

# Daily Practice

From \_\_\_\_\_ to \_\_\_\_\_

	Monday	Tuesday	Wed. day	Thursday	Friday	Saturday	Sunday
Waking up							
Wearing your shoes							
Folding your blanket							
Opening the door							
Going to WC							
Defecating							
Washing your hands							
Brushing your teeth							
Washing your face							
Looking in the mirror							
Changing your clothes							
Listening to the bell							
Going to the Med. hall							
Stepping into Med. hall							
Sitting on your cushion							
Adjusting your posture							
Returning to your room							
Going to dining hall							
Drinking							
Waiting in line							
Getting your bowl							
Serving food							
5 contemplations							
Eating the first 4 spoons							
Washing your dishes							
Urinating							
Taking a shower							
Bowing/ greeting							
Switch on computer							
Working meditation							
Answering the telephone							
Making a phone call							
Turning on the light							
Turning off the light							
Starting the car							
Opening a notebook							
Relaxing							
Listening deeply							
Shaving your head							

Being on time							
Going to bed							