



# Charitartha Daily Planner

(For Career Break Lifestyle)

Time	Activity
5:30 – 6:00 AM	Drink methi + fennel + ajwain water, basic stretch, kegel exercises
6:00 – 7:00 AM	Slow jog / walk (morning sunlight, creative thinking), finish 1L water
7:00 – 7:30 AM	Cold bath (planet ritual), prayer/meditation, panchamrut or dahi-honey
7:30 – 8:00 AM	Learn new skill (music, language, coding, creative hobby)
8:00 – 10:00 AM	Supplements (Supply 360 + Lion's Mane), focused deep learning (business, personal development), finish 1L water
10:00 AM – 1:00 PM	Skill-building / online course / side-project work. If possible, work from a café to meet new people & network. 1L water
1:00 – 2:00 PM	<b>Meal 1</b> – Mix dal + ghee, sabji, salad, yogurt
2:00 – 4:00 PM	Creative work / writing / business planning. If tired → short nap.
4:00 PM	<b>Meal 2</b> – Paneer bhurji + seed mix
4:30 – 6:00 PM	Networking activity → meet a friend, attend a workshop, or work from a co-working space.
6:00 PM	<b>Meal 3</b> – Dry fruits + hemp seed oil
6:00 – 8:00 PM	Nature walk, hobby practice (photography, art, instruments).
8:00 – 9:00 PM	Gym workout / Calisthenics, optional pre-workout, 1L water
9:00 – 10:00 PM	Hot bath with epsom salt
10:00 PM	<b>Meal 4</b> – Protein + milk + banana + Ashwagandha + Shilajit



**After 8:00 PM**

**✗** No screens / mobile, evening reflection / journaling, prepare for deep sleep

## Weekend Adjustments

- Replace **Meal 1 & 3** with *any home-cooked food*.
- Skip **Meal 2**.
- Add **electrolyte supplement (Supply 360 salts)**.

## Hydration Rule

 Minimum **4 liters of water** daily.

 Difference from job version:

- The morning skill slot is **longer**.
- Midday and afternoon are focused on **skill learning + networking instead of office work**.
- Creative hobbies + business exploration get dedicated time.



# Charitartha Daily Planner (For Working Professionals)

Time	Activity
5:30 – 6:00 AM	Drink methi + fennel + ajwain water, light stretch, kegel exercises
6:00 – 7:00 AM	Slow jog / walk (sunlight + creative thinking), finish 1L water
7:00 – 7:30 AM	Cold bath (planet ritual), prayer/meditation, panchamrut or dahi-honey
7:30 – 8:00 AM	Review to-do list, align MITs (Most Important Tasks)
8:00 – 8:30 AM	Quick breakfast + supplements (Supply 360 + Lion's Mane)
8:30 – 9:30 AM	Commute to work / listen to podcasts or audiobooks
9:30 AM – 1:00 PM	Work focus session → Finish MITs first, optional black coffee, finish 1L water
1:00 – 2:00 PM	<b>Meal 1</b> – Mix dal + ghee, sabji, salad, yogurt
2:00 – 6:00 PM	Office work / meetings. Keep 1L water intake steady.
4:00 PM (snack break)	<b>Meal 2</b> – Paneer bhurji + seed mix
6:00 – 7:00 PM	Commute back home / light networking calls
7:00 – 7:30 PM	<b>Meal 3</b> – Dry fruits + hemp seed oil
8:00 – 9:00 PM	Gym workout / calisthenics (if tired, light walk/stretch). 1L water.
9:00 – 9:30 PM	Hot bath with epsom salt
9:30 – 10:00 PM	<b>Meal 4</b> – Protein + milk + banana + Ashwagandha + Shilajit
After 8:00 PM	✗ No screens / mobile, journaling / reflection, prepare for deep sleep

## Weekend Adjustments

- Replace **Meal 1 & 3** with *any home-cooked food*.
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## Hydration Rule

💧 Minimum **4 liters of water** daily.

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### ⚡ Key Features for Job-Goers:

- Morning routine is short but powerful (exercise, planning, supplements).
- Commute time is converted into **learning via podcasts/audiobooks**.
- After work, focus on fitness + aura reset → prevents burnout.

# Best Growth Supplements

**Lion's Mane** → cognitive focus, memory sharpness.

**Revital-H** → overall performance boost, daily energy.

**Brahmi Bacopa** → brain health, gut support, calm energy.

**Alpha GPC** → memory and neurotransmitter boost.

**Coffee (black or green tea)** → timed for focus, never overused.

**Vitamin D3 & Calcium** → bones, immunity, and energy stability.

**Vitamin A, B, E, C (Limcee)** → antioxidant support, skin, nervous system, and recovery.

**Hemp Seed Oil** → healthy omega balance, anti-inflammatory.

**Creatine Monohydrate & Citrulline Malate** → strength, endurance, workout intensity.

**Magnesium Glycinate** → relaxation, sleep recovery, muscle function.

**Ashwagandha (KSM-99)** → stress balance, stamina, mental calm.

**Shilajit, Shatavari, Maca** → hormonal balance, vitality, longevity.

**Gokshura (weekend use)** → testosterone and overall vitality support.





# Why Taking a Job Break Could Be the Best Decision You Ever Made

In today's fast-paced corporate world, stepping away from a 9–5 job can feel risky, even irresponsible. But the truth is, a **career break is not the end of growth—it can be the start of transformation**. When used wisely, this period becomes a laboratory for personal reinvention.

At Charitartha, we believe that the right **routine during a job break** can rewire your mind, rebuild your body, and redefine your future.

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## 1. Time Becomes Your Ally, Not Your Enemy

In a job, time is consumed by deadlines, meetings, and commutes. On a break, you reclaim those hours. Imagine dedicating your mornings to **jogging under sunlight, meditation, and learning a new skill** instead of rushing through traffic. Time becomes your canvas, not your cage.

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## 2. Building the Body & Mind You Always Wanted

Career breaks allow you to finally prioritize health. With a structured daily routine, you can:

- Establish **fitness habits** like running, calisthenics, or yoga.
- Improve **nutrition discipline** instead of grabbing quick office snacks.
- Practice **aura cleansers** like cold showers, steam baths, and meditation.

The result? A body that looks sharper, a mind that thinks faster, and energy that radiates confidence.

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## 3. Skill Stacking for the Future

The job you left won't be the same when you return—and neither should you. A break is the best time to **learn high-value skills**:

- Digital marketing & automation tools



- Productivity management software
- Communication, networking, or even a new language
- Creative hobbies like music or writing

Instead of stagnation, this becomes **acceleration**. You don't just rest—you **upgrade**.

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## 4. Networking Without the Pressure

When you're not tied to corporate deadlines, networking becomes authentic. Sitting in a café, co-working space, or attending a workshop, you meet people who align with growth—not just your paycheck. These relationships often spark new opportunities, partnerships, or even entrepreneurial ideas.

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## 5. Rediscovering Yourself Through Solitude

A job break teaches the **art of enjoying alone**. This doesn't mean isolation—it means finding joy in hobbies, reflection, and building inner strength. It's during these quiet moments that many discover their true purpose, hobbies that bring fulfillment, or business ideas that change their trajectory.

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## 6. Returning Stronger, or Creating Your Own Path

When you go back to the workforce after a structured break, you bring:

- More discipline
- Sharper skills
- Better physical & mental health
- A fresh perspective

And if you don't return? You may have built the foundation for your own **business, creative career, or lifestyle freedom**.

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## ☀ Final Thought

A job break is not about “doing nothing.” It’s about **doing the right things** that a job doesn’t give you time for. With the right routine—like the one we design at Charitartha—you can turn this pause into a **powerful relaunch of your life**.

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# Why Following a Structured Routine at Work Transforms Your Career & Character

Most professionals feel drained juggling meetings, deadlines, and commutes. The truth? It's not the workload—it's the lack of a **systematic routine** that causes burnout, poor health, and mental fatigue.

At Charitartha, we believe you can **thrive in your job while building your best self**—if you follow a daily structure that prioritizes health, focus, and growth.

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## 1. Mastery Over Time, Not Just Tasks

When you start your day with a **time-managed routine**—stretching, jogging, reviewing MITs (Most Important Tasks)—you stop reacting to the day and start leading it. This structure reduces stress, increases productivity, and leaves no room for wasted hours.

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## 2. Peak Energy & Focus for Work

Office life often drains energy with irregular eating and endless coffee. A proper routine ensures:

- **Nutrient-dense meals** (dal, sabji, salads, seeds) that keep energy stable.
- **Supplements & hydration** to replace caffeine dependence.
- **Workouts + cold showers** to keep the brain sharp and body active.

The result? You walk into meetings alert, energized, and commanding presence.

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## 3. Better First Impressions & Confidence

Professional success isn't just about skills—it's about presence. Grooming rituals, good hygiene, and aura cleansers build confidence. The structured routine ensures you're always **sharp, disciplined, and composed**—qualities managers and peers immediately notice.

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## 4. Stress Management Without Burnout

Work deadlines can't be avoided, but stress can be managed. With a routine that includes:

- **Morning sunlight & jogging** (natural dopamine reset)
- **Midday planning breaks**
- **Evening workouts & hot baths**

...your body releases stress daily instead of storing it. This protects mental health and boosts long-term career sustainability.

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## 5. Continuous Learning Despite a Busy Job

A career plateau happens when you stop learning. By dedicating just **20–30 minutes daily** to reading, skills, or hobbies, you keep upgrading yourself. Over time, this compounds into promotions, leadership opportunities, or even readiness for entrepreneurship.

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## 6. Work-Life Harmony, Not Work-Life Balance

Balance feels like a trade-off. Harmony feels like flow. With the Charitartha routine, you:

- Work with full focus at the office.
- Recharge with fitness, nutrition, and meditation.
- Disconnect at night (no screens after 8 PM).

This harmony lets you perform at your peak **without sacrificing health or personal life**.

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## Final Thought

A job doesn't have to limit your growth—it can fuel it. By following a **structured daily routine**, you transform your workday from survival into mastery. Your boss sees a professional who's reliable and disciplined. Your peers see a confident leader. And you see yourself becoming a **better man, step by step**.



# Aura Cleansing routine-

## Bathing Rituals

Each day of the week carries its own planetary energy. I align my bathing rituals with these forces to cleanse and balance my aura.

- **Monday** → a little milk in the water, to soften and purify. *This connects with the Moon, bringing calmness, emotional balance, and clarity at the start of the week.*
- **Tuesday & Saturday** → a pinch of salt, to release heaviness and remove negativity. *This honors Mars and Saturn, clearing aggression, stress, and karmic weight.*
- **Wednesday** → neem leaves, for deep cleansing and protection. *This aligns with Mercury, sharpening focus, communication, and inner clarity.*
- **Thursday** → turmeric, to strengthen and energize. *This connects with Jupiter, inviting wisdom, positivity, and spiritual growth.*
- **Friday** → rose water or attar, to bring calmness and fragrance into my aura. *This resonates with Venus, enhancing love, harmony, and creativity.*
- **Sunday** → steam or a massage, a reset for body and mind. *This honors the Sun, restoring vitality, confidence, and life force energy.*

## Gemstone Rituals for Aura & Energy

I don't wear gemstones just as ornaments. I treat them as anchors for energy—each one chosen, cleansed, and charged with intention.

### Daily Practice:

- I wear stones that align with my needs:
  - **Tiger Eye, Black Tourmaline** → protection from negative energies, grounding, courage.
  - **Moonstone, Jade, Pyrite** → emotional calm, prosperity, positive energy flow.
- I touch or hold them before stepping out for work, as a reminder that I'm shielded and focused.



## Charging Rituals:

- **Full Moon Charging** → I place crystals under the moonlight, letting them absorb lunar energy for emotional balance and intuition.
- **Salt Cleansing** → for stones like Tourmaline or Tiger Eye, I place them in a bowl of sea salt overnight to draw out absorbed negativity.
- **Water & Sunlight** → clear quartz or jade can be cleansed with running water or gentle sunlight.
- **Affirmations** → as I hold each stone, I repeat an intention: *"I release negativity and attract clarity."* This programs the crystal to align with me.

## Weekly Ritual:

On Sundays, I realign all my stones—washing, recharging, and setting fresh intentions for the week ahead.

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## ChatGPT Prompts for Birth Chart Analysis

I use ChatGPT as a guide to decode astrological energies—not as fixed destiny, but as awareness. Here are the prompts I use:

1. **Birth Chart Overview**  
👉 *"Here are my birth details: [DOB, Time, Place]. Can you generate my full birth chart and explain the major planetary positions in simple terms?"*
2. **Strengths & Weaknesses**  
👉 *"Based on my chart, what are my natural strengths, and what areas of life will challenge me the most?"*
3. **Aura & Energy Alignment**  
👉 *"Looking at my Moon, Ascendant, and Venus placements, how can I improve my aura, relationships, and emotional energy?"*
4. **Gemstone Guidance**  
👉 *"Considering my planetary positions (Saturn, Moon, Sun, etc.), which gemstones would best support me, and how should I use or charge them?"*
5. **Daily/Weekly Flow**  
👉 *"According to my birth chart, what daily or weekly rituals would help me align better with my energy peaks and planetary influences?"*
6. **Career & Purpose**  
👉 *"What does my chart suggest about my career direction, leadership potential,*



*and life purpose?”*

## 7. Timing & Transits

👉 “What are the most important planetary transits happening in the next 6 months, and how can I prepare for them?”

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✨ This way, I blend **ancient gemstone rituals** with **modern AI analysis**. The stones protect and guide me, while ChatGPT helps me decode patterns I might miss on my own.

