

# Growing Good Karma – Daily Practice & Reflection Form

*“Each day, I water the seeds of love, care, and connection—in myself and in the world.”*

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## Welcome to Your Growing Good Karma Practice

This page is an invitation to meet yourself exactly where you are—whether you feel strong, tired, hopeful, or uncertain. As you fill out this form, let it be a gentle guide, not a list of demands. Each small choice you make—every moment of kindness to yourself and others—plants seeds that grow into peace and connection. Use this space to reflect, plan, and remember that your healing and your goodness are always expanding, one day at a time.

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## 1. Morning Intention

**Today I am...**

*(circle or fill in as you feel)*

- ☐ Healing
- ☐ Growing
- ☐ Resting
- ☐ Learning
- ☐ Rebuilding
- ☐ Other: Click or tap here to enter text.

**My gentle focus for today:**

*(e.g., kindness to myself, reaching out to others, slowing down)*

Click or tap here to enter text.

**One small thing I can do to live in the stream of good karma today:**

Click or tap here to enter text.

## 2. Consumption Plan

*Eat with presence and gratitude. Choose what nourishes body and spirit.*

**Meals I plan or hope to have today:**

*(Breakfast, Lunch, Dinner, Snacks)*

- **Breakfast:** Click or tap here to enter text.
- **Lunch:** Click or tap here to enter text.
- **Dinner:** Click or tap here to enter text.
- **Snacks / Drinks:** Click or tap here to enter text.

**One small way I can honor my body today:**  
*(e.g., more water, mindful eating, enjoying every bite)*

Click or tap here to enter text.

### 3. Relationships – Planting & Watering

**Today, I will gently tend these connections:**

- **Family:** Click or tap here to enter text.
- **Friends:** Click or tap here to enter text.
- **Community / Those I have not yet met:** Click or tap here to enter text.

**One act of kindness or connection I can offer:**

Click or tap here to enter text.

### 4. Self-Care & Spiritual Practice

*We are both ill and healing, and every small step matters.*

**Something I will do for my mind or spirit today:**  
*(meditation, prayer, reading, reflection)*

Click or tap here to enter text.

**Something I will do to care for my body today:**  
*(stretching, movement, rest, nurturing)*

Click or tap here to enter text.

### 5. Play, Joy, and Rest

**One way I will invite joy or play into my day:**

Click or tap here to enter text.

**Time I plan to rest or simply be:**

Click or tap here to enter text.

## 6. Gentle Evening Reflection

*Look back without judgment. Each day is a new chance.*

**What felt nourishing today?**

Click or tap here to enter text.

**What felt difficult today?**

Click or tap here to enter text.

**One thing I learned about myself or others:**

Click or tap here to enter text.

**Tonight, I release the day and trust in tomorrow.**

Click or tap here to enter text.

## 7. Closing

**Each day, my illness shrinks and my health expands. Because of this, each day I wake up a little healthier and a little less unwell. Each day, I plant and water the seeds of good karma and gently walk into the life I am creating with love.**

**Signature** (if you wish): Click or tap here to enter text.

**Date:** Click or tap here to enter text.

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