



Sri Sathya Sai Educare, USA

Name: \_\_\_\_\_

# My Spiritual Diary

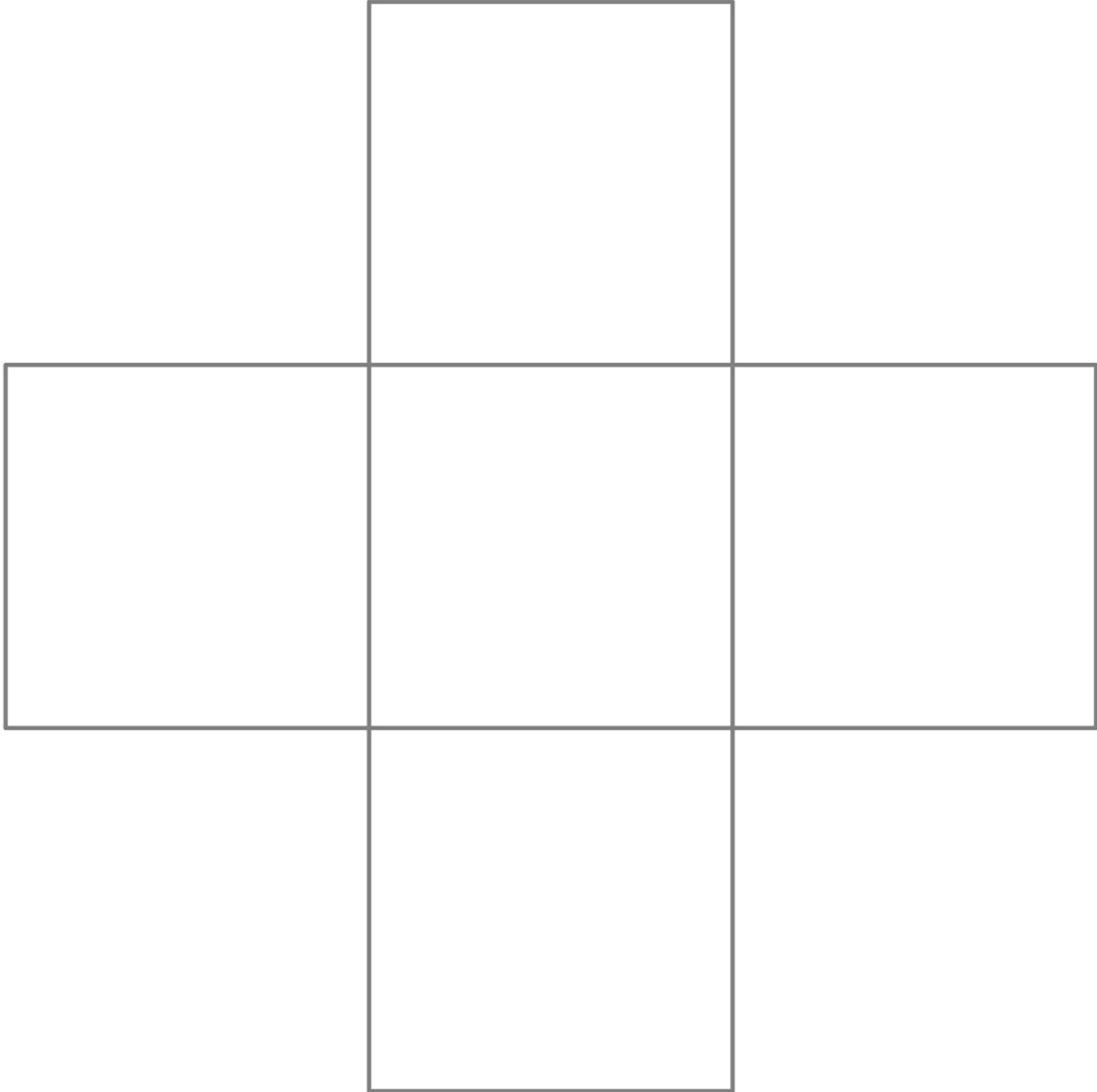
“Character is built up by constant practice of good actions.” - Sri Sathya Sai Baba, July 21, 1986

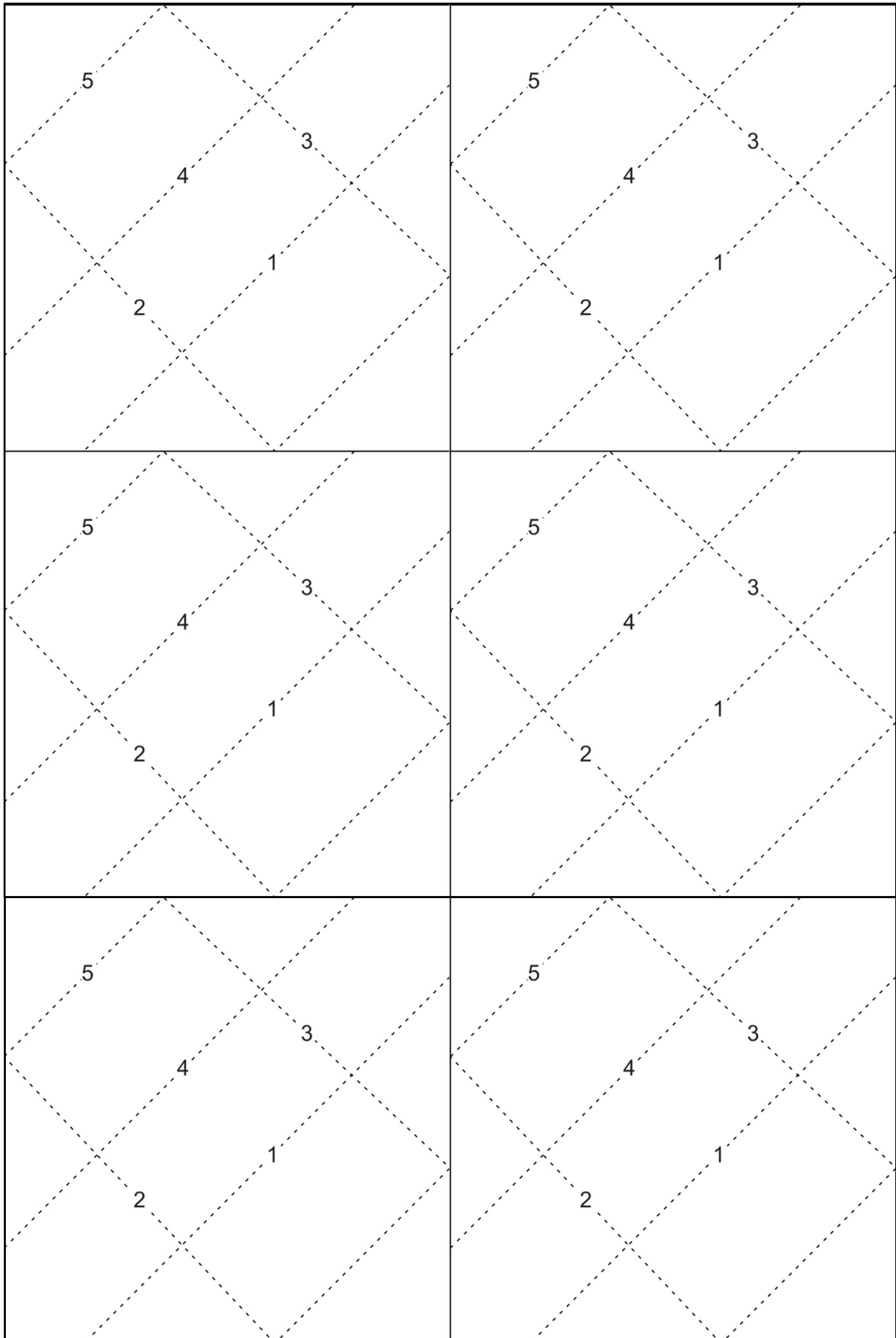
MONTH:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
I said a daily prayer																															
I was respectful to my parents																															
I kept my room clean																															
I made my bed																															
I did not hurt anyone with my words and used kind words																															
I was clean and had a neat appearance (brushed teeth, combed hair, showered, etc.)																															
I helped at least one person																															
I was responsible for my own schoolwork																															
I helped around the house																															
I limited my screen time																															
I made healthy food choices																															
I did not waste food																															
I did not waste water																															
I used a reusable water bottle																															



Name	Gratitude	Feeling Contentment
Food	It nourishes my body	It feels good because I am not hungry

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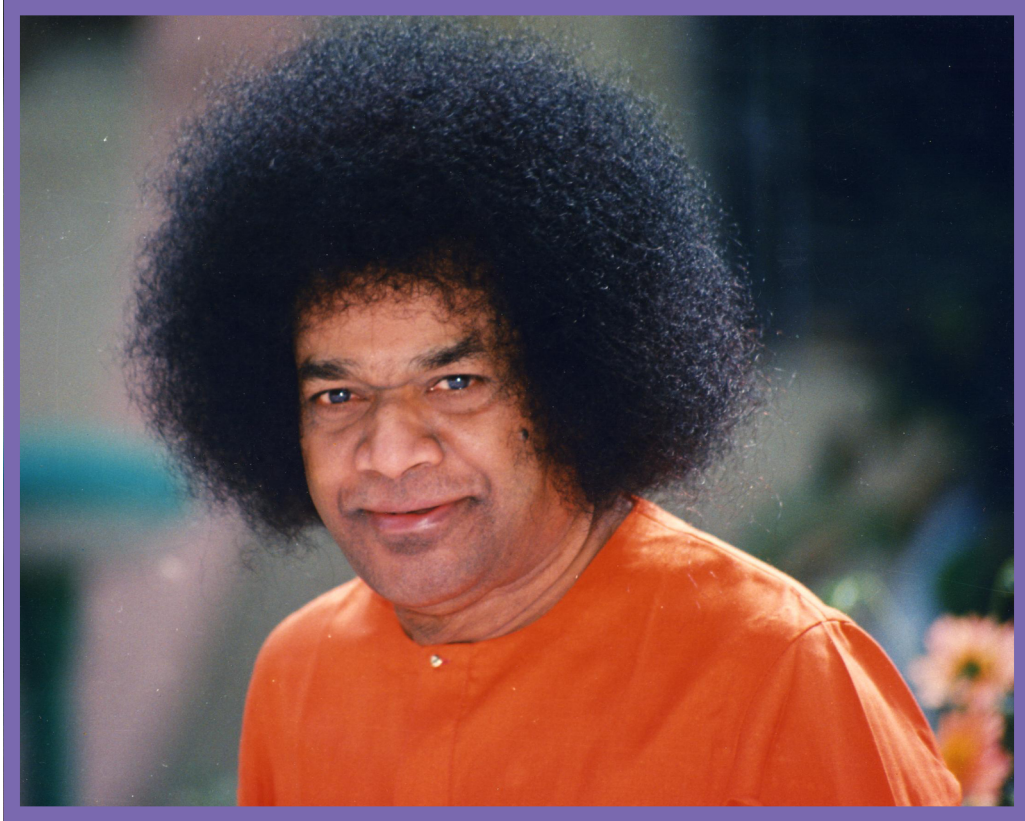








### 3. LESSON PLANS & OTHER RESOURCES



# ASSESSMENTS



Full Name: \_\_\_\_\_ mm/dd/yy \_\_\_\_\_

Answer the following in the best way you are able to in complete sentences and with detail.

1. What was your favorite part of the year? Why?

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2. Which story stuck with you this year? Why?

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3. What is one good habit you are on? Share how your journey has been, as you make your way to success. Are there any strategies you can share that help with it?

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4. Satsang is “company of the good.” When we meet as a Center, we are engaging in communal spiritual activities that motivate and inspire us. Which activity of the Center have you participated in this year? It could be a service activity, a celebration, or even regular bhajans. Share your reflections on your feelings and takeaways from it. If you have attended none, what is your goal for next year?

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5. Prayer is a way to connect to God. Share the name (and if you recall, a brief meaning) of a prayer or bhajan that you have learned in all these years or a prayer/ bhajan you would like to learn? Explain why you connect with it or why you would like to learn it.

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6. Share about a fun activity that you did with your family. How does your family support you in all that you do?

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7. Swami says your primary duty is to be a student. What is one human value you would like to work on to be a better student at school?

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8. Coming to class is a commitment. How do you think you have done this year in attending class? Share your reflection on what you have learned in the process?

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*Note to gurus: This handout gives all 32 of Swami's Maxims—the graphics found throughout each of the Syllabus books—here in one place. For Groups 1 & 2, print these pages (black & white is fine too), cut out the specific ones relating to the lesson you are teaching, and give to each of the children to stick in their notebooks. For Groups 3 & 4, instead of printing and giving, show them the graphic and ask them to draw it into their notebooks. It is a good opportunity to allow them to pause their minds from thinking and discussing, and shift into a different gear for a few minutes. Show all children Swami's signature in the bottom right corner—it is how He signs His letters and is His handwriting.*

**YOU CANNOT  
ALWAYS  
OBLIGE,  
BUT YOU CAN  
ALWAYS SPEAK  
OBLIGINGLY.**

SRI SATHYA SAI BABA

With Love  
Pank

**LIFE IS A CHALLENGE,  
MEET IT!**

**LIFE IS A DREAM,  
REALIZE IT!**

**LIFE IS A GAME,  
PLAY IT!**

**LIFE IS LOVE, ENJOY IT!**

SRI SATHYA SAI BABA

With Love  
Pank

**WORK IS WORSHIP,  
DUTY IS GOD.**

SRI SATHYA SAI BABA

With Love  
Pank

**SERVICE TO MAN  
IS  
SERVICE TO GOD.**

SRI SATHYA SAI BABA

With Love  
Pank

**WHERE THERE IS FAITH,  
THERE IS LOVE.**

**WHERE THERE IS LOVE,  
THERE IS PEACE.**

**WHERE THERE IS PEACE,  
THERE IS TRUTH.**

**WHERE THERE IS TRUTH,  
THERE IS BLISS.**

**WHERE THERE IS BLISS,  
THERE IS GOD.**

SRI SATHYA SAI BABA

With Love  
Pank





BODY IS LIKE A  
WATER BUBBLE,  
MIND IS LIKE A  
MAD MONKEY,

DON'T FOLLOW THE BODY,  
DON'T FOLLOW THE MIND,

FOLLOW THE CONSCIENCE.

SRI SATHYA SAI BABA

With Love  
Pam

THE BEST WAY  
TO LOVE GOD  
IS TO  
LOVE ALL,  
SERVE ALL.

SRI SATHYA SAI BABA

With Love  
Pam

THE END OF  
EDUCATION  
IS  
CHARACTER.

SRI SATHYA SAI BABA

With Love  
Pam

TAKE ONE STEP  
TOWARDS ME,  
I WILL TAKE  
**100**  
TOWARDS YOU.

SRI SATHYA SAI BABA

With Love  
Pam

HASTE MAKES WASTE,  
WASTE MAKES WORRY.  
SO, DON'T  
BE IN A HURRY.

SRI SATHYA SAI BABA

With Love  
Pam





SEE NO EVIL, SEE WHAT IS GOOD.  
HEAR NO EVIL, HEAR WHAT IS GOOD.  
TALK NO EVIL, TALK WHAT IS GOOD.  
THINK NO EVIL, THINK WHAT IS GOOD.  
DO NO EVIL, DO WHAT IS GOOD.

SRI SATHYA SAI BABA

Write Love  
Pank

LAZINESS IS  
RUST AND DUST,  
CHANGE IN ACTIVITY IS  
REST.

SRI SATHYA SAI BABA

Write Love  
Pank

START THE DAY WITH LOVE,  
SPEND THE DAY WITH LOVE,  
FILL THE DAY WITH LOVE,  
END THE DAY WITH LOVE,  
THIS IS THE WAY TO GOD.

SRI SATHYA SAI BABA

Write Love  
Pank

THE LAWS OF THE HEART:  
FOLLOW THE MASTER,  
FACE THE DEVIL,  
FIGHT TO THE END,  
FINISH THE GAME.

SRI SATHYA SAI BABA

Write Love  
Pank

RESPECT YOUR PARENTS,  
PLEASE THEM,  
WHEN YOU MAKE THEM  
HAPPY, YOUR LIFE WILL BE  
HAPPY THROUGHOUT.

SRI SATHYA SAI BABA

Write Love  
Pank

LESS LUGGAGE = MORE COMFORT  
MAKES TRAVEL A  
PLEASURE.

SRI SATHYA SAI BABA

Write Love  
Pank





IF THERE IS RIGHTEOUSNESS IN THE HEART,  
THERE WILL BE BEAUTY IN THE CHARACTER.  
IF THERE IS BEAUTY IN THE CHARACTER,  
THERE WILL BE HARMONY IN THE HOME.  
IF THERE IS HARMONY IN THE HOME,  
THERE WILL BE ORDER IN THE NATION.  
IF THERE IS ORDER IN THE NATION,  
THERE WILL BE PEACE IN THE WORLD.

SRI SATHYA SAI BABA

With Love  
Pam

GOD IS LOVE,  
LOVE IS GOD,  
LIVE IN LOVE.

SRI SATHYA SAI BABA

With Love  
Pam

PAROPAKARARTHAM  
IDAM SHARIRAM:  
THE HUMAN BODY IS  
A GIFT FROM GOD  
TO SERVE OTHERS.

SRI SATHYA SAI BABA

With Love  
Pam

DAIVA PREETHI, PAAPA BHEETHI,  
SANGHA NEETHI:  
YOU MUST FILL YOUR HEART  
WITH LOVE FOR GOD,  
FEAR OF SIN,  
AND MORALITY IN SOCIETY.

SRI SATHYA SAI BABA

With Love  
Pam

HELP EVER,  
HURT NEVER.

SRI SATHYA SAI BABA

With Love  
Pam





**HUMANNESS  
MEANS UNITY IN  
THOUGHT, WORD,  
AND DEED.**

SRI SATHYA SAI BABA

With Love  
Pank

**AVOID BAD COMPANY:  
TELL ME YOUR  
COMPANY AND I  
SHALL TELL YOU WHO  
YOU ARE.**

SRI SATHYA SAI BABA

With Love  
Pank

**START EARLY,  
DRIVE SLOWLY,  
REACH SAFELY.**

SRI SATHYA SAI BABA

With Love  
Pank

**HRUT+DAYA = HRUDAYA  
HEART MUST BE  
FULL OF COMPASSION.**

SRI SATHYA SAI BABA

With Love  
Pank

**DUTY WITHOUT LOVE  
IS DEPLORABLE,  
DUTY WITH LOVE  
IS DESIRABLE,  
LOVE WITHOUT DUTY  
IS DIVINE.**

SRI SATHYA SAI BABA

With Love  
Pank

**LOVE LIVES BY  
GIVING & FORGIVING,  
SELF LIVES BY  
GETTING & FORGETTING.**

SRI SATHYA SAI BABA

With Love  
Pank





THERE IS ONLY ONE RELIGION,  
THE RELIGION OF LOVE.

THERE IS ONLY ONE LANGUAGE,  
THE LANGUAGE OF THE HEART.

THERE IS ONLY ONE GOD,  
AND HE IS OMNIPRESENT.

SRI SATHYA SAI BABA

With Love  
Pam

FOOD IS GOD,  
DO NOT  
WASTE FOOD.

SRI SATHYA SAI BABA

With Love  
Pam

GRATITUDE  
IS OUR  
LIFE-BREATH.

SRI SATHYA SAI BABA

With Love  
Pam

MAKE YOUR LIFE  
A ROSE THAT SPEAKS  
SILENTLY IN  
THE LANGUAGE OF  
FRAGRANCE.

SRI SATHYA SAI BABA

With Love  
Pam

PAST IS PAST,  
FUTURE IS UNCERTAIN,  
SO, LIVE IN THE PRESENT:  
IT IS NOT ORDINARY PRESENT,  
IT IS OMNIPRESENT.

SRI SATHYA SAI BABA

With Love  
Pam