



## This Week in Dharma — Seeds of Action

One-page Seeds of Action Worksheet + 7-minute Reflection — printable & editable

### 🌱 Seeds of Action — Weekly Tracker

Plant one honest act this week; track one visible metric. Screenshot or print to share.

#### 👉 Theme of the Week

Gentle accountability — turning insight into small acts

#### 👉 Primary Promise (choose 1)

e.g., Protect a 10-min focus block daily

#### Why it matters

One sentence on why this promise matters to you

#### How I'll measure it

e.g., Number of completed focus blocks (target 5)

#### 👉 Seeds I will plant (select up to 3)

No.	Seed Title	Time (min)	When I'll Do It (day/time)	Metric / Done ✓
1	Promise Audit / 10-min sprint	10	Mon 7:30 AM	1/1 done
2	Mini-Seva Call	10	Wed 5 PM	yes/no
3	Policy Seed / Inbox Trim	15	Thu 2 PM	e.g., -30 emails

#### 👉 Daily Check-in (short notes)

##### Monday

Promise kept? (Y/N). Insight or feeling...

##### Tuesday

Promise kept? (Y/N). Insight or feeling...

##### Wednesday

Promise kept? (Y/N). Insight or feeling...

##### Thursday

Promise kept? (Y/N). Insight or feeling...

##### Friday

Promise kept? (Y/N). Insight or feeling...

##### Weekend (Sat/Sun)

Promise kept? (Y/N). Insight or feeling...

 Reflection — End of Week

What grew well

One or two lines – what went well this week

What needs re-planting

Things to try differently next week

One boundary or habit to protect next week

e.g., No-reply hour Mon-Fri 9-10 AM

Share your micro-win:

I completed Seed #\_\_\_— your turn! #WeekInDhar

*"Plant one honest act this week; let its small returns surprise you."*

Copy Share Line

[How to share](#)



## 7-Minute Reflection — Evening Dharma Pause

A brief nightly practice to close the day and plan one small seed for tomorrow.

### 🕒 Minute 1–2 — ARRIVE

Prompt: "What kind of day did I create today?"

### 🕒 Minute 3–4 — RECOGNIZE

Prompt: "Which promise did I keep today?"

Optional metric: How present did I feel today? (1–10)

### 🕒 Minute 5 — RELEASE

Prompt: "What did I carry that wasn't mine?"

### 🕒 Minute 6 — RESET

Prompt: "What seed will I plant tomorrow?"

### 🕒 Minute 7 — REST

Close eyes for 60 seconds. Use optional mantra:

*"I did enough. I am enough. Tomorrow, I'll continue."*

Quick actions

[Add to Calendar \(copy\)](#)

[Copy seed](#)

Tip: Use this sheet nightly for 7 consecutive days to form momentum.

[Export filled text](#)