



PROMISE LOG (Satya Tool)

A weekly integrity tracker for truth-aligned living.

👉👉 Purpose:

To record promises honestly, follow through with clarity, and measure improvement week by week.

👉👉 Instructions:

Write only clear, measurable promises.

Update the log once daily (evening review).

At week's end, calculate your completion percentage.

PROMISE LOG — WEEK OF _____

<i>Date</i>	<i>Promise (Clear & Measurable)</i>	<i>Who It Was Made To</i>	<i>Due Date</i>	<i>Status (Done / Rescheduled / Missed)</i>	<i>Reason (If Missed / Rescheduled)</i>	<i>Notes</i>

☞ Weekly Integrity Score:

$\% \text{ Completion} = (\text{Completed Promises} \div \text{Total Promises}) \times 100$

☞ *Next Week Goal:*

Reduce undone promises by 50%.

TAPAS TRACKER (Discipline Tool)

A daily focus discipline log based on 25-minute Tapasic sessions.

☞ ☞ *Purpose:*

To cultivate disciplined attention using short, uninterrupted deep-work blocks.

☞ ☞ *Instructions:*

Do one 25-minute Tapas Session daily (more if possible).

No multitasking, no notifications.

Write a one-sentence reflection after each session.

TAPAS TRACKER — WEEK OF _____

<i>Day</i>	<i>Task / Focus Area</i>	<i>Session Time</i>	<i>Completed? (Y/N)</i>	<i>Distractions Noted</i>	<i>1-Line Reflection (Outcome / Insight)</i>
Mon			Y/N		
Tue			Y/N		
Wed			Y/N		
Thu			Y/N		
Fri			Y/N		
Sat			Y/N		
Sun			Y/N		

🌀 **Weekly Tapas KPI:**

Goal: 10 uninterrupted sessions per week.
(Example: 1 per day + 3 bonus sessions)

 Pattern Notes (End of Week):

Best time for focus:

Main distractions:

What improved:

What to upgrade next week:

APARIGRAHA AUDIT (Simplicity Tool)

A clarity inventory for consumption, clutter, and sufficiency.

👉👉 Purpose:

To track items removed, consumption reduced, and savings redirected toward social or ecological value.

👉👉 Instructions:

Use daily during your 7-day or 30-day simplicity cycle.

For each removed item or canceled subscription, log where savings were redirected.

APARIGRAHA AUDIT — MONTH OF _____

<i>Date</i>	<i>Category (Clothes/Apps/Subscriptions/Tools/etc.)</i>	<i>Item Removed / Canceled</i>	<i>Why It Was Unnecessary</i>	<i>Disposal Method (Donate / Recycle / Cancel)</i>	<i>Annual Savings (₹/ \$)</i>	<i>Redirected To (Seed Bank, Food Coop, NGO)</i>

☞ **Monthly Simplicity KPI:**

Total Annual Savings Redirected → ₹ / \$ _____

☞ Impact Summary:

Ecological benefit:

Social/community benefit:

Mental clarity gain:

7-DAY CHALLENGE TEMPLATE (Universal for All 6 Principles)

Use this template for Satya, Ahimsa, Daya, Tapas, Svadharma, or Aparigraha.

Purpose:

To help you complete one Vedic principle through consistent daily micro-actions.

Instructions:

Pick one principle.

Fill in the daily action from that principle's micro-challenge.

Complete one action per day.

At the end, complete the reflection.

7-DAY CHALLENGE — PRINCIPLE: _____

<i>Day</i>	<i>Required Micro-Action</i>	<i>Completed? (Y/N)</i>	<i>Evidence / Screenshot / Witness</i>	<i>1-Line Reflection</i>
Day 1		Y/N		
Day 2		Y/N		
Day 3		Y/N		
Day 4		Y/N		
Day 5		Y/N		
Day 6		Y/N		
Day 7		Y/N		

🔗 **Challenge Completion Score:**

Completed Days ___ / 7

🔗 **One-Sentence Summary of Your Experience:**