

**Self-Knowledge  
Self-Monitoring Checklist**

|                              |     | NAME: |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     | Sep-08 |     |       |
|------------------------------|-----|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--------|-----|-------|
| Sep-08                       | 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     | 1   | Total |
| Disciplines/<br>Conduct      | Mon | Tue   | Wed | Thu | Fri | Sat | Sun | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Mon | Tue    | Wed | Hours |
| Morning Prayer               |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |        | 0.0 |       |
| Meals Prayer                 |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |        | 0.0 |       |
| Night Prayer                 |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |        | 0.0 |       |
| Peace Invocations            |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |        | 0.0 |       |
| Dedicate Actions/<br>Results |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |        | 0.0 |       |
| Meditation                   |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |        | 0.0 |       |
| Scripture Reading            |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |        | 0.0 |       |
|                              |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |        | 0.0 |       |
|                              |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |        | 0.0 |       |
|                              |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |        | 0.0 |       |
| Service                      |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |        | 0.0 |       |
| Cont. Education              |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |        | 0.0 |       |
| <b>DAILY TOTAL</b>           | 0.0 | 0.0   | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0    | 0.0 |       |

**Prayers**

**Morning** Karagre Vasate Lakshmi

**Meals** Brahmaarpanam

**Night** Karacharana Kritam Vak

**Peace** Om Sahana Vavatu

**Peace** Om Poornamadah

**Dedicate karm/ Karm-** Kaayena Vaacha  
Phal

**Meditation**

**Om** Single thought

**Contemplation** Choose a topic & reflect

**Chanting prayer** Hanuman Chalisa

Shubam Karoti Kalyanam

Om Namay Shivay

**Selfless Service**

Not relating to your profession

Community Service

**Continuing Education**

Scripture Reading

Satsang

Vedanta Class

**Deliberate Thoughts behind the daily conducts:**

- Morning prayer** Remind myself that we need to do what needs to be done according to dharma - and that we are just an instrument and not the doer itself- and that we are going to do our best
- Meals** Think about - we need to take care of this body well enough to be able to reach Parameshwar within us - thanking the lord for giving us this opportunity being born as a human being
- Night** Dedicate our entire day to the lord : ask for forgiveness if we have committed unknowingly or knowingly - let go of any doubts with the assurance that you did your best
- Peace Invocations** Before scripture reading or any such activity to ensure that we stay on the path and nothing deters us from this goal
- Dedicating Actions** Just reminder to myself that even though we are the doer - we are just an instrument and that we want to willingly dedicate our actions and its associated results to the lord
- Meditation** Necessary to calm the mind - reflect on what we have read etc..
- Scripture Reading** Essential part of learning & progressing towards the goal
- Service & Education** Have separated these from the rest- since these may not necessarily be daily activities - but just need to be folded in our daily lives