



☞ ☞ 7-Day Tracker

Title: 7-Day Discipline & Awareness Tracker — Soil & Soul Edition

Purpose: Track a single micro-discipline practice linked to silence, service, soil, or self.

☞ *Your Chosen Practice (write here):* _____

☞ *What this practice supports (circle one):* Soil / Health / Clarity / Community / Regeneration

A decorative border of red poinsettias with green leaves surrounds the page. At the top, a red banner contains the title.

☞ Daily Log Table

Day	Did I Practice Today? (✓/✗)	1-Line Note (What I Observed / Felt / Learned)
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

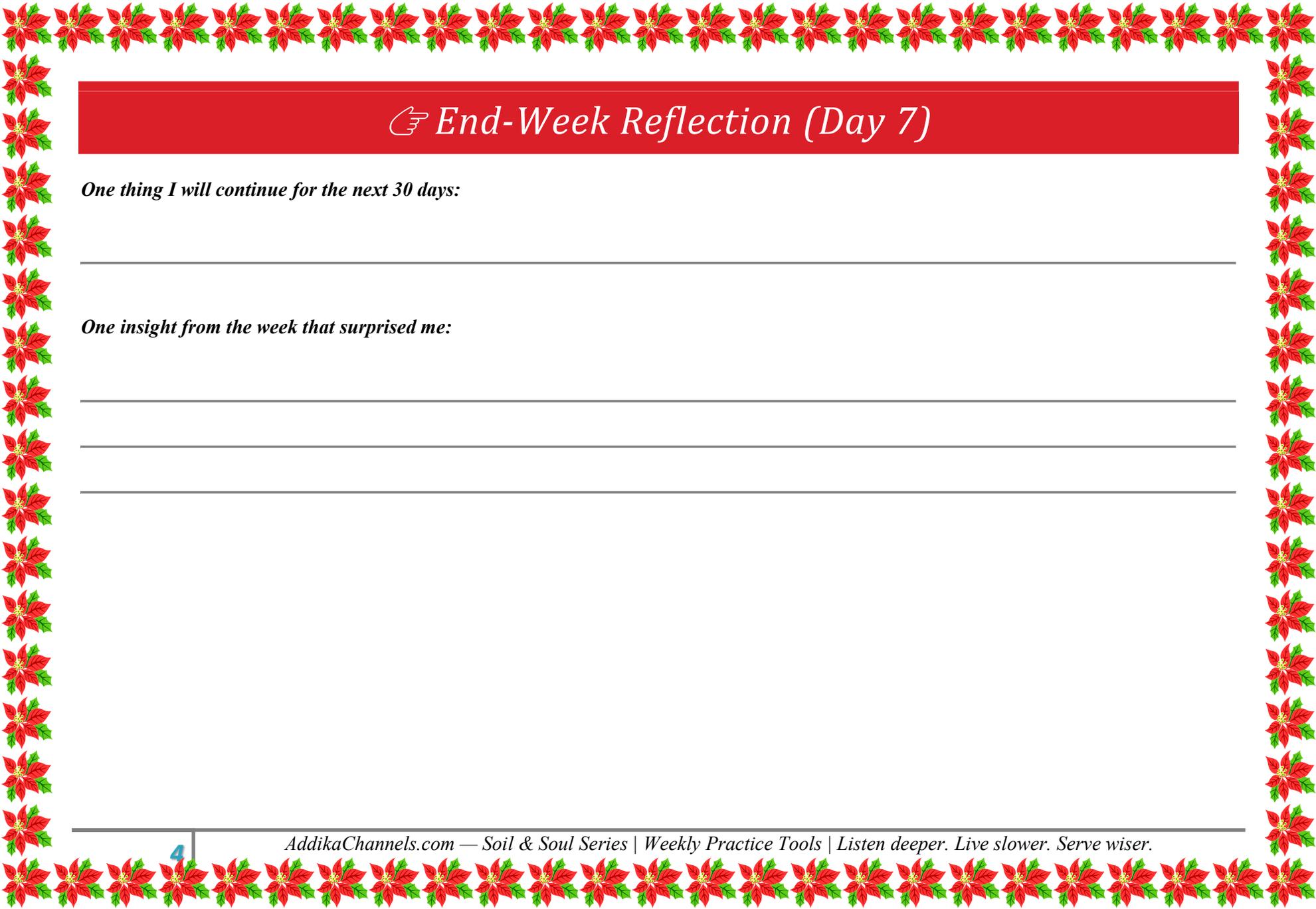


☞ *Mid-Week Reflection (Day 4)*

One sentence about what's helping:

One sentence about what's blocking:



A decorative border of red poinsettias with green leaves surrounds the entire page. At the top center, a red horizontal bar contains the title.

☞ *End-Week Reflection (Day 7)*

One thing I will continue for the next 30 days:

One insight from the week that surprised me:



☞ ☞ 7-Day Micro-Challenge Sheet

Title: *The 7-Day Soil & Soul Micro-Challenge*

Goal: *Reconnect with nature, rebuild disciplined habits, and strengthen local responsibility through tiny but high-impact daily actions.*

☞ Instructions:

Pick one challenge per day OR repeat the same micro-action for all 7 days.

Keep each action under 5-10 minutes.



☞ Daily Micro-Challenges

✿ Day 1 — Silence Scan (5 minutes)

Sit outdoors or near a window. Close your eyes for 2 minutes.
Write 3 sounds and 1 emotion that appeared.

✿ Day 2 — Soil Touch Ritual

Take a handful of soil. Feel texture, moisture, temperature.
Write 1 word that describes the soil today.

✿ Day 3 — Ask a Local Question

Ask one seller/farmer: “How was this grown?”
Write 1 fact you learned.

✿ Day 4 — Nature Walk (100 Steps)

Walk 100 slow steps anywhere green.
Write 1 thing you never noticed before.

✿ Day 5 — Mini-Service Act

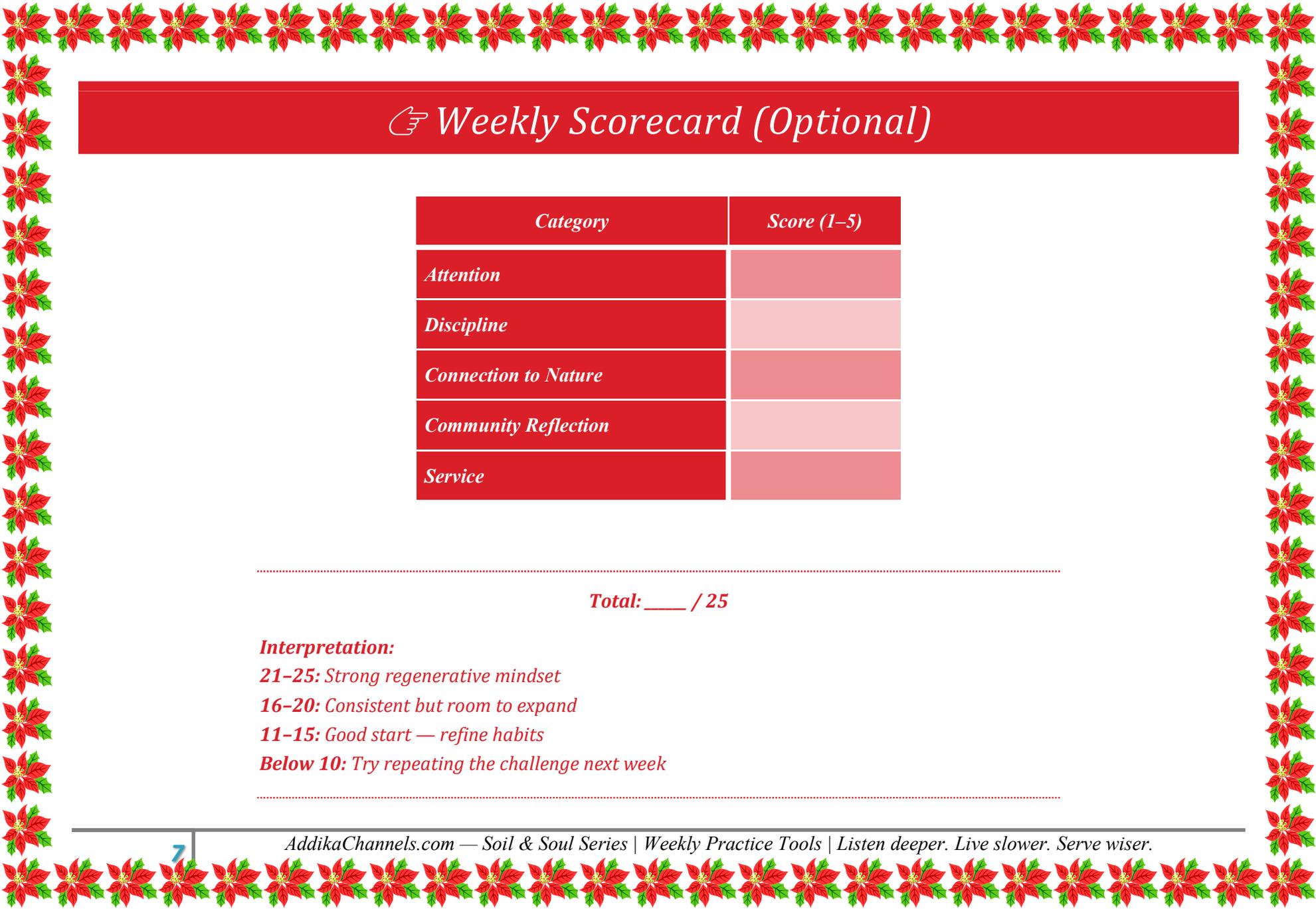
Pick up 3 pieces of litter or help one person without reward.
Write the place or name of the person.

✿ Day 6 — Faith-to-Action Prompt

Reflect: Was your mindset today **Sattva, Rajas, Tamas, or Devotional?**
Write 1 shift you want tomorrow.

✿ Day 7 — Regeneration Check

Observe one plant, compost pile, or waterbody closely.
Write 1 change it needs.



☞ Weekly Scorecard (Optional)

<i>Category</i>	<i>Score (1–5)</i>
<i>Attention</i>	
<i>Discipline</i>	
<i>Connection to Nature</i>	
<i>Community Reflection</i>	
<i>Service</i>	

Total: ____ / 25

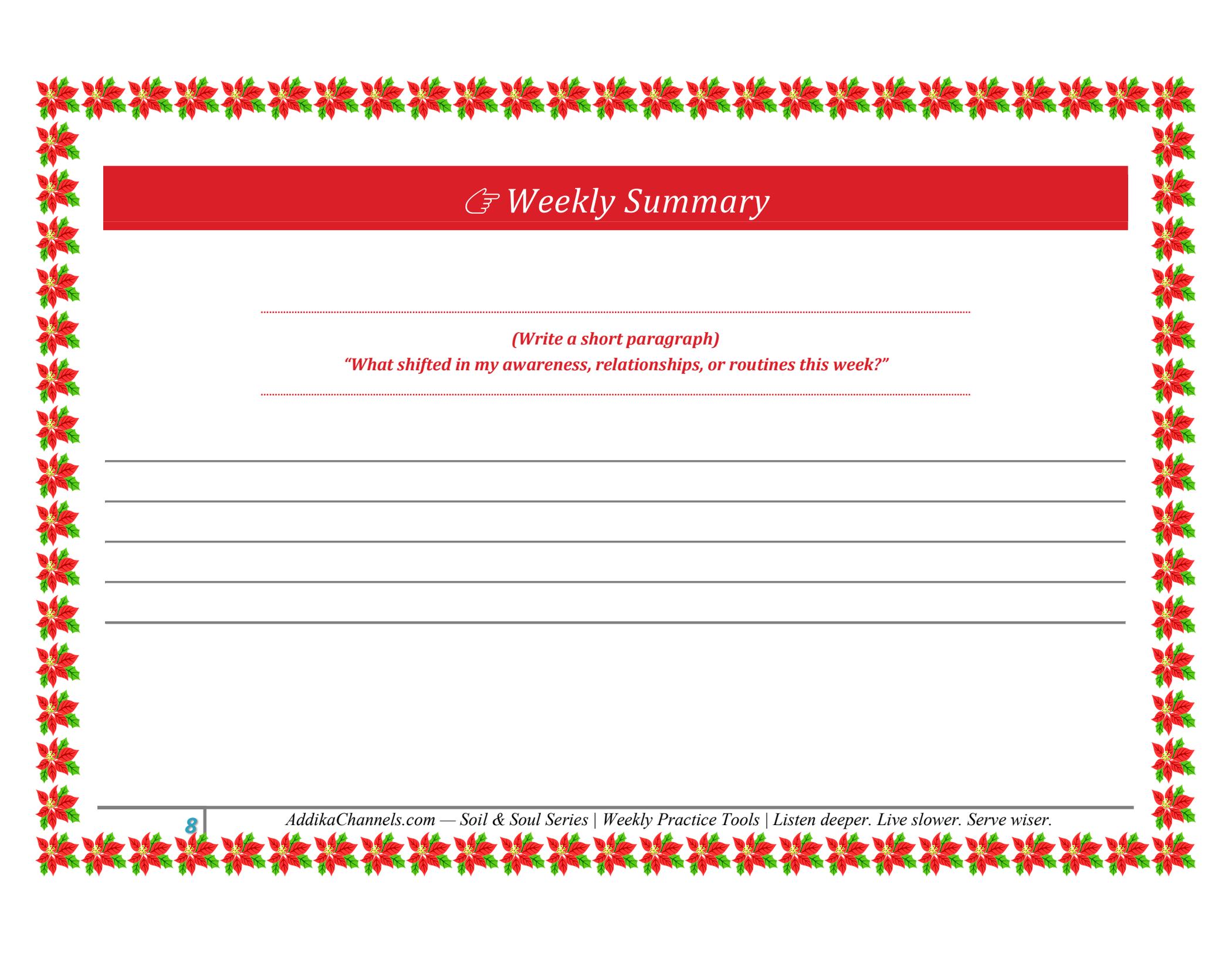
Interpretation:

21–25: Strong regenerative mindset

16–20: Consistent but room to expand

11–15: Good start — refine habits

Below 10: Try repeating the challenge next week

A decorative border of red poinsettias with green leaves surrounds the page. A red horizontal bar at the top contains the title.

☞ Weekly Summary

(Write a short paragraph)
“What shifted in my awareness, relationships, or routines this week?”
