

At the end of the day, before going to bed, perhaps sitting on the edge of the bed or getting into the bed, take a few moments to review the day's activities. Let your mind lightly slide over events that occurred, moments that will pop into your mind when bidden. And say to yourself,

May everything that I have done today, with whatever level of skill or good intentions, be dedicated to benefiting others. May my actions of today in some way be for the benefit of others.