Tool for Personal Growth

Here is a practical tool to look beyond what we do in seva and reflect on the underlying intention.

The Seva Intention Check

Before beginning a seva activity, take a quiet moment to set your intention. Afterward, reflect honestly on your responses. There are no right or wrong answers to prove to anyone. The value lies in seeing ourselves truthfully and turning that awareness into spiritual growth.

Part 1: Examine My Intention

Rate each statement based on your usual attitude in seva, rather than how you think you ought to respond.

Rating scale

1 = Rarely true
2 = Sometimes true
3 = Often true
4 = Consistently true

Reflection statement	Rating (1–4)
1. My primary intention is to please God/Guru rather than to gain personal recognition or advantage.	
2. I am willing to perform humble or behind-the-scenes tasks with the same sincerity as visible, appreciated work.	
3. I can continue serving cheerfully even when my efforts go unnoticed, or someone else receives credit.	
4. I can listen to feedback and correction without immediately becoming defensive or justifying myself.	
5. I can cooperate with others whose approaches differ from mine, while expressing legitimate concerns respectfully.	
6. I can appreciate another person's contribution without comparing it with my own or feeling diminished by their success.	
7. When plans change or results disappoint me, I can reflect, adapt, and continue serving without becoming overly attached to my preferred outcome.	
8. After completing seva, I reflect not only on what I accomplished, but also on what I learned about myself and how I can improve.	

Note: These responses are a snapshot of your current self-perception, not an objective measurement of spiritual purity. Use them privately to identify patterns over time. Do not compare your responses with those of other devotees.

Sampan JKYog

Part 2: Look Beneath the Surface

Choose one recent seva experience and reflect on the following questions.

- **Before Seva**: What was I hoping to give through this seva? Was I also hoping to receive appreciation, influence, satisfaction, or acknowledgment?
- **While Seva:** What disturbed my peace, if anything? Did I become impatient, insist on my preferences, or feel hurt when things did not go as expected?
- **After Seva:** What gave me joy? Was it primarily the opportunity to serve, or the recognition and outcome? What did this experience reveal about my mind?
- **When My Intention was Mixed:** Can I acknowledge my expectations honestly without condemning myself? What one adjustment would help me serve more selflessly next time?

Part 3: Choose One Area for Growth

Review your responses and select one area that deserves attention. Resist the temptation to correct everything at once.

This week, I will work on:

- Seva without seeking recognition
- Accepting feedback with greater humility
- Cooperating without insisting on my preferences
- Rejoicing in others' contributions to JKYog
- Remaining steady when results differ from my expectations
- Performing small or unnoticed tasks with greater care
- Another area: _____

Part 4: Close with Prayer

Before God/Guru, I offer not only my work but also my intention to improve. I recognize that my mind may still carry expectations, attachments, and the desire for recognition. Instead of becoming discouraged, I ask for the humility to see these tendencies, the strength to work on them, and the grace to continue Seva with sincerity.

May my seva become less about what I receive and more about what I can offer. May I learn to welcome correction, rejoice in the seva of others, and remain dedicated even when the results are not what I expected. Above all, may I gradually learn to serve for the pleasure of God/Guru.

Samarpan JKYog