

Life Progress Check

Note: The purpose of this page/article is to inspire a person to think of a higher purpose in life. The answers should be reviewed and updated every year. This information is only for you to track your personal life progress.

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## *(Basic information)*

(1). Today's date: \_\_\_\_\_ (mm/dd/yyyy)

(2). My name and age: \_\_\_\_\_

## *(Importance of human body; Goal of human life; Urgent need to achieve the goal)*

(3). Advantages of human body compared to other forms of life:

- (a) \_\_\_\_\_
- (b) \_\_\_\_\_
- (c) \_\_\_\_\_

(4). Goal of human life: \_\_\_\_\_

(5). So far I have achieved \_\_\_\_\_ % of my goal.

## *(Satisfaction with material achievements; Need to think of a higher purpose in life)*

(6). Approximate cash value of ALL my assets: \$ \_\_\_\_\_

(7). Approximate yearly expenses of my family: \$ \_\_\_\_\_

## *(Limited lifespan; Uncertainty of life; Ultimate value of material/divine achievements)*

(8). I expect/wish to live up to: \_\_\_\_\_ years.

(9). Most astonishing thing in the world: \_\_\_\_\_

\_\_\_\_\_ [Hint: Yudhishtir answers this question in the Mahabharat. It is related to death.]

(10). What I can/will take with me when I leave the world: (Yes/No)

- (a) \_\_\_\_\_ my house
- (b) \_\_\_\_\_ my car
- (c) \_\_\_\_\_ my bank balance
- (d) \_\_\_\_\_ my education
- (e) \_\_\_\_\_ my family members (spouse, children, parents, etc.)
- (f) \_\_\_\_\_ my body
- (g) \_\_\_\_\_
- (h) \_\_\_\_\_