



Weekly Self-Assessment of the Power of Intention to Implement JKYog's Values & Rules of Engagement

When an individual JKYog community member practices the JKYog Values and the Rules of Engagement in seva, the power of our collective intentions under Swamiji's guidance will create a huge impact. Besides, sincerity in implementing these values will attract divine grace as per God's Law of Grace.

This self-assessment has 3 response options, each with a different point for rating oneself:

Yes, in All Situations (3); For the Most Part (2); No, I failed on this for Most of the Day (1)

Review each morning to create an awareness of the values that must guide our thoughts and actions each day. At night, assess to determine which behaviors were displayed during various team meetings or events. You may even review before each team meeting if you wish. Track your weekly progress accordingly.

The range of scores is noted below. The higher the score, the better it is!

Items	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1. Was I gentle and courteous toward others today?							
2. Did I make "deposits" with people with whom I usually have a conflict?							
3. Did I stop myself from fault-finding in my mind or overtly in others' company?							
4. Did I prevent backbiting or gossiping behind someone's back?							
5. When confronted with a problem, did I find a solution before complaining or seeking help?							
6. Did I step up in seva instead of expecting someone else to care for my needs?							



7. Did I treat those in authority as well as fellow satsangees with respect?							
8. Did I take time to reflect on all the blessings for which I should be deeply grateful to God/Guru?							
9. Was my intent genuine when I communicated my concerns about someone else's seva?							
10. Did I learn from my mistakes today?							

- 25-30: Following JKYog Values and Rules of Engagement
- 15-20: Making Progress in the Implementation of JKYog Values and Rules of Engagement
- 10-14: Need to Intensify the Practice of JKYog Values and Rules of Engagement

Remember, change takes time.

If you need to speak with anyone about any part of this assessment, please feel free to contact us at samarpanteam1119@gmail.com. Please also give us some time to respond. Thank you.