

SWAN Worksheet

The SWAN exercise requires that we take time and work on ourselves. For this we need perseverance in looking for answers to the following questions:

Strengths:

- What strengths do I want to develop in myself?
- What strengths have I inherited from my family?
- What are my strengths, according to the people that know me?
- Which of my strengths can I use to overcome my weaknesses?
- Which of my strengths can help me achieve my aims?

Weaknesses:

- Which are my main weaknesses?
- Which weaknesses can I overcome?
- Which weaknesses can I accept and live with? Which weaknesses can I not accept?
- Can I turn my weaknesses into strengths?
- Which weaknesses hinder me from achieving my aims?

Aims

- Which aims are realistic and achievable? Give up the unrealistic aims.
- What is the origin of my aims: the family, my dreams, expectations of the society?
- What are my goals based on: fear, desire, love?

Needs

- What are my real needs, not desires?
- Is this my need or an expectation from society?
- Which of my needs are met? What should I do to meet the rest?

The creator of this exercise, Swami Niranjanda, recommends that we do it every day for 3 months. We can use the old and tested method – filling-in the SWAN table (see the table) on paper and with a pen, or we can do a meditative practice in a convenient time during the day (in the morning or in the evening at best).



Strengths	Weaknesses	Aims	Needs
Write down at least 5 of your strengths	Write down at least 3 of your weaknesses	Write down at least 3 of your aims / ambitions	physical mental emotional psychological social spiritual

After 3 months we can end the practice, because by then we shall have achieved much better awareness and control over our mind and thoughts. We shall have changed our attitude towards ourselves, accepting our natural role in life – to be who we are and not somebody else. We shall have started seeing ourselves in a more positive and accepting light.

[i] This practice has been developed by Swami Niranjanda (Satyananda Yoga) as a meditation for self-regulation and control of our minds. “Ultimately, through the practices of SWAN meditation, a stage of integration is reached wherein the different levels of the personality, instinctive, emotional, mental and psychic, are able to function and coordinate harmoniously.” Swami Niranjanda Saraswati