

Lifestyle Worksheet

Appropriate devotee lifestyle has to do with:

- (1) Sustainability (the ability to maintain our service)
- (2) Responsibility (especially in looking after Krishna's property)

You may wish to consider scriptural references which refer to these (optional)

Now, assess yourself on how successfully you apply yourself to each item. Ring one number for each from 0 (terrible) to 10 (excellent). A score of 5 is average. Put 5 if one item doesn't apply to you (e.g. if you don't drive). Add up your total.

Diet	0	1	2	3	4	5	6	7	8	9	10
Dress	0	1	2	3	4	5	6	7	8	9	10
Exercise	0	1	2	3	4	5	6	7	8	9	10
Sleep	0	1	2	3	4	5	6	7	8	9	10
Recreation	0	1	2	3	4	5	6	7	8	9	10
Health care	0	1	2	3	4	5	6	7	8	9	10
Regulation/ Balance	0	1	2	3	4	5	6	7	8	9	10
Driving	0	1	2	3	4	5	6	7	8	9	10
Sadhana	0	1	2	3	4	5	6	7	8	9	10
Study	0	1	2	3	4	5	6	7	8	9	10
Social life/ Relationships	0	1	2	3	4	5	6	7	8	9	10

TOTAL

110

Write down the areas in which you feel you need to improve:

How are you going to achieve this?