Meritorious *(punya)* Plan

I, \_\_\_\_\_\_\_, vow to achieve \_\_\_\_\_\_\_\_ merits by \_\_\_\_\_\_\_\_ (date of the end of this term)

How to earn/accumulate merit points:

* Reflect, act, or abstain (depending on the situation)
* Self-reflection with five precepts.
* Earn one point for each way in which you follow the five precepts.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 5 Precepts | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Note |
| **No Killing*** Avoid hurting or killing any living being, including spiders, insects, and worms.
* Eat vegetarian meals. Make vegetarian meals for others.
* Be kind to everyone, including animals and other living beings
* Help or protect others
 |  |  |  |  |  |  |  |  |
| **No Stealing*** Avoid taking what is not given
* Make donations
 |  |  |  |  |  |  |  |  |
| **No Sexual Misconduct*** Stay faithful in a relationship
* Avoid looking at people in a lustful way
 |  |  |  |  |  |  |  |  |
| **No Lying** * Avoid lying
* Use pleasing or kind speech that promotes harmony
* Say encouraging words
 |  |  |  |  |  |  |  |  |
| **No Intoxicant*** Avoid drinking alcohol
* Avoid smoking
* Avoid taking drugs
* Practice meditation
* Stay calm and peaceful
 |  |  |  |  |  |  |  |  |

Reference: [Ways to Live in Peace, Harmony, and Joy: The Five Precepts and Ten Wholesome Deeds](https://www.buddhajewel.org/wp-content/uploads/2021/01/Reading04-Five-Precepts-and-Ten-Wholesome-Deeds.pd)