

Week	Concern	No	Habit	Details
1	Body	1	Keep Internal Body Clean	<ul style="list-style-type: none"> Dinner by 7 PM Start your day with juice Use Habit Stacking
		2	Eat Plant based, wholesome, Living food	<ul style="list-style-type: none"> Check Ingredient Category- Red, Yellow, Green Set environment to Keep dead food away Consume food and not product NO 3 Whites (MAIDA, SUGAR, RICE) NO for Milk and milk product CREATE Meal Plan with Why? Convey to Family Don't deprive – Swap your food Continue gaining Knowledge Look for Outside healthy eating places & menu Associate with similar minded people
2	Mind	3	Sleep Like a baby	<ul style="list-style-type: none"> Technology Off before 1 hr of sleep time. Utilize 10-2 peak healing hour. Perform low stimulation activity rather than high stimulation activity. Implement 7-8-9 Rule
		4	Celebrate movement	<ul style="list-style-type: none"> Exercise everyday- don't break the chain Incorporate air and sunlight in movement Don't be perfect seek consistency Move for Celebrating & not punishment of eating Create schedule metion-Type, place and time
3	Heart	5	Invest in your relationship	<ul style="list-style-type: none"> Let go/resolve your unresolved issue. Understand before being understood. <ul style="list-style-type: none"> Learn to listen Listen with Full attention - Repeat Never judge, compare or Advise
	Soul	6	Live with a purpose to jump out of bed	<ul style="list-style-type: none"> Discover your innate quality (love to do) Service - to relieve pain of others <ul style="list-style-type: none"> To Pay back like fine dine restaurant With intention to serve You are not doer- nothing in return 30min/week, 30min/day, 8hr/day
		7	Live in mode of surrender	<ul style="list-style-type: none"> Try to see god's hand in everything Focus on effort , not result Don't impose your plan on god's plan Create your prayer , remind yourself regularly to surrender

Reminder Sheet – Reading it regularly helps incorporating satvik habits in our lives gradually.

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