SELFLESS YOGA

Weekly *Sadhana* Diary

Name _____ Week of _____

PRACTICE	MON	TUE	WED	THU	FRI	SAT	SUN
Wake up time							
Sleep hours							
Work / Duties							
Asana practice style and minutes							
Meditation minutes							
Pranayama technique and rounds							
Kirtan / Chanting							
Satsang / Spiritual reading							
Mouna silence							
Selfless service							
Exercise / Physical activity							
Vice observed / Working on							
Virtue developing							
Indriya / Sense control							
Diet / Food							
Bedtime							
Notes / Self-reflections of sadhana							

Practice with honesty, not judgment.

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Weekly *Reflection*

Week of _____

How to use your diary

- Fill in each row at the end of the day. A word, a number, or a check mark is enough.
- Leave a square empty when something did not happen. That is information, not failure.
- Choose one vice to observe and one virtue to develop for the whole week.
- On Sunday, read the week back and answer the questions on this page.
- Print a fresh copy each week and keep the pages together to see your practice grow.

This week I noticed...

One small change for next week

Where did I feel most at peace?

How did I serve others, and how did I care for myself?

I used to think... Now I understand...

Practice with honesty, not judgment.