



Sadhana Tracker – Prasanthi Pilgrimage 2023

Children aged 6 -10 yrs.

Name:	Month:																														
Activities	1	2	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	31
Early Morning Prayer																															
Gayatri Mantra, three times a day (Morning, Midday & Evening) or 9 at 9PM																															
Food prayer before meals																															
Night Prayer																															
Five minutes silent sitting																															
Speak Truth																															
Daily acts of kindness (<i>list for inspiration provided</i>).																															

Note & Guidelines

- Use one tracker per month and complete it every day before going to bed or once a week.
- Reflect over what you have achieved daily/weekly and think about how you may wish to improve.
- Thank Swami for HIS help and guidance regularly throughout the day.

“LOVE ALL SERVE ALL | HELP EVER HURT NEVER” – Sri Sathya Sai Baba



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