

8–10 Days of Living a Jain Way of Life

Family Member Name: _____ Date: ____/____/2017

(print this and post it in a room where everyone can see it)

Activity	Points per day	1	2	3	4	5	6	7	8	9	10	Total
Recite three Namokar Mantra in the morning and evening with devotion	5											
5 minutes Prayer/Stuti/ meditation after shower	10											
10 minutes of spiritual reading (or go on net and listen to lectures)	10											
Eat at home before dark	5											
Do not eat food with eggs, honey, lard, gelatin	10											
Do not eat underground vegetables or food (potato, carrot, etc.)	10											
Go through your clothes and other belongings and donate; donate 0.5% of your earnings	10											
Eat twice in a day	5											
Eat once per day	10											
Fast (take water)	20											
Go to temple or gathering to celebrate, listen to discourse	10											
No TV, video/computer games	10											
No feelings of negative passions (anger, deceit, greed, pride)	20											
Total	100+											

Gift Ideas: 100/120 Maximum Possible Points in a Day

Average pts.	Children	Teenagers	Adults
80+/100	Higher value gift card	Non-Violent game for their game machine. Going out for the weekend	Book: massage, relaxation, etc. Meditation classes
50+/100	Gift card to an educational toy store	Celebration at a vegetarian restaurant	Book: kids cooking for their parents