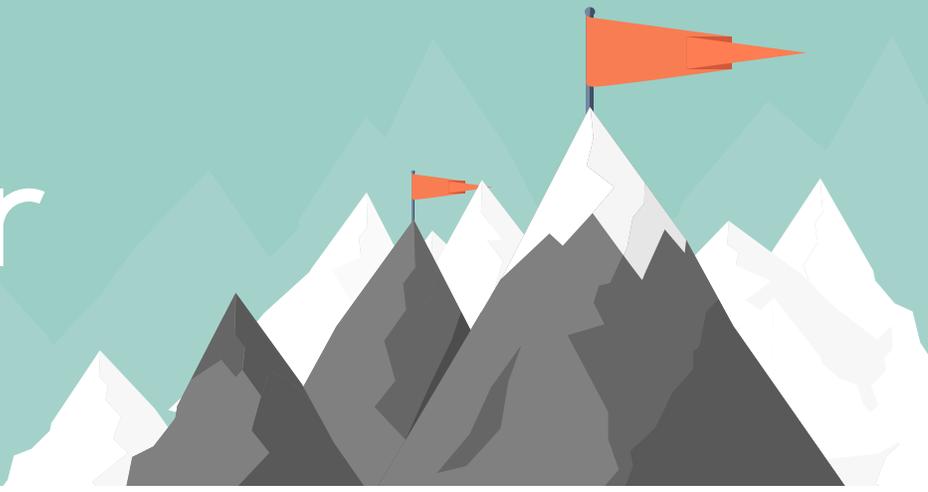
I'm going to achieve these physical health goals by doing the following...

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



My One Year Goals



FAMILY LIFE

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



30 Day Goals



FAMILY LIFE

I'm going to achieve these family life goals by doing the following...

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



60 Day Goals



FAMILY LIFE

I'm going to achieve these family life goals by doing the following...

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



100 Day Goals



FAMILY LIFE

I'm going to achieve these family life goals by doing the following...

By this date: _____, I will achieve the following:

These are positive steps I will take to make it happen:



My Current Gong

List each item/task out on a separate line.
Perform these items daily for 100 days.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



My Life Garden

