



# Sadhana Tracker (Children: 11 -16 yrs.) – Zone 6 Prasanthi Pilgrimage 2025

*Love All, Serve All ; Help Ever, Hurt Never*

**\*Mandatory Sadhana**

**Month**

**Name:**

Spiritual Activity		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
<b>Meditate</b>	Five minutes silent sitting																															
<b>Pray</b>	<b>*Early Morning Prayer</b>																															
	<b>*Gayatri Mantra: 3 times daily (Morning, Midday &amp; Evening) or 9 times at 9PM</b>																															
	Food prayer before meals																															
<b>Write</b>	<b>*Likhitha Nama Japam (writing Om Sri Sai Ram) 108 times daily/weekly</b>																															
<b>Chant</b>	Daily/weekly Veda Chanting/listening																															
<b>Learn</b>	Read Sai literature daily ( <i>Sathya Sai Speaks, Vahini series, Thought of the day</i> ).																															
<b>Practice</b>	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.
- Take a look at the 'Daily acts of kindness' sheet for daily inspiration.
- Thank Swami for his help and guidance regularly throughout the day.

**Sri Sathya Sai Organisation United Kingdom CIO, registered in England and Wales: Charity Number 1207697**

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