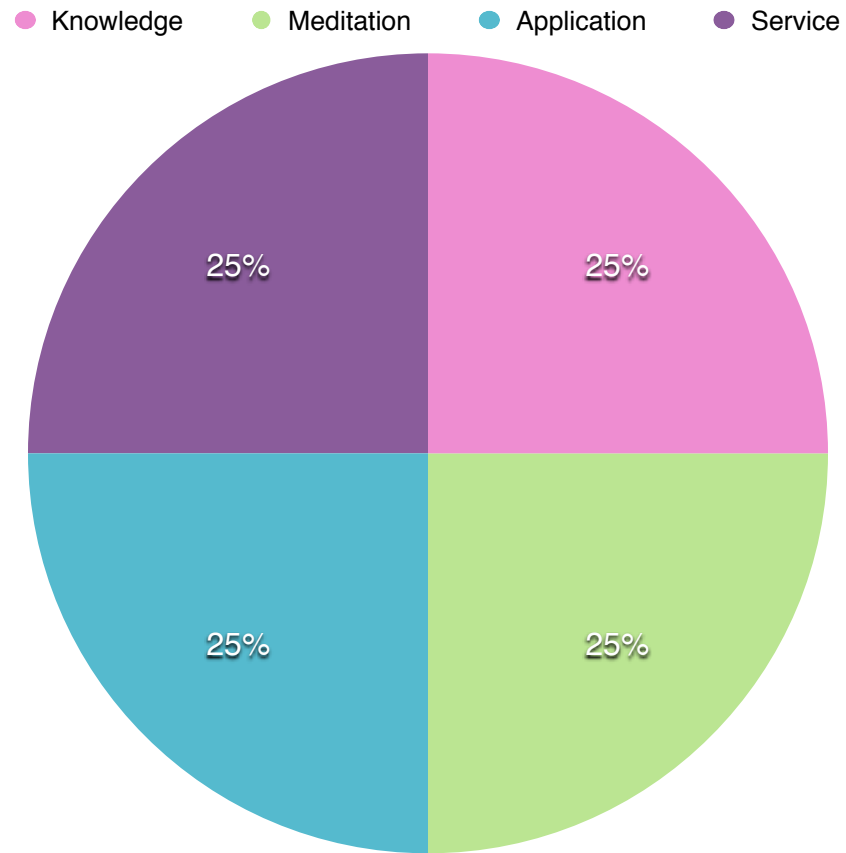


# TRANSFORMATION OF HABITS

## DAILY CHART



# KNOWLEDGE

How regular is your intake of daily knowledge in a day ?

KNOWLEDGE SESSION	TIME	ACCOMPLISHED / NOT ACCOMPLISHED
Morning Personal Study(online spiritual classes) or reading of spiritual literature	4:45 A.M. - 5:15 A.M.	
Morning Murli Class	6:30 A.M. - 8:00 A.M.	
Afternoon Review (Rewriting few points of the morning knowledge)	12:00 A.M.	
Evening Review	6:00 A.M.	
Night Review (Writing of the day's journal based on the experiences of practising the knowledge)	9:30 A.M.	

# MEDITATION

How often do you connect to the Supreme Power, taking all that is His and making it yours ?

MEDITATION SESSION	TIME	ACCOMPLISHED / NOT ACCOMPLISHED
Traffic Control	3:30 - 3:33 A.M.	
Amrit Vela	4:00 - 4:45 A.M.	
Traffic Control	5:30 - 5:33 A.M.	
Morning Meditation	6:30 - 7:00 A.M.	
Traffic Control	10:30 -10:33 A.M.	
Traffic Control	12:00 - 12:03 A.M.	
Traffic Control	3:30 - 3:33 P.M.	
Traffic Control	5:30 - 5:33 P.M.	
Evening Meditation	6:30 - 7:30 P.M.	
Traffic Control	7:30 P.M.	
Night Meditation	9:00 - 9:30 P.M.	
Traffic Control	9:30 P.M.	

# APPLICATION

Transformation of habits only happens after application of knowledge

PLACES	HOW HAVE YOU APPLIED THE KNOWLEDGE ?	REVIEW
Family		
Work Place		
Friends and Acquaintances		
Self		

# SERVICE

Have you made a great use of your time serving others and yourself ?

PLACES	HOW HAVE YOU APPLIED THE KNOWLEDGE ?	REVIEW
Family		
Work Place		
Friends and Acquaintances		
Self		