Service Through the Mind and Savings Scheme Chart

Write your chart either in % or in grades (A = more than 75%, B = 50% to 75%, C = less than 50%)

	Date (January, 2002)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	Did my thoughts remain powerful and full of pure feelings and good wishes? (To what percentage were my thoughts ordinary or wasteful)																															
	To what percentage were my words filled with sweetness?																															
3)	To what percentage was there a spiritual smile on the face?																															
4)	To what percentage did I give and receive good wishes?																															
5)	To what percentage did I remain Ek-Vrata? (Committed to One)					,																										
6)	How much time did I spend doing Mansa Seva? (service through the mind)													-	1																	
7)	How much time did I spend in seated yoga throughout the whole day?)																1															