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)