**Spiritual Diary**

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| Dates: | Mon | Tue | Wed | Thurs | Fri | Sat | Sun |
| Got out of bed (time) |  |  |  |  |  |  |  |
| Quality |  |  |  |  |  |  |  |
| Morning meditation |  |  |  |  |  |  |  |
| Pranayama |  |  |  |  |  |  |  |
| Hatha Yoga practice |  |  |  |  |  |  |  |
| Afternoon Meditation |  |  |  |  |  |  |  |
| Japa |  |  |  |  |  |  |  |
| Kirtan |  |  |  |  |  |  |  |
| Evening Meditation |  |  |  |  |  |  |  |
| Svadhyaya/Spiritual study |  |  |  |  |  |  |  |
| Went to sleep (time) |  |  |  |  |  |  |  |
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| Weekly goals: |

Notes: