



21-Day Dharmic Routine Tracker

Title: *Start your day the Dharmic way — 21 days to Presence, Purpose & Perseverance*

Use: Tick ✓, write one line, or add symbols.

Tip: Keep it visible — fridge, desk, or phone home-screen.

Rule: Missed a day? Just resume. Dharma rewards return, not guilt.

✳ DAILY TRACKER TABLE (Copy / Use in Word or Sheets)

Day	Date	Morning Anchor (3 Breaths + Intention) ✓	HIT (Highest Impact Task) Completed ✓	3-Minute Pause Before Decision ✓	Evening Gratitude (1 Line)	Lesson of the Day (1 Line)	Mood (1–5)	Energy (1–5)	Notes / Friction / Insight
1									
2									
3									
4									
5									
6									

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7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
21									

✱ WEEKLY REFLECTION CHECK-IN (use at end of Day 7, 14, 21)

Week	What worked well?	What drained me?	One small change for next week	Svadharma (purpose) line update	Energy average	Mood average	Key Insight
Week 1							
Week 2							
Week 3							

✱ MICRO-SCRIPTS (copy into your planner)

Moment	Script	Purpose
Morning	“Today I act with purpose and kindness.”	Set intention and activate focus.
Decision	“Is this necessary, kind, and timely?”	Ethical filter before any reaction.
Provoked	“I’ll circle back after I reflect.”	Creates pause and reduces harm.
Evening	“I release the outcome and keep the lesson.”	Letting go; resets moral energy.
Sleep	“May my rest restore the ones I serve.”	Dharmic closure before rest.

✿ DAILY MICRO-REVIEW

Use any 2–3 of these each evening or weekly:

- What am I proud of today?
- What tested my patience or compassion?
- Did I act from purpose or panic?
- One person I helped (or wish to help tomorrow).
- What truth did I learn about myself today?

✿ 21-DAY DHARMIC CHALLENGE CUE CARD (Optional)

Commitment Line:

“I commit to 21 days of mindful, purpose-led routine — to act more than I react, to serve more than I seek, and to end each day in peace.”

(Sign and date) _____

✱ REFLECTION

Day 7 Reflection (write 3 words):

Day 21 Reflection (write 3 words):

✱ FINAL REMINDER

Hope & Action: Small steps today — real change tomorrow.

Keep one breath, one intention, and one act of kindness— every day for 21 days.

Share your progress with #DharmicRoutine — inspire others to live aligned.