

**“My Sadhana”**  
(a daily spiritual practice)

**Affirmation:** \_\_\_\_\_

Create a new one at the start of each month

**Simple Action:** \_\_\_\_\_

(Sitting, kneeling at the foot of your bed, standing in front of a mirror, in your car, etc.)

**Time:** \_\_\_\_\_

(Morning, Noon, or Night)

**Regularity:** \_\_\_\_\_

(Think about how many times you want to repeat, 2-3 times)

\*An added bonus: add an accountability partner, someone who can check in to remind you or join in with you daily\*

<b>Month:</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday