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Mark off each day when you do your merit or make a note of what you did.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Practice Generosity	Listen to Dhamma	Loving Kindness Meditation	Gratitude	Wish for the Welfare of others	Chant Pirit	Care for Sacred Ground

Your Name _____ Date Started _____ Date Finished _____