



My Targets for February 2006	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
My Core / Compulsory Targets																
I chanted the Gayathri Mantra 3 times or more.																
I spoke Sweetly and Lovingly to everyone.																
I practiced Ceiling on Desires , e.g. did not waste money.																
I challenged myself. I selected and practiced more Targets																
I did my Jyoti Meditation 5 minutes or more.																
I did my morning and night Prayers .																
I focused on my Academic Studies 1 hour or more.																
I recited the Lord's Name frequently.																
I practiced Vegetarianism .																
I was helpful to one person or more. Help Ever, Hurt Never																
Others:																
Others:																
Others:																

My Targets for February 2006	17	18	19	20	21	22	23	24	25	26	27	28
My Core / Compulsory Targets												
I chanted the Gayathri Mantra 3 times or more.												
I spoke Sweetly and Lovingly to everyone.												
I practiced Ceiling on Desires , e.g. did not waste money.												
I challenged myself. I selected and practiced more Targets												
I did my Jyoti Meditation 5 minutes or more.												
I did my morning and night Prayers .												
I focused on my Academic Studies 1 hour or more.												
I recited the Lord's Name frequently.												
I practiced Vegetarianism .												
I was helpful to one person or more. Help Ever, Hurt Never												
Others:												
Others:												
Others:												

No. of Compulsory Targets Achieved: _____

No. of Other Targets Achieved: _____

Signatures

Student: _____

Parent: _____



My Targets for March 2006	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
My Core / Compulsory Targets																
I chanted the Gayathri Mantra 3 times or more.																
I spoke Sweetly and Lovingly to everyone.																
I practiced Ceiling on Desires , e.g. did not waste money.																
I challenged myself. I selected and practiced more Targets																
I did my Jyoti Meditation 5 minutes or more.																
I did my morning and night Prayers .																
I focused on my Academic Studies 1 hour or more.																
I recited the Lord's Name frequently.																
I practiced Vegetarianism .																
I was helpful to one person or more. Help Ever, Hurt Never																
Others:																
Others:																
Others:																

My Targets for March 2006	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
My Core / Compulsory Targets															
I chanted the Gayathri Mantra 3 times or more.															
I spoke Sweetly and Lovingly to everyone.															
I practiced Ceiling on Desires , e.g. did not waste money.															
I challenged myself. I selected and practiced more Targets															
I did my Jyoti Meditation 5 minutes or more.															
I did my morning and night Prayers .															
I focused on my Academic Studies 1 hour or more.															
I recited the Lord's Name frequently.															
I practiced Vegetarianism .															
I was helpful to one person or more. Help Ever, Hurt Never															
Others:															
Others:															
Others:															

No. of Compulsory Targets Achieved: _____
 No. of Other Targets Achieved: _____

Signatures
 Student: _____
 Parent: _____



MY SPIRITUAL DIARY APRIL 2006

My Targets for April 2006	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
My Core / Compulsory Targets																
I chanted the Gayathri Mantra 3 times or more.																
I spoke Sweetly and Lovingly to everyone.																
I practiced Ceiling on Desires , e.g. did not waste money.																
I challenged myself. I selected and practiced more Targets																
I did my Jyoti Meditation 5 minutes or more.																
I did my morning and night Prayers .																
I focused on my Academic Studies 1 hour or more.																
I recited the Lord's Name frequently.																
I practiced Vegetarianism .																
I was helpful to one person or more. Help Ever, Hurt Never																
Others:																
Others:																
Others:																

My Targets for April 2006	17	18	19	20	21	22	23	24	25	26	27	28	29	30
My Core / Compulsory Targets														
I chanted the Gayathri Mantra 3 times or more.														
I spoke Sweetly and Lovingly to everyone.														
I practiced Ceiling on Desires , e.g. did not waste money.														
I challenged myself. I selected and practiced more Targets														
I did my Jyoti Meditation 5 minutes or more.														
I did my morning and night Prayers .														
I focused on my Academic Studies 1 hour or more.														
I recited the Lord's Name frequently.														
I practiced Vegetarianism .														
I was helpful to one person or more. Help Ever, Hurt Never														
Others:														
Others:														
Others:														

No. of Compulsory Targets Achieved: _____
 No. of Other Targets Achieved: _____

Signatures
 Student: _____
 Parent: _____



MY SPIRITUAL DIARY MAY '06

My Targets for May 2006	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
My Core / Compulsory Targets																
I chanted the Gayathri Mantra 3 times or more.																
I spoke Sweetly and Lovingly to everyone.																
I practiced Ceiling on Desires , e.g. did not waste money.																
I challenged myself. I selected and practiced more Targets																
I did my Jyoti Meditation 5 minutes or more.																
I did my morning and night Prayers .																
I focused on my Academic Studies 1 hour or more.																
I recited the Lord's Name frequently.																
I practiced Vegetarianism .																
I was helpful to one person or more. Help Ever, Hurt Never																
Others:																
Others:																
Others:																

My Targets for May 2006	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
My Core / Compulsory Targets															
I chanted the Gayathri Mantra 3 times or more.															
I spoke Sweetly and Lovingly to everyone.															
I practiced Ceiling on Desires , e.g. did not waste money.															
I challenged myself. I selected and practiced more Targets															
I did my Jyoti Meditation 5 minutes or more.															
I did my morning and night Prayers .															
I focused on my Academic Studies 1 hour or more.															
I recited the Lord's Name frequently.															
I practiced Vegetarianism .															
I was helpful to one person or more. Help Ever, Hurt Never															
Others:															
Others:															
Others:															

No. of Compulsory Targets Achieved: _____
 No. of Other Targets Achieved: _____

Signatures
 Student: _____
 Parent: _____



MY SPIRITUAL DIARY
JUNE 2006

My Targets for June 2006	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
My Core / Compulsory Targets																
I chanted the Gayathri Mantra 3 times or more.																
I spoke Sweetly and Lovingly to everyone.																
I practiced Ceiling on Desires , e.g. did not waste money.																
I challenged myself. I selected and practiced more Targets																
I did my Jyoti Meditation 5 minutes or more.																
I did my morning and night Prayers .																
I focused on my Academic Studies 1 hour or more.																
I recited the Lord's Name frequently.																
I practiced Vegetarianism .																
I was helpful to one person or more. Help Ever, Hurt Never																
Others:																
Others:																
Others:																

My Targets for June 2006	17	18	19	20	21	22	23	24	25	26	27	28	29	30
My Core / Compulsory Targets														
I chanted the Gayathri Mantra 3 times or more.														
I spoke Sweetly and Lovingly to everyone.														
I practiced Ceiling on Desires , e.g. did not waste money.														
I challenged myself. I selected and practiced more Targets														
I did my Jyoti Meditation 5 minutes or more.														
I did my morning and night Prayers .														
I focused on my Academic Studies 1 hour or more.														
I recited the Lord's Name frequently.														
I practiced Vegetarianism .														
I was helpful to one person or more. Help Ever, Hurt Never														
Others:														
Others:														
Others:														

No. of Compulsory Targets Achieved: _____
 No. of Other Targets Achieved: _____

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 Student: _____
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My Targets for July 2006	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
My Core / Compulsory Targets																
I chanted the Gayathri Mantra 3 times or more.																
I spoke Sweetly and Lovingly to everyone.																
I practiced Ceiling on Desires , e.g. did not waste money.																
I challenged myself. I selected and practiced more Targets																
I did my Jyoti Meditation 5 minutes or more.																
I did my morning and night Prayers .																
I focused on my Academic Studies 1 hour or more.																
I recited the Lord's Name frequently.																
I practiced Vegetarianism .																
I was helpful to one person or more. Help Ever, Hurt Never																
Others:																
Others:																
Others:																

My Targets for July 2006	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
My Core / Compulsory Targets															
I chanted the Gayathri Mantra 3 times or more.															
I spoke Sweetly and Lovingly to everyone.															
I practiced Ceiling on Desires , e.g. did not waste money.															
I challenged myself. I selected and practiced more Targets															
I did my Jyoti Meditation 5 minutes or more.															
I did my morning and night Prayers .															
I focused on my Academic Studies 1 hour or more.															
I recited the Lord's Name frequently.															
I practiced Vegetarianism .															
I was helpful to one person or more. Help Ever, Hurt Never															
Others:															
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No. of Compulsory Targets Achieved: _____
 No. of Other Targets Achieved: _____

Signatures
 Student: _____
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My Targets for August 2006	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
My Core / Compulsory Targets																
I chanted the Gayathri Mantra 3 times or more.																
I spoke Sweetly and Lovingly to everyone.																
I practiced Ceiling on Desires , e.g. did not waste money.																
I challenged myself. I selected and practiced more Targets																
I did my Jyoti Meditation 5 minutes or more.																
I did my morning and night Prayers .																
I focused on my Academic Studies 1 hour or more.																
I recited the Lord's Name frequently.																
I practiced Vegetarianism .																
I was helpful to one person or more. Help Ever, Hurt Never																
Others:																
Others:																
Others:																

My Targets for August 2006	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
My Core / Compulsory Targets															
I chanted the Gayathri Mantra 3 times or more.															
I spoke Sweetly and Lovingly to everyone.															
I practiced Ceiling on Desires , e.g. did not waste money.															
I challenged myself. I selected and practiced more Targets															
I did my Jyoti Meditation 5 minutes or more.															
I did my morning and night Prayers .															
I focused on my Academic Studies 1 hour or more.															
I recited the Lord's Name frequently.															
I practiced Vegetarianism .															
I was helpful to one person or more. Help Ever, Hurt Never															
Others:															
Others:															
Others:															

No. of Compulsory Targets Achieved: _____
 No. of Other Targets Achieved: _____

Signatures
 Student: _____
 Parent: _____



MY SPIRITUALLY DIARY SEPTEMBER '06

My Targets for September 2006	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
My Core / Compulsory Targets																
I chanted the Gayathri Mantra 3 times or more.																
I spoke Sweetly and Lovingly to everyone.																
I practiced Ceiling on Desires , e.g. did not waste money.																
I challenged myself. I selected and practiced more Targets																
I did my Jyoti Meditation 5 minutes or more.																
I did my morning and night Prayers .																
I focused on my Academic Studies 1 hour or more.																
I recited the Lord's Name frequently.																
I practiced Vegetarianism .																
I was helpful to one person or more. Help Ever, Hurt Never																
Others:																
Others:																
Others:																

My Targets for September 2006	17	18	19	20	21	22	23	24	25	26	27	28	29	30
My Core / Compulsory Targets														
I chanted the Gayathri Mantra 3 times or more.														
I spoke Sweetly and Lovingly to everyone.														
I practiced Ceiling on Desires , e.g. did not waste money.														
I challenged myself. I selected and practiced more Targets														
I did my Jyoti Meditation 5 minutes or more.														
I did my morning and night Prayers .														
I focused on my Academic Studies 1 hour or more.														
I recited the Lord's Name frequently.														
I practiced Vegetarianism .														
I was helpful to one person or more. Help Ever, Hurt Never														
Others:														
Others:														
Others:														

No. of Compulsory Targets Achieved: _____
 No. of Other Targets Achieved: _____

Signatures
 Student: _____
 Parent: _____



My Targets for October 2006	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
My Core / Compulsory Targets																
I chanted the Gayathri Mantra 3 times or more.																
I spoke Sweetly and Lovingly to everyone.																
I practiced Ceiling on Desires , e.g. did not waste money.																
I challenged myself. I selected and practiced more Targets																
I did my Jyoti Meditation 5 minutes or more.																
I did my morning and night Prayers .																
I focused on my Academic Studies 1 hour or more.																
I recited the Lord's Name frequently.																
I practiced Vegetarianism .																
I was helpful to one person or more. Help Ever, Hurt Never																
Others:																
Others:																
Others:																

My Targets for October 2006	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
My Core / Compulsory Targets															
I chanted the Gayathri Mantra 3 times or more.															
I spoke Sweetly and Lovingly to everyone.															
I practiced Ceiling on Desires , e.g. did not waste money.															
I challenged myself. I selected and practiced more Targets															
I did my Jyoti Meditation 5 minutes or more.															
I did my morning and night Prayers .															
I focused on my Academic Studies 1 hour or more.															
I recited the Lord's Name frequently.															
I practiced Vegetarianism .															
I was helpful to one person or more. Help Ever, Hurt Never															
Others:															
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Others:															

No. of Compulsory Targets Achieved: _____
 No. of Other Targets Achieved: _____

Signatures
 Student: _____
 Parent: _____



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My Targets for November 2006	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
My Core / Compulsory Targets																
I chanted the Gayathri Mantra 3 times or more.																
I spoke Sweetly and Lovingly to everyone.																
I practiced Ceiling on Desires , e.g. did not waste money.																
I challenged myself. I selected and practiced more Targets																
I did my Jyoti Meditation 5 minutes or more.																
I did my morning and night Prayers .																
I focused on my Academic Studies 1 hour or more.																
I recited the Lord's Name frequently.																
I practiced Vegetarianism .																
I was helpful to one person or more. Help Ever, Hurt Never																
Others:																
Others:																
Others:																

My Targets for November 2006	17	18	19	20	21	22	23	24	25	26	27	28	29	30
My Core / Compulsory Targets														
I chanted the Gayathri Mantra 3 times or more.														
I spoke Sweetly and Lovingly to everyone.														
I practiced Ceiling on Desires , e.g. did not waste money.														
I challenged myself. I selected and practiced more Targets														
I did my Jyoti Meditation 5 minutes or more.														
I did my morning and night Prayers .														
I focused on my Academic Studies 1 hour or more.														
I recited the Lord's Name frequently.														
I practiced Vegetarianism .														
I was helpful to one person or more. Help Ever, Hurt Never														
Others:														
Others:														
Others:														

No. of Compulsory Targets Achieved: _____
 No. of Other Targets Achieved: _____

Signatures
 Student: _____
 Parent: _____



MY SPIRITUAL DIARY DECEMBER '06

My Targets for December 2006	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
My Core / Compulsory Targets																
I chanted the Gayathri Mantra 3 times or more.																
I spoke Sweetly and Lovingly to everyone.																
I practiced Ceiling on Desires , e.g. did not waste money.																
I challenged myself. I selected and practiced more Targets																
I did my Jyoti Meditation 5 minutes or more.																
I did my morning and night Prayers .																
I focused on my Academic Studies 1 hour or more.																
I recited the Lord's Name frequently.																
I practiced Vegetarianism .																
I was helpful to one person or more. Help Ever, Hurt Never																
Others:																
Others:																
Others:																

My Targets for December 2006	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
My Core / Compulsory Targets															
I chanted the Gayathri Mantra 3 times or more.															
I spoke Sweetly and Lovingly to everyone.															
I practiced Ceiling on Desires , e.g. did not waste money.															
I challenged myself. I selected and practiced more Targets															
I did my Jyoti Meditation 5 minutes or more.															
I did my morning and night Prayers .															
I focused on my Academic Studies 1 hour or more.															
I recited the Lord's Name frequently.															
I practiced Vegetarianism .															
I was helpful to one person or more. Help Ever, Hurt Never															
Others:															
Others:															
Others:															

No. of Compulsory Targets Achieved: _____
 No. of Other Targets Achieved: _____

Signatures
 Student: _____
 Parent: _____



MY SPIRITUALLY ARIARY JANUARY 07

My Targets for January 2007	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
My Core / Compulsory Targets																
I chanted the Gayathri Mantra 3 times or more.																
I spoke Sweetly and Lovingly to everyone.																
I practiced Ceiling on Desires , e.g. did not waste money.																
I challenged myself. I selected and practiced more Targets																
I did my Jyoti Meditation 5 minutes or more.																
I did my morning and night Prayers .																
I focused on my Academic Studies 1 hour or more.																
I recited the Lord's Name frequently.																
I practiced Vegetarianism .																
I was helpful to one person or more. Help Ever, Hurt Never																
Others:																
Others:																
Others:																

My Targets for January 2007	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
My Core / Compulsory Targets															
I chanted the Gayathri Mantra 3 times or more.															
I spoke Sweetly and Lovingly to everyone.															
I practiced Ceiling on Desires , e.g. did not waste money.															
I challenged myself. I selected and practiced more Targets															
I did my Jyoti Meditation 5 minutes or more.															
I did my morning and night Prayers .															
I focused on my Academic Studies 1 hour or more.															
I recited the Lord's Name frequently.															
I practiced Vegetarianism .															
I was helpful to one person or more. Help Ever, Hurt Never															
Others:															
Others:															
Others:															

No. of Compulsory Targets Achieved: _____
 No. of Other Targets Achieved: _____

Signatures
 Student: _____
 Parent: _____