

Sanskars for the Soul

Module I

Good Habits

Part - 1



Sanskars for the Soul



MODELE 1

**GOOD HABITS
PART 1**

**RESEARCH & COMPOSED BY
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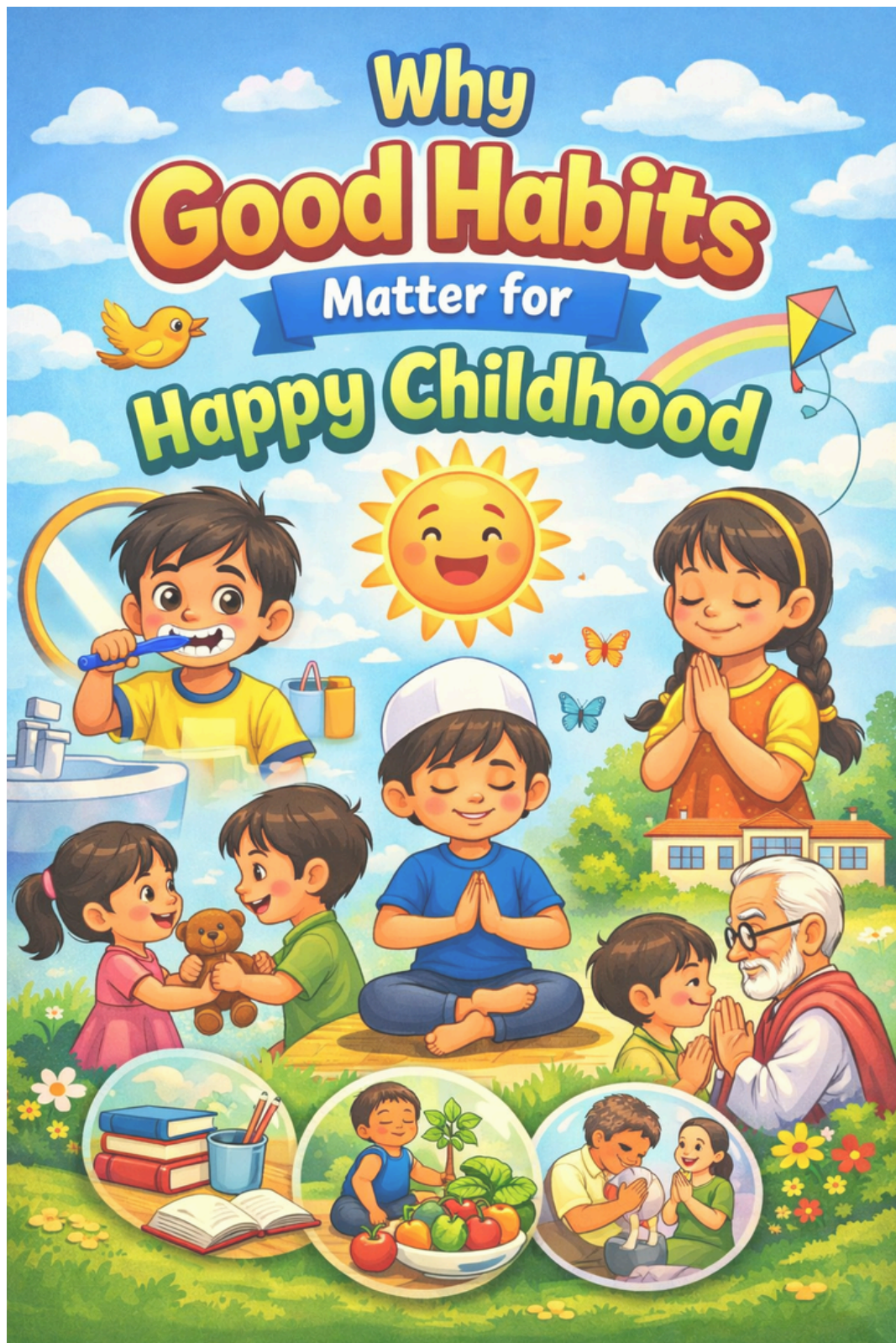
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Good habits build strong character and joyful hearts from an early age. They turn everyday actions into lifelong values that shape a happy, responsible future.

Habit 1 – Brushing Teeth Twice Daily >

**Keep Your Smile Bright & Healthy at
every Morning & Night**



Habit 2 – Helping Parents with Small Chores >

Helping at home shows love, respect,
and teamwork.



Habit 3 – Sharing Toys with Friends >

Sharing makes friends happy and teaches kindness.



Habit 4 – Saying Prayers or Namaste Daily >

Start and end your day with gratitude and peace.



Habit 5 – Planting Trees / Caring for Nature >

Protect the Earth—plant, water, and love every tree.



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With gratitude,

Vedantic Gurukul Team

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