



7-DAY DHARMIC HABIT TRACKER

Peace is a practice, not a prize — start with one habit.

Day	Sankalpa ✓	Pause Count	Focus Hour ✓	Karma-Min ✓	Journal ✓	Seva ✓	Digital Sunset ✓	1-Line Reflection
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								

Daily Reflection Prompts:

1. What intention guided my day today?
2. When did I pause before reacting?
3. What task brought the deepest focus?
4. Did I dedicate my work to something beyond myself?
5. What am I grateful for tonight?
6. How did I serve another being today?
7. What peace did I create before rest?

Mini Mantra: *Less effort, more attention.*

How to Use:

✓ Practice one habit daily. ✓ Add the next habit each day. ✓ Record your reflections. ✓ No guilt if skipped — restart next morning.

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