Daily Practice Worksheets

Name:_____ Date: DD / MM / YY

Sila Worksheet

Which Area Of The Training Is Emphasised *(tick as appropriate)*

Right Speech		Right Action		Right Livelihood	

Describe The Situation *(note any clinging & specific aspect of the training to be looked at)*

What Led To This Situation *(note what is wanted/craved)*

What Requires Letting Go In Order To Resolve The Situation? *(note these in the form of right effort i.e., diminishing & non-formation of unskilled qualities; mentioning any views and intentions as-well as what is being focused upon which gives these a foothold)*

This Worksheet is for Information Purposes Only

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Name:_____ Date: DD / MM / YY

What Practice/s Would Be Of Benefit To This Aim *(note these is the form of right effort i.e., formation & maintaining skilled qualities; mentioning specific aspects of the path & their sub-aspect as-well as any other practice)*

Review Of Effectiveness *(in both short & long term)*

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