







30-Day Dharmic Starter Checklist

30 Days to Reconnect Soil, Soul & Simplicity

One mindful act each day to realign your life with Dharma, Ecology & Inner Peace.

WEEK	FOCUS AREA	DAILY ACTIONS	REFLECTION
Week 1: Awareness Audit	<i>Consumption & Clarity</i>	Day 1–3: Conduct a <i>Consumption Audit</i> using the Need / Neutral / Neglect filter. Eliminate one “Neglect” item. Day 4: Note every source of daily waste (packaging, food, digital time). Day 5–7: Introduce one sustainable replacement (cloth bag, refill bottle, local produce).	 <i>What do I truly need to live well?</i>
Week 2: Soil & Food Connection	<i>Regeneration Begins at Home</i>	Day 8: Start a <i>micro-compost bucket</i> . Day 9–10: Collect kitchen waste and learn basic layering (brown/green). Day 11–13: Visit a local farmer’s market; talk to a grower. Day 14: Cook a fully local, seasonal meal.	 <i>How do I honor the food that sustains me?</i>
Week 3: Gratitude & Community	<i>Building Social Soil</i>	Day 15: Begin a 3-minute <i>Gratitude Before Meals</i> ritual. Day 16–17: Write a thank-you note to someone who grows, cooks, or cleans for you. Day 18–19: Volunteer or help in a community garden. Day 20–21: Share one regenerative idea on social media or with friends.	 <i>Am I giving back what I receive?</i>
Week 4: Regenerative Living	<i>Integrating Dharmic Practice</i>	Day 22: Map local commons (ponds, parks, co-ops). Day 23–24: Choose one to support or maintain. Day 25–26: Set aside 2 % of income for a <i>Regeneration Fund</i> . Day 27–29: Review energy/water usage; plan reductions. Day 30: Write your <i>Personal Dharma Pledge</i> — one sustainable habit you’ll continue.	 <i>What single change brings me closer to peace?</i>

ॐ The 7 Daily Disciplines of a Dharmic Lifestyle

7 Daily Practices to Align Your Life with Dharma *Small acts that regenerate soil, society, and self.*

Discipline	Core Principle	Daily Practice	Why It Matters	Mini Reflection
1. Ahimsa (Harmlessness)	Compassion toward all living systems	Choose foods/products with minimal harm; reduce single-use items; support regenerative brands.	Extends non-violence beyond humans to soil, water, and future beings.	<i>Did I consume gently today?</i>
2. Gratitude (Anugraha)	Reverence for interdependence	Pause before meals to thank the hands and elements behind your food.	Reconnects daily acts with invisible labor and natural cycles.	<i>Whom or what did I thank today?</i>
3. Detachment (Vairagya)	Freedom from excess desire	Weekly audit of possessions using the Need/Neutral/Neglect filter.	Frees time, space, and mental clarity.	<i>What did I release that released me?</i>
4. Right Livelihood (Samyak Ājīvika)	Work as worship	Align tasks with purpose and community benefit.	Makes livelihood an act of service, not exploitation.	<i>Does my work nurture life?</i>
5. Regenerative Attention	Awareness as ecology	Spend 10 min observing land, plants, or people mindfully.	Observation precedes care; care prevents collapse.	<i>What pattern did I notice today?</i>
6. Sharing & Repair (Sambhāga)	Circulation over possession	Mend, share, or exchange tools and skills weekly.	Builds circular economies and human connection.	<i>What did I repair or share today?</i>
7. Lifelong Learning (Ādhyayana)	Humility through learning	Dedicate time to learning one sustainable skill (seed saving, composting, craft).	Diffuses knowledge; keeps Dharma adaptive.	<i>What new wisdom entered my hands today?</i>

✧ Closing Line:

✧ *Simplicity isn't sacrifice — it's sovereignty.* ✧

Plant one truth. Live one Dharma.