



GAYATRI GYAN KENDRA OF LONG ISLAND

(A UNIQUE BAL SANSKAR SHALA)

Deer Park, New York

My Spiritual Diary



Student Name : _____

Month : _____ Group # : _____

No	Daily Routine	1	2	3	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	
1	Woke up before Sunrise?																																
2	Did Atmabodh Sadhana?																																
3	Bowed to God?																																
4	Did you touch parents' feet?																																
5	Did Gayatri mantra & Chalisa																																
6	Did pranayam and yoga																																
7	Did some physical activity																																
8	Chanted 3 Gayatri mantras before meals																																
9	Ate meals timely																																
10	Left food in the dish																																
11	Did Homework neatly																																
12	Prayed before sleep																																
13	Did Tatvabodh Sadhana																																
14	Listened to parents / elders																																
15	Was truthful all day																																
16	Answered rudely or screamed?																																
17	Talked bad about anyone in his absence																																
18	Fought with brothers or sisters																																
19	Used mother tongue at home																																
20	Kept all your things organized																																
21	Helped mother																																
22	Helped anyone																																

- Write **OM** for Yes and **X** for No
- Use **Blue** or **Green** for 'Yes' and **Red** for 'No'

Parent's signature : _____