



Day	DD	MM	YYYY
















Time Awaken


AM



Time to Sleep

PM

Time		✓	I am grateful for
08:00	WAKE UP  	<input type="checkbox"/>	
04:00	DISHA PRANAM 	<input type="checkbox"/>	
	PADMA SADHANA 	<input type="checkbox"/>	
05:00	SUDASHPAN CHAKRA KRIVA	<input type="checkbox"/>	
	SAHAS, SANYAM	<input type="checkbox"/>	
06:00	GURU PUTA, SANDHYA VANDHANAM, PYS CHANT	<input type="checkbox"/>	
06:30	ONLINE SRI SRI YOGA CLAS 	<input type="checkbox"/>	Daily Intention / Sankalpa
07:00	KNOWLEDGE SHEET, 5 ADVICE, THIRUKURAL JITU'S LECTURE	<input type="checkbox"/>	
08:00	COOKING + BREAKFAST  	<input type="checkbox"/>	
		<input type="checkbox"/>	
09:00	JOURNALING, SKETCHNOTING  PYS READING	<input type="checkbox"/>	
10:00		<input type="checkbox"/>	Mood of the day
11:00		<input type="checkbox"/>	😊 😐 😞 😡 😢
12:00	YOGA VASISHTA, SANYAM  PADMA SADHANA	<input type="checkbox"/>	
13:00		<input type="checkbox"/>	Priority Tasks (20%)
14:00		<input type="checkbox"/>	😊 😐 😞 😡 😢
15:00		<input type="checkbox"/>	😊 😐 😞 😡 😢
	CALMING ROUTINE 	<input type="checkbox"/>	😊 😐 😞 😡 😢
16:00		<input type="checkbox"/>	😊 😐 😞 😡 😢
17:00		<input type="checkbox"/>	😊 😐 😞 😡 😢
18:00	SANYAM SANDHYA, SRI SRI YOGA  MUSIC PRACTICE	<input type="checkbox"/>	😊 😐 😞 😡 😢
19:00	DINNER READING 	<input type="checkbox"/>	Other Tasks (20%)
		<input type="checkbox"/>	😊 😐 😞 😡 😢
20:00		<input type="checkbox"/>	😊 😐 😞 😡 😢
21:00	Bedtime  SLEEP PRACTICE 	<input type="checkbox"/>	😊 😐 😞 😡 😢
22:00		<input type="checkbox"/>	

Meal and Snack Log				
Time	Hunger Level	Food and Gtly	Time to eat	Meal Score
	B			☆☆☆☆☆☆
	L			☆☆☆☆☆☆
	S			☆☆☆☆☆☆
	D			☆☆☆☆☆☆
				☆☆☆☆☆☆
Water [L = 4.2 cups]				

SKETCHNOTES

