



SENIORS

Little Yogi Journal

Session 85 BG 18.5 and 18.6 -
Balancing Duty and Devotion
Moral: Selfless duty (KING SHIBI)



1. Why I Help

When I help someone, I mostly do it because:



it is the right thing to do and you should always help

somebody.

2. Cleaning the Inside

Why do Good actions
clean us from inside?



because they wash away the negative thoughts and actions.

3. Charity Is Not Only Money



Write three different ways you can help someone without using money.



1

be kind to them

2

help them when there in trouble

3

teach them stuff you know.



4. The Inside Prize



When you do good without rewards, you still get something. What do you think that is?

love and kindness from god and the person

you helped.



5. Small Sacrifice



Sacrifice means giving up something for a good reason.



Name one small thing you have given up to help someone?

i gave up some books so the poor people

get something to read.

6. Calligraphy Time!

Scan the code
and fill in the
blank to reveal
the quote



The price of greatness is
