



# Living the Bhagavad Gita

## Checklist

51-Point checklist to help you  
live according to the teachings  
of the holy song of God

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1. Embrace self-awareness and recognize the eternal nature of the soul.
2. Cultivate a sense of detachment and perform actions without attachment to the results.
3. Understand the concept of dharma and strive to fulfill your responsibilities.
4. Practice self-discipline and control the senses and desires.
5. Cultivate a peaceful and focused mind through meditation and mindfulness.
6. Practice non-violence and compassion towards all living beings.
7. Develop resilience and accept life's challenges with equanimity.
8. Cultivate a spirit of humility and treat everyone with respect and kindness.
9. Foster selfless service (seva) and help others without expecting anything in return.
10. Practice gratitude and appreciate the blessings in your life.
11. Seek knowledge and wisdom through study and contemplation.
12. Develop unwavering faith in the Divine and surrender to a higher power.
13. Practice forgiveness and let go of grudges and resentments.
14. Cultivate patience and remain steadfast on your spiritual journey.
15. Practice moderation and avoid extremes in all aspects of life.
16. Nurture positive relationships and surround yourself with supportive and like-minded individuals.
17. Avoid negative company and influences that hinder spiritual growth.
18. Practice honesty and integrity in all your actions and dealings.
19. Develop mental clarity and discernment to make wise decisions.
20. Cultivate a spirit of detachment towards material possessions.
21. Maintain a balanced and healthy lifestyle, taking care of your physical well-being.
22. Practice self-reflection and introspection to understand your strengths and weaknesses.
23. Cultivate a sense of contentment and avoid unnecessary desires and cravings.
24. Develop resilience and bounce back from setbacks and failures.
25. Practice mindfulness in speech, ensuring your words are truthful, kind, and beneficial.
26. Seek knowledge and guidance from spiritual teachers and scriptures.
27. Stay committed to personal growth and spiritual evolution.
28. Practice regular selfless acts of charity and service to the community.
29. Stay open-minded and embrace diversity, respecting different paths to spirituality.
30. Remember that spiritual growth is a lifelong journey, and practice patience and perseverance.

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31. Cultivate a sense of gratitude towards the Divine and acknowledge the presence of grace in your life.
32. Practice self-control over the mind and senses to avoid impulsive actions and behaviors.
33. Foster a sense of unity and recognize the interconnectedness of all beings.
34. Embrace the concept of karma and take responsibility for your actions and their consequences.
35. Cultivate a balanced approach towards material wealth, understanding its impermanence.
36. Seek inner guidance through intuition and trust your inner wisdom.
37. Practice introspection and self-analysis to identify and overcome negative traits and habits.
38. Nurture a sense of humor and light-heartedness, finding joy in the simple moments of life.
39. Cultivate a sense of wonder and awe towards the natural world, recognizing the Divine presence in all creation.
40. Engage in regular spiritual practices such as chanting, prayer, or reading sacred texts.
41. Cultivate mental and emotional resilience to overcome challenges and maintain inner strength.
42. Practice self-acceptance and love, embracing your unique qualities and imperfections.
43. Develop a sense of detachment from praise and criticism, realizing that your worth is beyond external validation.
44. Foster an attitude of non-judgment towards others, accepting their paths and choices without prejudice.
45. Cultivate an attitude of constant learning and growth, seeking knowledge from diverse sources.
46. Practice environmental consciousness and contribute to the preservation of the natural world.
47. Foster a sense of unity with the Divine through regular spiritual practices and rituals.
48. Develop the ability to listen deeply and empathetically to others, offering support and understanding.
49. Cultivate inner stillness and silence through periods of solitude and contemplation.
50. Embrace the concept of divine love (prema) and express love and compassion towards all beings.
51. Develop a spirit of sacrifice and be willing to give up personal desires for the greater good.

