

Karma Yoga: Self-Check Reminders

Bhagavad Gita 12.16 – The Inner Qualities of a Karma Yogi

अनपेक्षः शुचिर्दक्ष उदासीनो गतव्यथः ।

सर्वारम्भपरित्यागी यो मद्भक्तः स मे प्रियः ॥

The one who is free from expectation, pure in heart, skillful, impartial, free from sorrow, and who renounces all ego-driven undertakings — that devotee is very dear to Me.

Use this sheet daily to anchor your Karma Yoga practice. Begin your morning with the six sankalpas and review them before rest each evening.

Quality	Morning Sankalpa (Intention)	Evening Reflection (Self-Check)
1. Anapekshaḥ (Without Expectation)	Today, I will act without bargaining with outcomes — offering effort, not demand.	Did I remain free from expectation and allow life to unfold without inner bargaining?
2. Śuciḥ (Pure in Heart)	I will keep my motives clear and act with sincerity, not hidden agenda or fear.	Were my intentions today transparent and loving, or tinted by guilt or desire?
3. Dakṣaḥ (Skillful in Action)	I will approach each task with care, attention, and grace — excellence as devotion.	Did I act with alertness and care, or with neglect in the name of surrender?
4. Udāsīnaḥ (Spiritually Indifferent)	I will stay inwardly balanced amid praise and blame, gain and loss.	When met with success or criticism, did I remain even-minded or reactive?
5. Gata-vyathaḥ (Free from Sorrow)	I will let go of past hurt and meet this day with renewed trust in divine flow.	Did I carry emotional residue, or did I let awareness dissolve my sorrow?
6. Sarvārambha-parityāgī (Renouncing Ego-driven Effort)	Before beginning anything, I dedicate it to the Divine Will — ‘Not mine, but Yours.’ (Idam na mama – Swaha)	Did I act from desire and ambition, or from quiet obedience to inner Dharma?