

The Five States of Man

Daily Self-Audit Worksheet — For Young Seekers

Name: _____	Date: _____	Day No.: _____
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Five states are open to every human being — **Daivatvam** (Divinity), **Manushyatvam** (Humanness), **Danavatvam** (Demonic), **Pashutvam** (Animal), and **Heenatvam** (Below the Beast). This worksheet is designed for the realities of being young today — phone, studies, friendships, ambitions, parents, dating. Be ruthlessly honest. Tick where you actually stood today. Patterns will reveal themselves over a week.

1 · My Day Today — Where Did I Stand?

AREA OF MY DAY	DAIVATVAM	MANUSHYATVAM	DANAVATVAM	PASHUTVAM	HEENATVAM
Studies / learning today	☐ Helped peers, learned deeply	☐ Sincere effort, honest	☐ Cut corners, hid notes	☐ Crammed, distracted	☐ Cheated, mocked diligent
Phone & screen time	☐ Used as tool, long breaks	☐ Used with limits	☐ Performed life online	☐ Endless reels	☐ Trolled, cyberbullied
Friends & peer pressure	☐ Lifted them up	☐ Loyal, honest	☐ Used them	☐ Followed crowd	☐ Backstabbed, excluded
Dating / romantic feelings	☐ Wished other's growth	☐ Honest, respectful	☐ Played games, manipulated	☐ Driven by hormones only	☐ Coerced, leaked content
Ambition / career thoughts	☐ Service-driven	☐ Genuine merit	☐ Will step on others	☐ Just for money / brands	☐ Scams, fraud schemes
With parents / elders	☐ Served them gladly	☐ Respectful, helpful	☐ Manipulated for money	☐ Took for granted	☐ Abused, abandoned
Sports / games / competition	☐ Played for joy, lifted team	☐ Played fair	☐ Won at any cost	☐ Quit when bored	☐ Hurt opponents on purpose
Money & spending	☐ Gave generously	☐ Saved honestly	☐ Brand-flexed	☐ Impulse-bought	☐ Stole, scammed

2 · Sadhana — The Way Up Today

PRACTICE	DONE?	HOW LONG / NOTE
Good company — time with people who lift me up	☐	_____
Quality reading — sacred or wisdom literature, not just feeds	☐	_____
Stillness — meditation, prayer, or silent walk	☐	_____
Service — helped someone without expecting return	☐	_____
Truth in action — said the hard truth, did the right thing	☐	_____

3 · Screen & Phone Audit — The Modern Battleground

METRIC	HOURS / NOTE	HONEST VERDICT (circle one)
Total screen time today (phone + laptop + TV)	_____ hrs	Tool / Trap
Time on reels / shorts / TikTok / YouTube	_____ hrs	Conscious / Lost
Number of times I picked up phone unnecessarily	_____ times	Few / Many
Did I post / comment from ego or kindness today?	_____	Kindness / Ego
Did I view content that pulled me down?	_____	No / Yes

4 · Reflection — Talk to Yourself Honestly

One moment today I felt truly proud of who I was being:
One moment I would not want my parents / mentor / future self to see:
One small upgrade I will try tomorrow (be specific):

5 · My Dominant State Today (one tick)

☐	☐	☐	☐	☐
Daivatvam	Manushyatvam	Danavatvam	Pashutvam	Heenatvam

Use this page across a full week. At day's end, fill in your dominant state, your screen hours, and your honest one-line note. Patterns emerge that no single day can reveal. After 7 days, you will see — clearly and without flattery — the gravitational centre of your life.

6 · My Week at a Glance

DAY	DATE	DOMINANT STATE	SCREEN HRS	ONE-LINE NOTE / KEY MOMENT
Mon	_____	_____	_____	_____
Tue	_____	_____	_____	_____
Wed	_____	_____	_____	_____
Thu	_____	_____	_____	_____
Fri	_____	_____	_____	_____
Sat	_____	_____	_____	_____
Sun	_____	_____	_____	_____

7 · My Week Reviewed

WEEKLY SUMMARY
My most frequent state this week: _____
The state I touched but didn't hold: _____
The trigger that pulled me down most often: _____
The practice I will commit to next week: _____
One person whose ascent I will support: _____

"The phone in your hand is a portal to all five states at once. The state you choose today — quietly, in private — is the state you will inhabit for life. Choose upward."