

## Daily Discipline

### MONTH:

| Week: 1                                                    | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|------------------------------------------------------------|-----|-----|------|-----|-------|-----|-----|
| 1. Do Puja (shloka) in the morning (1 min)                 |     |     |      |     |       |     |     |
| 2. Do Namaskar or touch parents feet in morning            |     |     |      |     |       |     |     |
| 3. Do Aarti/Puja in the evening with Family (5 min)        |     |     |      |     |       |     |     |
| 4. Do Bhojan Mantra before dinner (1 min)                  |     |     |      |     |       |     |     |
| 5. Speak only in mother tongue during dinner               |     |     |      |     |       |     |     |
| 6. PARENTS- At bedtime, share one value with kids (3 mins) |     |     |      |     |       |     |     |

| Week: 2                                                    | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|------------------------------------------------------------|-----|-----|------|-----|-------|-----|-----|
| 1. Do Puja (shloka) in the morning (1 min)                 |     |     |      |     |       |     |     |
| 2. Do Namaskar or touch parents feet in morning            |     |     |      |     |       |     |     |
| 3. Do Aarti/Puja in the evening with Family (5 min)        |     |     |      |     |       |     |     |
| 4. Do Bhojan Mantra before dinner (1 min)                  |     |     |      |     |       |     |     |
| 5. Speak only in mother tongue during dinner               |     |     |      |     |       |     |     |
| 6. PARENTS- At bedtime, share one value with kids (3 mins) |     |     |      |     |       |     |     |

| Week: 3                                                    | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|------------------------------------------------------------|-----|-----|------|-----|-------|-----|-----|
| 1. Do Puja (shloka) in the morning (1 min)                 |     |     |      |     |       |     |     |
| 2. Do Namaskar or touch parents feet in morning            |     |     |      |     |       |     |     |
| 3. Do Aarti/Puja in the evening with Family (5 min)        |     |     |      |     |       |     |     |
| 4. Do Bhojan Mantra before dinner (1 min)                  |     |     |      |     |       |     |     |
| 5. Speak only in mother tongue during dinner               |     |     |      |     |       |     |     |
| 6. PARENTS- At bedtime, share one value with kids (3 mins) |     |     |      |     |       |     |     |

| Week: 4                                                    | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|------------------------------------------------------------|-----|-----|------|-----|-------|-----|-----|
| 1. Do Puja (shloka) in the morning (1 min)                 |     |     |      |     |       |     |     |
| 2. Do Namaskar or touch parents feet in morning            |     |     |      |     |       |     |     |
| 3. Do Aarti/Puja in the evening with Family (5 min)        |     |     |      |     |       |     |     |
| 4. Do Bhojan Mantra before dinner (1 min)                  |     |     |      |     |       |     |     |
| 5. Speak only in mother tongue during dinner               |     |     |      |     |       |     |     |
| 6. PARENTS- At bedtime, share one value with kids (3 mins) |     |     |      |     |       |     |     |

**Add TOTAL check marks in entire month and place in box to the right:**

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