

## SUNDAY

	What did I do?	Comments
Ethics		
Meditation		
Wisdom (study, reflection, being realistic)		
Other		

## MONDAY

	What did I do?	Comments
Ethics		
Meditation		
Wisdom (study, reflection, being realistic)		
Other		

## Practice Diary for Week 5

The purpose of this diary is to try to encourage our purposefulness. Hopefully you have formed some intentions for the specific type of practice you want to engage in this week. Write down your intentions below, and then use the spaces provided to record what you actually did each day of the week. The point isn't to give ourselves a hard time if we don't fulfil our intentions; the point is to see to what extent we're remaining purposive, and to remind ourselves of our intention if we forget. It's a way of reflecting back on our practice to encourage ourselves.

### My intentions for the week

	What do I want to do?
Ethics Eg.(Kindness, generosity, contentment, truthfulness, awareness)	
Meditation (eg. meditate each day for x minutes, alternate practices, just sit each day)	
Wisdom (eg. study, reflection, being realistic)	
Other (eg. meet up with a friend, perform a puja at home, do some yoga stretches)	

### TUESDAY

	What did I do?	Comments
Ethics		
Meditation		
Wisdom (study, reflection, being realistic)		
Other		

## WEDNESDAY

	What did I do?	Comments
Ethics		
Meditation		
Wisdom (study, reflection, being realistic)		
Other		

## THURSDAY

	What did I do?	Comments
Ethics		
Meditation		
Wisdom (study, reflection, being realistic)		
Other		

## FRIDAY

	What did I do?	Comments
Ethics		
Meditation		
Wisdom (study, reflection, being realistic)		
Other		

## SATURDAY

	What did I do?	Comments
Ethics		
Meditation		
Wisdom (study, reflection, being realistic)		
Other		