

Spiritual Journal

<i>Journal</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake Up Time							
Time Spent on Posture Practice							
Time Spent on Meditation Practice							
Time Spent on Breathwork Practice							
Time Spent in Community							
Time Spent on Service; How were you of service to yourself or others?							
How many random acts of kindness?							
How did you show gratitude today?							
Purposeful vs. Frivolous Time Spent on Screens							
Conscious Eating: What did you eat today?							
Practice of Yamas: How we treat others							
Practice of Niyamas: How we treat ourselves							
Misc.							
Sleep Time							