

Spiritual Diary

	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
Non-harming																															
Truthfulness																															
Non-stealing																															
Non-greed																															
Moderation																															
Purity																															
Contentment																															
Accepting pain																															
Study/Sing																															
Surrender																															
Yoga asanas																															
Pranayama																															
Sense control																															
Meditation																															
Service																															
Devotion/Love																															
Food																															
Exercise																															
Sleep																															
Play/Fun																															

Journal: