

# My Journal of Goodness



World Morality Revival Project

First Name

Last Name

School Name

Grade



Stick pop-up image here!

Starting from the center

Stick pop-up image here!

Starting from the center



Name

Nickname

Grade

Education place/ School

Duty/Role



# Preface

...Before we begin, I would like to 'Welcome' all the students, who were selected to be V-star of education, to the fun world of training in the "World Morality Revival Project". The book that you are holding is...

## My Journal of Goodness

It comes complete with valuable information and activities that will help us develop good habits such as cleanliness, orderliness, politeness, punctuality, and concentration. There are also drawings for coloring inserted in each lesson.

"Miracle--we can make it happen."





# ★ V-Star

stands for  
The Virtuous Star

## ★ “V-Star

must be a model of  
virtue for society which can lead  
to world peace.”

# Content

|  |    |
|--|----|
| Keeping notes of meditation experience                       | 5  |
| Lesson 1 Bedroom (Strive for goodness, avoid bad deeds)      | 6  |
| Lesson 2 Bedroom (Continue)                                  |    |
| (What should and should not be done)                         | 12 |
| Lesson 3 Bathroom (Body consideration)                       | 18 |
| Lesson 4 Bathroom (Continue)                                 |    |
| (Properly using the bathroom)                                | 24 |
| Lesson 5 Dressing Room                                       |    |
| (Making merit and restraining passion)                       | 30 |
| Lesson 6 Dressing Room (Continue) (Clothing care)            | 36 |
| Lesson 7 Dining Room (Speaking and spending)                 | 42 |
| Lesson 8 Dining Room (Continue) (How to speak intelligently) | 48 |
| Lesson 9 Working Room (Pursuing success)                     | 54 |
| Lesson 10 Working Room (Continue)                            |    |
| (What should be done in the working room)                    | 60 |
| Summary of recorded score                                    | 66 |
| Acceptance of the Five Precepts                              | 67 |

## Keeping notes of meditation experience

### Meditation method



1. **Body position of meditation**, cross your legs by placing your right leg over the left, right hand over the left, or sit in a comfortable posture.



2. Gently close your eyes as if you are alone, keep the mind **cheerful and happy**.



3. Among the darkness, **visualize a bright tiny star**.



4. Imagine that we are picking up **the brightest star**, and place it at the center of the body and think of it continuously, softly, and comfortably.

## Examples of meditation notes.

Mon; July/...11.../2017



*Aches and pain in some parts of the body. So, I went for a walk. Then, I came back to sit.*

.....15.....minutes

Tue; July/...12.../2017



*I'm so happy today.  
I saw a bright star.*



.....30.....minutes

Wed; July/...13.../2017



*Kept sitting and saw a rainbow. So, I ran across it. Then, my head hit the ground. So, I know that everything was just a dream.*

.....15.....minutes

# The 1<sup>st</sup> Week



# 1



## 10 Daily Routines

Every V-star student is asked to mark ✓ the activity(s) he or she has completed  for that day. 1 activity = 1 point (total points possible is 70)

| 10 daily routines   | Mo. | Tu. | We. | Th. | Fr. | Sa. | Su. | Total |
|---|-----|-----|-----|-----|-----|-----|-----|-------|
|  1 Get up early and make his or her bed immediately.           |     |     |     |     |     |     |     |       |
|  2 Dress politely  |     |     |     |     |     |     |     |       |
|  3 Acceptance of the Five Precepts                             |     |     |     |     |     |     |     |       |
|  4 Put money in a piggy bank for donation                      |     |     |     |     |     |     |     |       |
|  5 Help with chores at home and school                        |     |     |     |     |     |     |     |       |
|  6 Read useful books   |     |     |     |     |     |     |     |       |
|  7 Recognize the good qualities of the people around you     |     |     |     |     |     |     |     |       |
|  8 Meditate for at least 15 minutes                          |     |     |     |     |     |     |     |       |
|  9 Chant or pray before bedtime                              |     |     |     |     |     |     |     |       |
|  10 Show respect to one's parents, teachers, and the elders. |     |     |     |     |     |     |     |       |



Total score for this week

Max score 70 points



# Meditation

**Don't forget to keep notes of your meditation experiences**

(You can draw cartoon facial expressions to communicate your feelings after doing meditation)

Mo. / /



..... minutes

Tu. / /



..... minutes

We. / /



..... minutes

Th. / /



..... minutes

Fr. / /



..... minutes

Sa. / /



..... minutes

Su. / /



..... minutes



**The best meditation experience of the week**

\_\_\_\_\_ minutes

Keeping notes for one day, 5 points

Keeping notes for seven days, 35 points

**Summary score**

points



Write down your good qualities and of those around you

| DAY   | One's Good Qualities | Good Qualities of those around you |
|-------|----------------------|------------------------------------|
| Mon.  |                      |                                    |
| Tue.  |                      |                                    |
| Wed.  |                      |                                    |
| Thur. |                      |                                    |
| Fri.  |                      |                                    |
| Sat.  |                      |                                    |
| Sun.  |                      |                                    |

### Bedroom Mission 1

(You can do it = 5 points, you can't do it = 0 point)



| Universal goodness  | Bedroom Missions                             | Got it!              |
|---|--|----------------------|
|  Cleanliness   | Sweep, wipe, and clean your bedroom          |                      |
|  Orderliness   | Make you bed                                 |                      |
|  Politeness    | Minimize the noise while others are sleeping |                      |
|  Punctuality   | Go to bed early (not later than 10.00 P.M.)  |                      |
|  Concentration | Think of positive things before going to bed |                      |
| <b>Total (max score of 25 points)</b>   |  | <input type="text"/> |

# Bedroom

The habit development room:  
"strive for goodness and avoid bad deeds."



**Bedroom:** it is used to perform activities such as chanting, praying, or practicing meditation to cultivate a peaceful mind before bed. We will sleep happily.

Do you know ?

**“SLEEPING**

**prepares**  
the brain for the  
the next day.”



Good information  
before bed  
30 minutes



Sleeping well



Great Morning



Start a good day

Since a wonderful **morning** leads to a terrific new day as well, you need to **get a good night's rest**. In order to have a good rest, we need to enter good information into the brain for “30 minutes before bedtime”.

**What we think affects how well we sleep**, so we should consider only positive things such as **reflecting on** the good deeds we performed throughout day. It will make us feel delightful and give us the **encouragement** to continue to do good deeds.

## Hacks /Tips

Before the end of the day, list  
five important things to do the next day

Let's develop our management skills. Besides our preparation for school, let's list the five most important things that we plan to do the next day such as **making our beds** in the morning, helping our parents, return the books to the **Library**. These tips are easy, yet they are practical for **managing our daily life**.



First Weekly score

|                      | FULL SCORE | SCORE |
|----------------------|------------|-------|
| 10 daily routines    | 70         |       |
| Meditation           | 35         |       |
| Bedroom activities 1 | 25         |       |

Total score  points

with love from my parent or guardian

Signature

with love from my teacher

Signature

# The 2<sup>nd</sup> Week



# 2



## 10 Daily Routines

Every V-star student is asked to mark  the activity(s) he or she has completed  for that day. 1 activity = 1 point (total points possible is 70)

| 10 daily routines   | Mo. | Tu. | We. | Th. | Fr. | Sa. | Su. | Total |
|---|-----|-----|-----|-----|-----|-----|-----|-------|
|  1 Get up early and make his or her bed immediately.           |     |     |     |     |     |     |     |       |
|  2 Dress politely  |     |     |     |     |     |     |     |       |
|  3 Acceptance of the Five Precepts                             |     |     |     |     |     |     |     |       |
|  4 Put money in a piggy bank for donation                      |     |     |     |     |     |     |     |       |
|  5 Help with chores at home and school                        |     |     |     |     |     |     |     |       |
|  6 Read useful books   |     |     |     |     |     |     |     |       |
|  7 Recognize the good qualities of the people around you     |     |     |     |     |     |     |     |       |
|  8 Meditate for at least 15 minutes                          |     |     |     |     |     |     |     |       |
|  9 Chant or pray before bedtime                              |     |     |     |     |     |     |     |       |
|  10 Show respect to one's parents, teachers, and the elders. |     |     |     |     |     |     |     |       |

Total score of this week

Max score 70 points





# Meditation

**Don't forget to keep notes of your meditation experiences**

(You can draw cartoon facial expressions to communicate your feelings after doing meditation)

Mo. / /



..... minutes

Tu. / /



..... minutes

We. / /



..... minutes

Th. / /



..... minutes

Fr. / /



..... minutes

Sa. / /



..... minutes

Su. / /



..... minutes



**The best meditation experience of the week**

\_\_\_\_\_ minutes

Keeping notes for one day, 5 points

Keeping notes for seven days, 35 points

**Summary score**

**points**

Write down your good qualities and of those around you

| DAY   | One's Good Qualities | Good Qualities of those around you |
|-------|----------------------|------------------------------------|
| Mon.  |                      |                                    |
| Tue.  |                      |                                    |
| Wed.  |                      |                                    |
| Thur. |                      |                                    |
| Fri.  |                      |                                    |
| Sat.  |                      |                                    |
| Sun.  |                      |                                    |

### Bedroom Missions 2

(You can do it = 5 points, you can't do it = 0 point )



| Universal goodness  | Bedroom Missions                            | Got it! |
|---|---|---------|
|  Cleanliness   | Wash the blanket, pillow case, and sheets   |         |
|  Orderliness   | Keep the bedroom tidy                       |         |
|  Politeness    | Minimize noise when opening & closing doors |         |
|  Punctuality   | Wake up early (no later than 7.00 A.M.)     |         |
|  Concentration | Meditate upon waking up                     |         |
| <b>Total (max score 25 points)</b>  |   |         |



## BEDROOM (Continue)



### What should be done in bedroom

#### Chanting, praying, or meditating before Bed

The last image or feeling before we sleep will remain with us throughout the night. This will help us sleep soundly all through the night. So, let's clear your mind before going to bed with chanting, praying, or meditation.



#### Reflect on what we did and what we shouldn't have done

Positive thinking brings positive effects. This will also motivate us to be a better person. Let's think of what the good deeds we should do tomorrow before we go to bed.



#### Say good night to your **parents**.

Before going to bed each night, we should say good night to our parents or guardian and thank them for all that they have done for us.





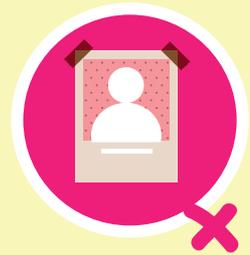
## What should not be done in bedroom



Sharing a bed with **pet**. Bringing a pet into the bedroom may lead to allergies, or bites from fleas, bedbugs, or ticks. Some of these bugs can get inside the ears as well.

### Decorating with **distracting** images

Our environment influences our minds, we should surround ourselves with pleasant images, especially in the bedroom. Avoid putting distracting images or posters that are disturbing or violent. We recommend images of our role models or nature.



Going to bed late. Humans spend their day time working and night time for resting. If we follow the body's natural cycle, our body will be strong and **healthy**. Otherwise, we can suffer from diminished short-term memory, obesity, and poor health.



## What should not be done in the bedroom

### Having a television in the bedroom,



Having a television set in the bedroom can be distracting and make us sleep late. Television programs may over-stimulate our minds, resulting in poor or unsound sleep.



Second Weekly score

|                      | FULL SCORE | SCORE                              |
|----------------------|------------|------------------------------------|
| 10 daily routines    | 70         |                                    |
| Meditation           | 35         |                                    |
| Bedroom activities 2 | 25         |                                    |
| <b>Total score</b>   |            | <input type="text"/> <b>points</b> |

with love from my parent or guardian

Signature

with love from my teacher

Signature

# The 3<sup>rd</sup> Week



# 3



## 10 Daily Routines

Every V-star student is asked to mark  the activity(s) he or she completed  for that day. 1 activity = 1 point (total points possible is 70)

| 10 daily routines  | Mo. | Tu. | We. | Th. | Fr. | Sa. | Su. | Total |
|--|-----|-----|-----|-----|-----|-----|-----|-------|
|  <b>1</b> Get up early and make his or her bed immediately.           |     |     |     |     |     |     |     |       |
|  <b>2</b> Dress politely  |     |     |     |     |     |     |     |       |
|  <b>3</b> Acceptance of the Five Precepts                             |     |     |     |     |     |     |     |       |
|  <b>4</b> Put money in a piggy bank for donation                      |     |     |     |     |     |     |     |       |
|  <b>5</b> Help with chores at home and school                        |     |     |     |     |     |     |     |       |
|  <b>6</b> Read useful books   |     |     |     |     |     |     |     |       |
|  <b>7</b> Recognize the good qualities of the people around you     |     |     |     |     |     |     |     |       |
|  <b>8</b> Meditate for at least 15 minutes                          |     |     |     |     |     |     |     |       |
|  <b>9</b> Chant or pray before bedtime                              |     |     |     |     |     |     |     |       |
|  <b>10</b> Show respect to one's parents, teachers, and the elders. |     |     |     |     |     |     |     |       |

Total score of this week

Max score 70 points





# Meditation

**Don't forget to keep notes of your meditation experiences**

(You can draw cartoon facial expressions to communicate your feelings after doing meditation)

Mo. / /



.....minutes

Tu. / /



.....minutes

We. / /



.....minutes

Th. / /



.....minutes

Fr. / /



.....minutes

Sa. / /



.....minutes

Su. / /



.....minutes



**The best meditation experience of the week**

\_\_\_\_\_ minutes

Keeping notes for one day, 5 points

Keeping notes for seven days, 35 points

**Summary score**



points

Write down your good qualities and of those around you

| DAY   | One's Good Qualities | Good Qualities of those around you |
|-------|----------------------|------------------------------------|
| Mon.  |                      |                                    |
| Tue.  |                      |                                    |
| Wed.  |                      |                                    |
| Thur. |                      |                                    |
| Fri.  |                      |                                    |
| Sat.  |                      |                                    |
| Sun.  |                      |                                    |

### Bathroom Missions 1

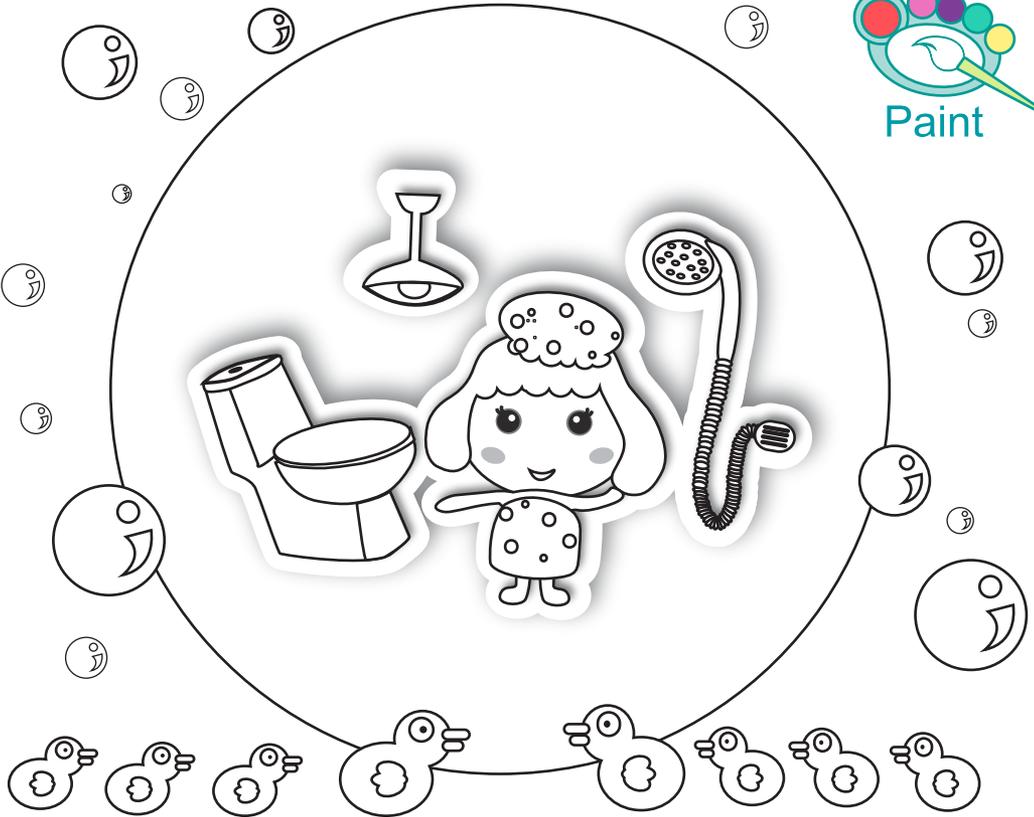
(You can do it = 5 points, you can't do it = 0 point )



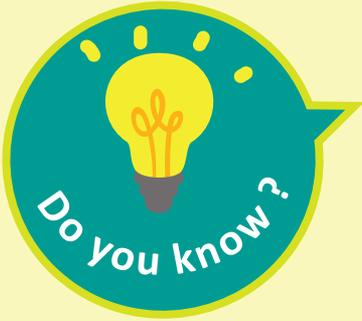
| Universal goodness  | Bathroom Missions   | Can do it |
|---|---|-----------|
|  Cleanliness   | Flush the toilet and make sure everything is clean before leaving |           |
|  Orderliness   | Keep the bathroom clean and tidy                                  |           |
|  Politeness    | Don't talk to each other and on the phone when using the toilet   |           |
|  Punctuality   | Bowel movement between 5.00- 7.00 AM every morning                |           |
|  Concentration | Reflect on the nature of your body                                |           |
| <b>Total ( max score 25 points)</b>   |   |           |

# Bathroom

Habit Developing Room  
"Physical body consideration"



Bathroom is used to **consider** the nature of body. It is the room that we use to excrete waste from our body each day. Don't be fixated on your external appearance but concentrate on the inner beauty.



We can easily check our health by observing the color of our urine each day

What color is your urine?



Drinking enough. Healthy



Drinking enough. Moderately Healthy



Body isn't getting enough water. You will get sick if this is allowed to persist.



Body is severely dehydrated. Drink water immediately.

Hacks/  
Tips

## Time for excretion

5.00 -7.00 a.m. is the working period of the **large Intestine** in excreting wastes from our body. If we don't excrete the wastes during this time, they will be reabsorbed back into the body. It could cause painful side effects. Therefore, we should have regular bowel movement every morning. If it cannot be done, drink plenty of water, get more daily fiber from diverse sources, or drink warm honey-lemon water. For this, mix a tablespoon of **honey** and **lemon/lime** juice (5-6 lemons/limes) in a glass of **water**.

## Holding urine & bowel is **dangerous**

Try observing when we need to urinate or pass stool, if you hold it too long the body will re-absorb it, which is dangerous.

Repeatedly holding your urine may lead to other problems like gallstones, bladder pain, etc. So, when we need urinate or pass stools, go to the toilet immediately.



Third Weekly score

|                       | FULL SCORE | SCORE                       |
|-----------------------|------------|-----------------------------|
| 10 daily routines     | 70         |                             |
| Meditation            | 35         |                             |
| Bathroom activities 1 | 25         |                             |
| Total score           |            | <input type="text"/> points |

with love from my parent or guardian

Signature

with love from my teacher

Signature

# The 4<sup>th</sup> Week



# 4



## 10 Daily Routines

Every V-star student is asked to mark ✓ the activity(s) he or she completed  for that day. 1 activity = 1 point (total points possible is 70)

| 10 daily routines   | Mo. | Tu. | We. | Th. | Fr. | Sa. | Su. | Total |
|---|-----|-----|-----|-----|-----|-----|-----|-------|
|  1 Get up early and make his or her bed immediately.           |     |     |     |     |     |     |     |       |
|  2 Dress politely  |     |     |     |     |     |     |     |       |
|  3 Acceptance of the Five Precepts                             |     |     |     |     |     |     |     |       |
|  4 Put money in a piggy bank for donation                      |     |     |     |     |     |     |     |       |
|  5 Help with chores at home and school                        |     |     |     |     |     |     |     |       |
|  6 Read useful books   |     |     |     |     |     |     |     |       |
|  7 Recognize the good qualities of the people around you     |     |     |     |     |     |     |     |       |
|  8 Meditate for at least 15 minutes                          |     |     |     |     |     |     |     |       |
|  9 Chant or pray before bedtime                              |     |     |     |     |     |     |     |       |
|  10 Show respect to one's parents, teachers, and the elders. |     |     |     |     |     |     |     |       |



Total score of this week

Max score 70 points



# Meditation

**Don't forget to keep notes of your meditation experiences**

(You can draw cartoon facial expressions to communicate your feelings after doing meditation)

Mo. / /



.....minutes

Tu. / /



.....minutes

We. / /



.....minutes

Th. / /



.....minutes

Fr. / /



.....minutes

Sa. / /



.....minutes

Su. / /



.....minutes



**The best meditation experience of the week**

\_\_\_\_\_ minutes

Keeping notes for one day, 5 points

Keeping notes for seven days, 35 points

**Summary score**



**points**

Write down your good qualities and of those around you

| DAY   | One's Good Qualities | Good Qualities of those around you |
|-------|----------------------|------------------------------------|
| Mon.  |                      |                                    |
| Tue.  |                      |                                    |
| Wed.  |                      |                                    |
| Thur. |                      |                                    |
| Fri.  |                      |                                    |
| Sat.  |                      |                                    |
| Sun.  |                      |                                    |



### Bathroom mission 2

(You can do it = 5 points, you can't do it = 0 point )

| Universal goodness  | Bathroom mission 2   | Can do it |
|---|--|-----------|
|  Cleanliness   | Clean the toilet and always make the floor dry                         |           |
|  Orderliness   | Check if everything is in order before going out                       |           |
|  Politeness    | Use and place equipment gently   |           |
|  Punctuality   | Quickly use the restroom so that others don't have to wait for so long |           |
|  Concentration | Observe your health from urinate and excrement                         |           |
| <b>Total (Max score 25 points)</b>  |  |           |

## ★ Bathroom (continue) ★

### The benefits of using the restroom correctly

## Mental

1.

The Mind will not be obsessed with external appearance



Even good looking people naturally have dirty, unsightly, and unpleasant things inside their bodies as well.

2.

The Mind will not be **revengeful** because you recognize that one's body constantly deteriorating and our lives are short.

Why are we angry and revengeful towards other people? In about 100 years, everyone will share the same fate: we will all die. Why waste our energy and goodness being hateful towards others?



3.

The mind will not think of taking advantage of others because you recognize we are all friends. Everyone in the world has the same fate: birth, aging, sickness, and death.



We share the same nature of life. We are all friends.

## Bodily

1.

Know your health condition so that you are able to determine how to take care of yourself properly.

if we observe our health daily, we will know what is wrong with our body in the early phase and get treated.



2.

Keep your body clean so that it won't develop any diseases



for example, brush your teeth properly so that they won't decay, or have tartar.

3.

Observe the color and texture of our excrement and urine each day so that you can determine if there is something wrong with your body.

Observe before flushing the toilet because the excrement and urine can tell if our body is healthy or not.



scores for week 4

|                       | FULL SCORE | SCORE |
|-----------------------|------------|-------|
| 10 daily routines     | 70         |       |
| Meditation            | 35         |       |
| Bathroom activities 2 | 25         |       |

Total score  points

with love from my parent or guardian

Signature

with love from my teacher

Signature

# The 5<sup>th</sup> Week



# 5



## 10 Daily Routines

Every V-star student is asked to mark ✓ the activity(s) he or she completed  for that day. 1 activity = 1 point (total points possible is 70)

| 10 daily routines   |   | Mo. | Tu. | We. | Th. | Fr. | Sa. | Su. | Total |
|---|---|-----|-----|-----|-----|-----|-----|-----|-------|
|    | 1 Get up early and make his or her bed immediately.         |     |     |     |     |     |     |     |       |
|    | 2 Dress politely  |     |     |     |     |     |     |     |       |
|    | 3 Acceptance of the Five Precepts                           |     |     |     |     |     |     |     |       |
|    | 4 Put money in a piggy bank for donation                    |     |     |     |     |     |     |     |       |
|   | 5 Help with chores at home and school                       |     |     |     |     |     |     |     |       |
|  | 6 Read useful books   |     |     |     |     |     |     |     |       |
|  | 7 Recognize the good qualities of the people around you     |     |     |     |     |     |     |     |       |
|  | 8 Meditate for at least 15 minutes                          |     |     |     |     |     |     |     |       |
|  | 9 Chant or pray before bedtime                              |     |     |     |     |     |     |     |       |
|  | 10 Show respect to one's parents, teachers, and the elders. |     |     |     |     |     |     |     |       |

Total score of this week   
Max score 70 points





# Meditation

Don't forget to keep notes of your meditation experiences

(You can draw cartoon facial expressions to communicate your feelings after doing meditation)

Mo. / /



.....minutes

Tu. / /



.....minutes

We. / /



.....minutes

Th. / /



.....minutes

Fr. / /



.....minutes

Sa. / /



.....minutes

Su. / /



.....minutes



The best meditation experience of the week

.....minutes

Keeping notes for one day, 5 points

Keeping notes for seven days, 35 points

Summary score



points

Write down your good qualities and of those around you

| DAY   | One's Good Qualities | Good Qualities of those around you |
|-------|----------------------|------------------------------------|
| Mon.  |                      |                                    |
| Tue.  |                      |                                    |
| Wed.  |                      |                                    |
| Thur. |                      |                                    |
| Fri.  |                      |                                    |
| Sat.  |                      |                                    |
| Sun.  |                      |                                    |

## dressings room mission 1

(You can do it = 5 points, you can't do it = 0 point )

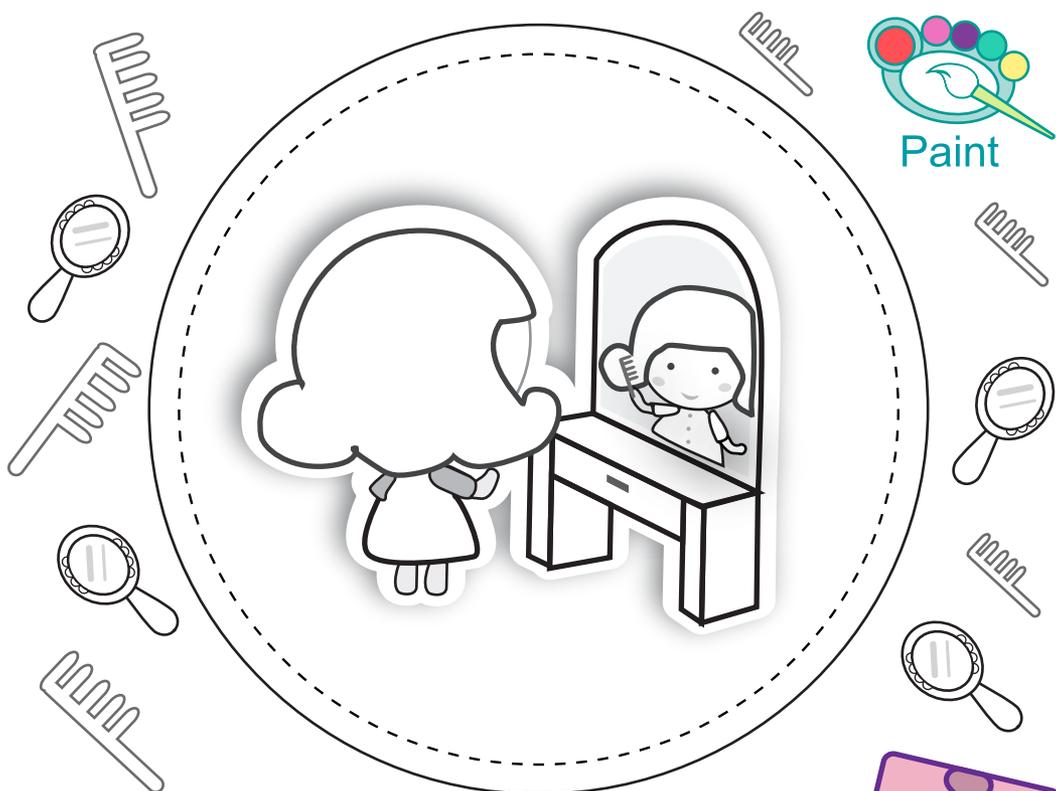


| Universal goodness  | dressings room mission 1  | Can do it            |
|---|---|----------------------|
|  Cleanliness   | Wash every clothes  |                      |
|  Orderliness   | Dress according to school dress code                            |                      |
|  Politeness    | Avoid wearing revealing and tight clothes                       |                      |
|  Punctuality   | dress appropriately   |                      |
|  Concentration | before buying new clothes, always consider if they're necessary |                      |
| <b>Total (Max score 25 points)</b>  |   | <input type="text"/> |

# Dressing room

to develop the habit

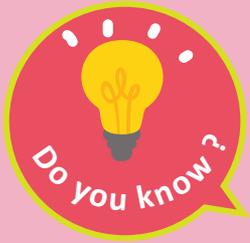
"to part with something and focus on doing good deeds"



Dressing room: a place to practice reasoning  
to remind ourselves

to dress appropriately. Not wearing **make up** before the appropriate age. Not wearing short shorts, short dress, see-through clothes, or tight fitting clothes.





## Main objectives for wearing clothes

3 objectives are

1. To protect against the cold and heat
2. To protect against insects and pests
3. To cover your body

We have to be aware of the **purpose** of using these things. What are they for? Why do we have to use them?

## Hacks/ Tips

## Consider before buying

Try to use a simple principle which is "Right, Like, and Need" before buying any clothes or other things

### 1. Right

is it necessary and suitable for your status and your age

### 2. Like

is it something you like, can be proud of, and will truly take care once you buy it

### 3. Need

is it something you really need to use it right away



## Dress nicely, save money, have more time

- Dressing properly according to the location will make you look educated
- Don't wear revealing clothes such as short clothes, wide neckline, sleeveless shirt and tight clothes
- Dress economically but not shabby
- Don't follow fashion because when you follow it, you will spend too much money and waste time; and it will never end.
- Don't spend too much time dressing
- Childhood is an innocent time, you can look radiant without having to wear make up



scores for week 5

|                           | FULL SCORE | SCORE |
|---------------------------|------------|-------|
| 10 daily routines         | 70         |       |
| Meditation                | 35         |       |
| Dressingroom activities 1 | 25         |       |

Total score  points

with love from my parent or guardian

Signature

with love from my teacher

Signature

# The 6<sup>th</sup> Week



# 6



## 10 Daily Routines

Every V-star student is asked to mark ✓ the activity(s) he or she completed  for that day. 1 activity = 1 point (total points possible is 70)

| 10 daily routines   |   | Mo. | Tu. | We. | Th. | Fr. | Sa. | Su. | Total |
|---|---|-----|-----|-----|-----|-----|-----|-----|-------|
|    | 1 Get up early and make his or her bed immediately.         |     |     |     |     |     |     |     |       |
|    | 2 Dress politely  |     |     |     |     |     |     |     |       |
|    | 3 Acceptance of the Five Precepts                           |     |     |     |     |     |     |     |       |
|   | 4 Put money in a piggy bank for donation                    |     |     |     |     |     |     |     |       |
|  | 5 Help with chores at home and school                       |     |     |     |     |     |     |     |       |
|  | 6 Read useful books   |     |     |     |     |     |     |     |       |
|  | 7 Recognize the good qualities of the people around you     |     |     |     |     |     |     |     |       |
|  | 8 Meditate for at least 15 minutes                          |     |     |     |     |     |     |     |       |
|  | 9 Chant or pray before bedtime                              |     |     |     |     |     |     |     |       |
|  | 10 Show respect to one's parents, teachers, and the elders. |     |     |     |     |     |     |     |       |



Total score of this week   
Max score 70 points



# Meditation

Don't forget to keep notes of your meditation experiences

(You can draw cartoon facial expressions to communicate your feelings after doing meditation)

Mo. / /



.....minutes

Tu. / /



.....minutes

We. / /



.....minutes

Th. / /



.....minutes

Fr. / /



.....minutes

Sa. / /



.....minutes

Su. / /



.....minutes



The best meditation experience of the week

\_\_\_\_\_ minutes

Keeping notes for one day, 5 points

Keeping notes for seven days, 35 points

Summary score

points

Write down your good qualities and of those around you

| DAY   | One's Good Qualities | Good Qualities of those around you |
|-------|----------------------|------------------------------------|
| Mon.  |                      |                                    |
| Tue.  |                      |                                    |
| Wed.  |                      |                                    |
| Thur. |                      |                                    |
| Fri.  |                      |                                    |
| Sat.  |                      |                                    |
| Sun.  |                      |                                    |



## dressing room mission 2

(You can do it = 5 points, you can't do it = 0 point )

| Universal goodness  | dressing room mission 2                                | Can do it |
|---|--|-----------|
|  Cleanliness   | Clean your shoes and sneakers at least once a week     |           |
|  Orderliness   | Fold your clothes and organize your wardrobe neatly    |           |
|  Politeness    | Do not wear make up and keep your hair neat            |           |
|  Punctuality   | Do not spend too time dressing up                      |           |
|  Concentration | Realize that it's not about beauty but appropriateness |           |
| <b>Total (Max score 25 points)</b>  |  |           |

## Dressing room (continue)

how to  
take care  
of clothes

forecast your habit and success by how you wash your clothes : beside learning how to dress, do you believe how you take care you clothes can also tell your habits? **V-star** try to notice yourself and place the mark  into the box

### 1. Do you wash your own clothes?

- by yourself .....→ You can rely on yourself
- others wash them for you .....→ You rely on others

### 2. Do you separate each kind of clothing article, like separate socks from shirts?

- separate .....→ You can organize things in your life
- wash all together .....→ You are unorganized

### 3. how often do you do laundry?

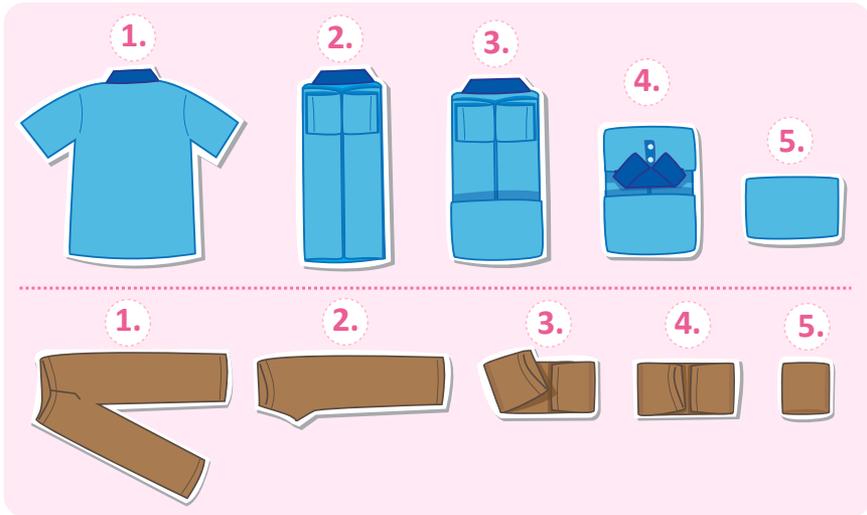
- everyday .....→ Diligent,enthusiastic, successful
- wash all together .....→ Diligent and almost successful
- once week .....→ Always have works waiting. never finish one's works
- wait until there is nothing to wear .....→ Work piles up and hard to be successful

**V-star** always practices good habits

by washing one's clothes, separating the type of clothes, and always doing one's laundry



## fold clothes like a pro!



### Hacks/ Tips

#### Open your closet and take a look at **your wardrobe** regularly

Look inside and see if there are any clothes or accessories you forgot you have, something you cannot wear, or aren't wearing. Give them away as donation or to be exchanged with your friends. If you cannot give them away, separate them according to frequency of use.



# DANGER

from wearing tight fitting clothes



## Wearing tight shirts

1. may impede circulation
2. may make it difficult for you to eat

## Wearing tight and low waist pants

1. This can lead to health problems.
2. Although you may look thin, it can cause cellulite.  
(because that part of your body is constricted and unable to function properly)
3. The friction from the clothes may damage or irritate your skin  
(Black groin, black thighs, black hips)



scores for week 6

|                            | FULL SCORE | SCORE |
|----------------------------|------------|-------|
| 10 daily routines          | 70         |       |
| Meditation                 | 35         |       |
| Dressing room activities 2 | 25         |       |

Total score  points

with love from my parent or guardian

Signature

with love from my teacher

Signature

# The 7<sup>th</sup> Week



# 7



## 10 Daily Routines

Every V-star student is asked to mark ✓ the activity(s) he or she has completed  for that day. 1 activity = 1 point (total points possible is 70)

| 10 daily routines |   | Mo. | Tu. | We. | Th. | Fr. | Sa. | Su. | Total |
|-------------------|---|-----|-----|-----|-----|-----|-----|-----|-------|
|                   | 1 Get up early and make his or her bed immediately.         |     |     |     |     |     |     |     |       |
|                   | 2 Dress politely  |     |     |     |     |     |     |     |       |
|                   | 3 Acceptance of the Five Precepts                           |     |     |     |     |     |     |     |       |
|                   | 4 Put money in a piggy bank for donation                    |     |     |     |     |     |     |     |       |
|                   | 5 Help with chores at home and school                       |     |     |     |     |     |     |     |       |
|                   | 6 Read useful books   |     |     |     |     |     |     |     |       |
|                   | 7 Recognize the good qualities of the people around you     |     |     |     |     |     |     |     |       |
|                   | 8 Meditate for at least 15 minutes                          |     |     |     |     |     |     |     |       |
|                   | 9 Chant or pray before bedtime                              |     |     |     |     |     |     |     |       |
|                   | 10 Show respect to one's parents, teachers, and the elders. |     |     |     |     |     |     |     |       |



Total score for this week   
Max score 70 points



# Meditation

**Don't forget to keep notes of your meditation experiences**

(You can draw cartoon facial expressions to communicate your feelings after doing meditation)

Mo. / /



.....minutes

Tu. / /



.....minutes

We. / /



.....minutes

Th. / /



.....minutes

Fr. / /



.....minutes

Sa. / /



.....minutes

Su. / /



.....minutes



**The best meditation experience of the week**

\_\_\_\_\_ minutes

Keeping notes for one day, 5 points  
Keeping notes for seven days, 35 points

**Summary score**

points

Write down your good qualities and of those around you

| DAY   | One's Good Qualities | Good Qualities of those around you |
|-------|----------------------|------------------------------------|
| Mon.  |                      |                                    |
| Tue.  |                      |                                    |
| Wed.  |                      |                                    |
| Thur. |                      |                                    |
| Fri.  |                      |                                    |
| Sat.  |                      |                                    |
| Sun.  |                      |                                    |

### Dining room mission 1

(You can do it = 5 points, you can't do it = 0 point )



| Universal goodness  | Dining room mission 1                      | Can do it            |
|---|--|----------------------|
|  Cleanliness   | Finish your food, do not leave left overs. |                      |
|  Orderliness   | Don't play with your food, keep it tidy.   |                      |
|  Politeness    | Don't speak with your mouth full.          |                      |
|  Punctuality   | Eat on time.                               |                      |
|  Concentration | Eat with mindfulness and proper manners.   |                      |
| <b>Total ( max score 25 points)</b>   |  | <input type="text"/> |

# Dining-room

Room for Practicing the habit of right speech and using one's wealth.



The **Dining Room** is the place to practice the good habit of right **speech**. When we eat together, we talk with each other and get to know how to use our wealth, which means to eat all the food on your plate so no food is wasted. Additionally, it helps us practice cleanliness and orderliness, otherwise it will attract **ants**, **rats**, and other **insects**.



Our behaviors in the dining room  
can have an effect on our future.  
Let's have a look.

## Examples

Can do it

Can not do it

Finish your plate,  
do not have  
left overs.



Less wasteful.



Wasteful

Speak only  
good things.  
Don't speak with  
your mouth full.



Polite manners and speak at  
the proper time and place.



Talkative, hateful

After the meal,  
clean the table  
and wash the  
dishes immediately.



Surrounded by cleanliness



Surrounded by dirty things.

## Hacks/ Tips

# The poorest country in the world.

We are lucky that in our country we still have **plenty of food**.

Do you know that the poorest country in the world is the Republic of the Congo, with a personal income (Per Capita Income) of only 300 USD per year. The Republic of the Congo is located in the middle of Africa, a poverty-stricken region. There are still a lot of underprivileged people who are **deficient in food**. Therefore, we should know the proper amount of food per meal, to eat just enough, and not to waste food.



scores for week 7

|                          | FULL SCORE | SCORE |
|--------------------------|------------|-------|
| 10 daily routines        | 70         |       |
| Meditation               | 35         |       |
| Dining room activities 1 | 25         |       |

Total score  points

with love from my parent or guardian

Signature

with love from my teacher

Signature

# The 8<sup>th</sup> Week

# 8



## 10 Daily Routines

Every V-star student is asked to mark ✓ the activity(s) he or she has completed  for that day. 1 activity = 1 point (total points possible is 70)

| 10 daily routines   | Mo. | Tu. | We. | Th. | Fr. | Sa. | Su. | Total |
|---|-----|-----|-----|-----|-----|-----|-----|-------|
|  1 Get up early and make his or her bed immediately.           |     |     |     |     |     |     |     |       |
|  2 Dress politely  |     |     |     |     |     |     |     |       |
|  3 Acceptance of the Five Precepts                             |     |     |     |     |     |     |     |       |
|  4 Put money in a piggy bank for donation                      |     |     |     |     |     |     |     |       |
|  5 Help with chores at home and school                        |     |     |     |     |     |     |     |       |
|  6 Read useful books   |     |     |     |     |     |     |     |       |
|  7 Recognize the good qualities of the people around you     |     |     |     |     |     |     |     |       |
|  8 Meditate for at least 15 minutes                          |     |     |     |     |     |     |     |       |
|  9 Chant or pray before bedtime                              |     |     |     |     |     |     |     |       |
|  10 Show respect to one's parents, teachers, and the elders. |     |     |     |     |     |     |     |       |

Total score of this week

Max score 70 points





# Meditation

**Don't forget to keep notes of your meditation experiences**

(You can draw cartoon facial expressions to communicate your feelings after doing meditation)

Mo. / /



.....minutes

Tu. / /



.....minutes

We. / /



.....minutes

Th. / /



.....minutes

Fr. / /



.....minutes

Sa. / /



.....minutes

Su. / /



.....minutes



**The best meditation experience of the week**

\_\_\_\_\_minutes

Keeping notes for one day, 5 points  
Keeping notes for seven days, 35 points

**Summary score**

points

Write down your **good qualities** and of those around you

| DAY   | One's Good Qualities | Good Qualities of those around you |
|-------|----------------------|------------------------------------|
| Mon.  |                      |                                    |
| Tue.  |                      |                                    |
| Wed.  |                      |                                    |
| Thur. |                      |                                    |
| Fri.  |                      |                                    |
| Sat.  |                      |                                    |
| Sun.  |                      |                                    |

## Dining room mission 2

(You can do it = 5 points, you can't do it = 0 point)



| Universal goodness  | Dining room mission 2  | Can do it |
|---|--|-----------|
|  Cleanliness   | Keep the dining area clean and clear leftovers.                |           |
|  Orderliness   | Help to prepare and to clear up the dining table.              |           |
|  Politeness    | Keep your table manner   |           |
|  Punctuality   | After eating, clean up all the dishes and utensils immediately |           |
|  Concentration | Eat with mindfulness and keep the area clean.                  |           |
| <b>Total (Max score 25 points)</b>  |  |           |

## ★ Dining room (continue) ★

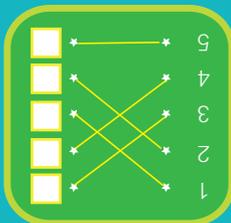
### Good Speech

Match the headings of good speech on the left to the corresponding definition on the right (one of the 38 Blessings of Life)



- |  |  |
|--|--|
| 1. <b>Speak the truth</b> ★                            | ★ This refers to speech that creates positive effects on both the speakers and listeners.                                  |
| 2. <b>Speak politely</b> ★                             | ★ This refers to speech that aims to make others feel better and provides them with encouragement and strength.            |
| 3. <b>Speak about only useful things</b> ★             | ★ This means that the things we say does not contain lies.   |
| 4. <b>Speak kindly</b> ★                               | ★ This refers to the use of kind and respectful words. Words should not be vulgar, sarcastic, or hurtful to the listeners. |
| 5. <b>Speak properly according to time and place</b> ★ | ★ Speak when listeners are able to accept, therefore, at the right time and the right place.                               |

### Answer



"A smart person is not only someone who knows how to speak. He or she must know how to be calm and still. A good speaker must be more aware of what should not be spoken than what should be spoken".





Speak politely and have powerful influential speech



Admired by people



Have white teeth that are perfectly aligned



Go to a wholesome realm after life



Surrounded by nice people



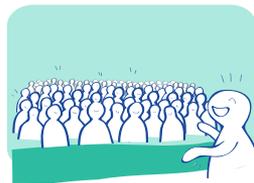
Have fresh breath that smells like flowers



Do not have a distracted mind



Have only good friends



Others believe in your words

The fruit of good speech



## Is chatting or posting wrong information or using harsh words regarded as breaking the precepts?

In communication, we do not only use our voice, **writing** is another form of communication. If we write something that is not good then the same principles apply as it does with speech. No matter if the information is a lie, harsh words, or gossip, it is considered as breaking the 4th Precept.

If you speak and the listener knows that you blame him/her, and you intend to blame them, then it is clearly breaking the precept. But if you hurt the other person **unintentionally**, it is not considered as breaking the precepts. The consequences might lead to others hurting us unintentionally. Therefore, be mindful before you communicate.



scores for week 8

|                          | FULL SCORE | SCORE |
|--------------------------|------------|-------|
| 10 daily routines        | 70         |       |
| Meditation               | 35         |       |
| Dining room activities 2 | 25         |       |

Total score  points

with love from my parent or guardian

Signature

with love from my teacher

Signature

# The 9<sup>th</sup> Week



# 9



## 10 Daily Routines

Every V-star student is asked to mark ✓ the activity(s) he or she has completed  for that day. 1 activity = 1 point (total points possible is 70)

| 10 daily routines  | Mo. | Tu. | We. | Th. | Fr. | Sa. | Su. | Total |
|--|-----|-----|-----|-----|-----|-----|-----|-------|
|  <b>1</b> Get up early and make his or her bed immediately.           |     |     |     |     |     |     |     |       |
|  <b>2</b> Dress politely  |     |     |     |     |     |     |     |       |
|  <b>3</b> Acceptance of the Five Precepts                             |     |     |     |     |     |     |     |       |
|  <b>4</b> Put money in a piggy bank for donation                      |     |     |     |     |     |     |     |       |
|  <b>5</b> Help with chores at home and school                       |     |     |     |     |     |     |     |       |
|  <b>6</b> Read useful books   |     |     |     |     |     |     |     |       |
|  <b>7</b> Recognize the good qualities of the people around you     |     |     |     |     |     |     |     |       |
|  <b>8</b> Meditate for at least 15 minutes                          |     |     |     |     |     |     |     |       |
|  <b>9</b> Chant or pray before bedtime                              |     |     |     |     |     |     |     |       |
|  <b>10</b> Show respect to one's parents, teachers, and the elders. |     |     |     |     |     |     |     |       |



Total score of this week

Max score 70 points



# Meditation

Don't forget to keep notes of your meditation experiences

(You can draw cartoon facial expressions to communicate your feelings after doing meditation)

Mo. / /



.....minutes

Tu. / /



.....minutes

We. / /



.....minutes

Th. / /



.....minutes

Fr. / /



.....minutes

Sa. / /



.....minutes

Su. / /



.....minutes



The best meditation experience of the week

\_\_\_\_\_ minutes

Keeping notes for one day, 5 points

Keeping notes for seven days, 35 points

Summary score



points

Write down your good qualities and of those around you

| DAY   | One's Good Qualities | Good Qualities of those around you |
|-------|----------------------|------------------------------------|
| Mon.  |                      |                                    |
| Tue.  |                      |                                    |
| Wed.  |                      |                                    |
| Thur. |                      |                                    |
| Fri.  |                      |                                    |
| Sat.  |                      |                                    |
| Sun.  |                      |                                    |



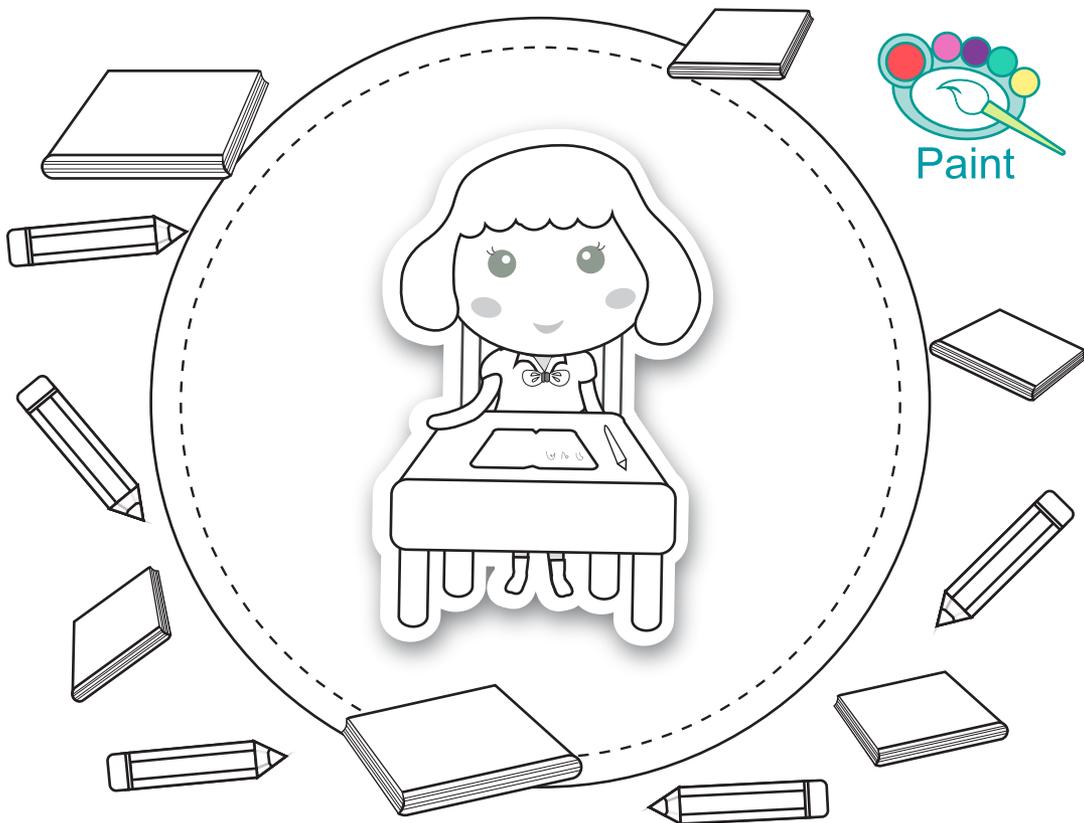
### Mission at the work place 1

(You can do it = 5 points, you can't do it = 0 point )

| Universal goodness  | Mission at the work place 1                 | Can do it |
|---|---|-----------|
|  Cleanliness   | Clean the study room                        |           |
|  Orderliness   | Organize your school bag and desk tidily    |           |
|  Politeness    | No side talk whilst the teacher is teaching |           |
|  Punctuality   | Be punctual for school                      |           |
|  Concentration | Meditate or clean your mind before studying |           |
| <b>Total (max score 25 points)</b>  |   |           |

# workroom/working place

Helps to develop the habit of success



## The work place instills Right Livelihood in us.

It means that one does not earn one's living by violating the moral code of conduct, the law, or tradition of a country, but strives to acquire more worldly and Dhamma knowledge. We will have no desire to hurt or cheat on anyone. We can also use our intelligence to pursue a successful career. As student, the school is our work place.

## Smart and virtuous



What is more important: **habit** or **knowledge** ?

“**Habit** is more important than **knowledge**”

because academic knowledge only serves as a tool to practice habits. (Smart people with good habits) use knowledge to help others. (Smart people with bad habits) use knowledge to create troubles.

## Not a secret

The essential factor to achieving success in life: **intelligence** and **virtues** must go hand in hand. If we only possess intelligence but have no virtues, even with a respected job and plenty of money, we still have the potential to make mistakes that can bring great misfortunes in the future.



## Hacks/ Tips

### Becoming smart the easy way

by meditating 5 minutes before studying.



#### Who wants to be more efficient in their studies? Listen...

The easy method that improves our studies is practicing **meditation before studying every day**. It only requires 3-5 minutes. Meditation has lots of benefits, such as preparing our body and mind for studying. It helps us maintain focus on our tasks and not to be distracted. **Let's try it out.**



scores for week 9

|                       | FULL SCORE | SCORE |
|-----------------------|------------|-------|
| 10 daily routines     | 70         |       |
| Meditation            | 35         |       |
| workroom activities 1 | 25         |       |

Total score  points

with love from my parent or guardian

Signature

with love from my teacher

Signature

# The 10<sup>th</sup> Week



# 10



## 10 Daily Routines

Every V-star student is asked to mark ✓ the activity(s) he or she has completed  for that day. 1 activity = 1 point (total points possible is 70)

| 10 daily routines   |   | Mo. | Tu. | We. | Th. | Fr. | Sa. | Su. | Total |
|---|---|-----|-----|-----|-----|-----|-----|-----|-------|
|    | 1 Get up early and make his or her bed immediately.         |     |     |     |     |     |     |     |       |
|    | 2 Dress politely  |     |     |     |     |     |     |     |       |
|    | 3 Acceptance of the Five Precepts                           |     |     |     |     |     |     |     |       |
|    | 4 Put money in a piggy bank for donation                    |     |     |     |     |     |     |     |       |
|   | 5 Help with chores at home and school                       |     |     |     |     |     |     |     |       |
|  | 6 Read useful books   |     |     |     |     |     |     |     |       |
|  | 7 Recognize the good qualities of the people around you     |     |     |     |     |     |     |     |       |
|  | 8 Meditate for at least 15 minutes                          |     |     |     |     |     |     |     |       |
|  | 9 Chant or pray before bedtime                              |     |     |     |     |     |     |     |       |
|  | 10 Show respect to one's parents, teachers, and the elders. |     |     |     |     |     |     |     |       |

Total score   
for this week  
Max score 70 points





# Meditation

Don't forget to keep notes of your meditation experiences

(You can draw cartoon facial expressions to communicate your feelings after doing meditation)

Mo. / /



.....minutes

Tu. / /



.....minutes

We. / /



.....minutes

Th. / /



.....minutes

Fr. / /



.....minutes

Sa. / /



.....minutes

Su. / /



.....minutes



The best meditation experience of the week

\_\_\_\_\_ minutes

Keeping notes for one day, 5 points

Keeping notes for seven days, 35 points

Summary score



points

Write down your good qualities and of those around you

| DAY   | One's Good Qualities | Good Qualities of those around you |
|-------|----------------------|------------------------------------|
| Mon.  |                      |                                    |
| Tue.  |                      |                                    |
| Wed.  |                      |                                    |
| Thur. |                      |                                    |
| Fri.  |                      |                                    |
| Sat.  |                      |                                    |
| Sun.  |                      |                                    |



## Mission at the work place 2

(You can do it = 5 points, you can't do it = 0 point )

| Universal goodness  | Mission at the work place 2                  | Can do it                |
|---|--|--------------------------|
|  Cleanliness   | Respect and take care of the things in class | <input type="checkbox"/> |
|  Orderliness   | Obey all the school rules                    | <input type="checkbox"/> |
|  Politeness    | Respect your teachers and classmates         | <input type="checkbox"/> |
|  Punctuality   | Complete your work neatly and on time        | <input type="checkbox"/> |
|  Concentration | Listen to your teacher carefully             | <input type="checkbox"/> |
| <b>Total (Max score 25 points)</b>  |  | <input type="text"/>     |

## ★ Working place (continue) ★

### Things to do in the classroom

Creating a positive learning environment will optimize your learning. Let's manage our classroom. Place a check on the task(s)  that you have completed. How to grade yourself?

Always 2 points, Often 1 point, Never 0 point



Not shouting or yelling in class



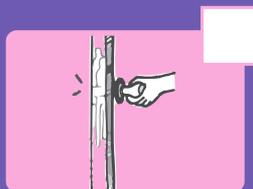
Lift the chair when moving it



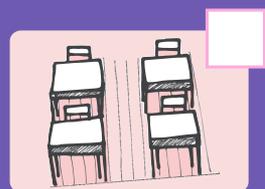
Always keeping your table clean



Take your shoes off and put them neatly



Open/Close the door quietly



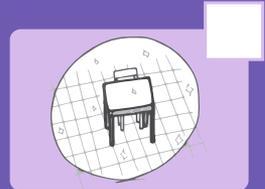
Place your table and chair neatly



Erase the blackboard



Place all rubbish in the bin (not leaving under your table)



Clean the table and area around you

### V-star Merit Levels

★ 13-18 points Excellent   ★ 7-12 points Great   ★ 0-6 points Average

## Time management



Circle the answers below to observe yourself as way to learn to become a better person

### Which of these match you the most?

- ★ Go to school daily    ★ Night Owl Person
- ★ Don't eat meals on time, skipping meals
- ★ Eat meal on time, never skipping a meal
- ★ Wake up late            ★ Go to school late
- ★ Sleep early                ★ Rise Early

Count the number of circles around the ones in red letters to check your time management skill

4 circles = Master

3 circles = Expert

2 circles = Practitioner

1 circle = Beginner

0 circle = Novice

“No time for neglect..... everyone in this world receives 24 hours to spend equally. The process of organizing and planning how to divide your time between specific activities are the key points to time management.

### Tips Easy time management

- Sleep early and wake up early
- Complete most important tasks first
- Be conscientious of amount of TV/Internet/gaming time
- Organize your belongings the night before school



scores for week 10

|                       | FULL SCORE | SCORE                              |
|-----------------------|------------|------------------------------------|
| 10 daily routines     | 70         |                                    |
| Meditation            | 35         |                                    |
| Workroom activities 2 | 25         |                                    |
| <b>Total score</b>    |            | <input type="text"/> <b>points</b> |

with love from my parent or guardian

Signature

with love from my teacher

Signature



# Points Summary



| Week | Point |
|------|-------|
| 1    |       |
| 2    |       |
| 3    |       |
| 4    |       |
| 5    |       |
| 6    |       |
| 7    |       |
| 8    |       |
| 9    |       |
| 10   |       |



Paint



**Total Points**  
(1,300 max points)

Received  points

## Five Precepts

1. Pa Na Ti Pa Ta We Ra Ma Ni Sik Kha Pa Thang Sa Ma Thi Ya Mi  
I vow to undertake the training to refrain from killing all living beings.
2. A Thin Na Tha Na We Ra Ma Ni Sik Kha Pa Thang Sa Ma Thi Ya Mi  
I vow to undertake the training to refrain from taking that which is not given.
3. Ka Me Su Mit Cha Ja Ra We Ra Ma Ni Sik Kha Pa Thang Sa Ma Thi Ya Mi  
I vow to undertake the training to refrain from sexual misconduct.
4. Mu Sa Wa Tha We Ra Ma Ni Sik Kha Pa Thang Sa Ma Thi Ya Mi  
I vow to undertake the training to refrain from telling lies.
5. Su Ra Me Ra Ya Mat Cha Pa Ma Tat Tha Na We Ra Ma Ni Sik Kha Pa Thang Sa Ma Thi Ya Mi  
I vow to undertake the training to refrain from consuming alcohol or substances that lead to recklessness.





# Notes

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# Notes



# Notes

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**Morality** is the basis of our life.



As a member of the V-star,  
we need to spread moral  
values as well as lead our  
world, country, and family  
on the path of  
righteousness.

“When we are bright, our  
radiance will brighten the world!”

