

Tools for Growth: Self-Assessment Tool to Protect Your Spiritual Assets

Here is a self-assessment tool designed to enable readers to reflect on the extent to which they are effectively protecting their spiritual assets. If one is in the vulnerability or emergency zone, they can refer to the tools for protecting their spiritual assets above.

Use this tool once a week or once a month to check your inner progress. Be honest. This is a part of your personal spiritual toolkit to be aware of the risks to the safety of spiritual assets, and to match vulnerabilities with tools for protection and progress.

Instructions: Rate yourself for each statement on a scale of 1 to 5, where:

- **1 – Never**
- **2 – Rarely**
- **3 – Sometimes**
- **4 – Often**
- **5 – Always**

1. I regularly study divine concepts explained in Vedic scriptures, hear discourses of saints, or read spiritual literature to anchor my mind in truth.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. I engage in daily spiritual practices like prayer, meditation, contemplation, or chanting (i.e., bhajan or kirtan) in a structured Satsang setting or isolation at home.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. I try to stay emotionally balanced in success and failure, maintaining inner detachment.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. Even during challenges, I remember God's presence and trust His plan.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. I am mindful of avoiding *kusang* that affects my inner peace and faith.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6. I stay humble in my spiritual achievements and remind myself that I am a servant of God/Guru and my goal is to serve Him for His pleasure.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

7. I view life's challenges as divine opportunities to grow rather than punishments.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

8. I offer my time or skills in spiritual seva, without expecting recognition or reward.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

9. I am able to observe my emotions and thoughts without identifying with them.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

10. I consciously surrender my worries and goals to God, trusting His divine timing.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Your Score:

- 💡 41–50: *Spiritually Strong* – You are deeply rooted; keep nurturing your connection.
- 💡 31–40: *Spiritually Stable* – Great foundation! Strengthen areas scoring below #4.
- 💡 21–30: *Vulnerable Zone* – Prioritize practices you are neglecting to avoid derailment.
- 💡 10–20: *Spiritual Emergency* – Time to re-center. Begin with Satsang and a spiritual retreat to reground yourself if you slipped away from the path. If you are not actively practicing spirituality, then start under the guidance of a true Guru.

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.

