



## THE GREED AWARENESS CHECKLIST

### *From Inner Desire to Civilizational Collapse A Mahabharata-Inspired Self & Systems Audit*

#### **Purpose:**

*Greed rarely announces itself.  
It hides inside habits, incentives, silence,  
and “normal” behavior.  
This checklist helps identify where greed  
operates silently—at personal, familial,  
societal, corporate, and ecological levels—  
before it becomes destructive.  
Use this not to judge—but to see clearly.*

## SELF-SCORING GREED AWARENESS ASSESSMENT

### *A Diagnostic, Not a Judgment*

#### **How to Use:**

*For each statement, score yourself honestly.*

**0 = Never, 1 = Rarely, 2 = Sometimes, 3 = Often, 4 = Almost Always**

## ★ SECTION 1: PERSONAL GREED CHECKLIST (Max: 28)

### Where Desire Becomes Identity

- I often measure my worth by comparison rather than inner values
- I feel threatened by others' success rather than inspired
- I justify overwork, overconsumption, or excess as "necessary"
- I delay ethical decisions for personal comfort or convenience
- I fear losing status more than losing integrity
- I confuse ambition with entitlement
- I feel restless even after achieving what I once wanted

### Reflection

- Is my desire expanding my life—or shrinking my peace?

### Mahabharata Insight

Greed begins as **wounded identity**, not evil intention.

Subtotal: \_\_\_ / 28

## ★ SECTION 2: FAMILY & RELATIONSHIP GREED CHECKLIST (Max: 28)

### When Love Turns Transactional

- I expect loyalty without offering emotional safety
- I use guilt, silence, or obligation to maintain control
- I prioritize inheritance, status, or reputation over harmony
- Conflicts are avoided rather than resolved truthfully
- Power dynamics matter more than mutual respect
- Sacrifices are demanded, not chosen
- Emotional labor is unequally distributed and normalized

### Reflection

- Where has love been replaced by leverage?

### Mahabharata Insight

Families fracture when **attachment overrides fairness**.

Subtotal: \_\_\_ / 28

## ★ SECTION 3: SOCIETAL & COMMUNITY GREED CHECKLIST (Max: 28)

### The Normalization of Injustice

- I notice injustice but believe “it’s not my place”
- Silence feels safer than ethical confrontation
- Systems are defended because “this is how it works”
- Vulnerable groups bear disproportionate costs
- Success is admired even when methods are questionable
- Laws are respected more than people
- Dignity is conditional on power or position

### Reflection

- Am I benefiting from a system I would condemn if I were harmed by it?

### Mahabharata Insight

*Greed thrives when wise voices remain silent.*

Subtotal: \_\_\_ / 28

## ★ SECTION 4: CORPORATE & INSTITUTIONAL GREED CHECKLIST (Max: 28)

### When Legality Replaces Morality

- Profit is prioritized over long-term consequence
- Harm is justified as “industry standard”
- Ethical responsibility is outsourced to compliance teams
- Success metrics ignore human or environmental cost
- Power is centralized; accountability is diffused
- Employees are treated as resources, not humans
- Short-term gains override generational impact

### Reflection

- If this system scaled globally, would it heal—or harm civilization?

### Mahabharata Insight

*The dice game teaches: systems can legalize exploitation.*

Subtotal: \_\_\_ / 28

## ★ SECTION 5: NATURE & PLANETARY GREED CHECKLIST (Max: 28)

### Endless Desire, Finite Earth

- Consumption exceeds necessity
- Waste is externalized, not owned
- Growth is expected without ecological limits
- Extraction is valued over regeneration
- Convenience outweighs responsibility
- Nature is viewed as resource, not relationship
- Environmental damage is treated as collateral, not crime

### Reflection

- What would the Earth say about my definition of “progress”?

### Mahabharata Insight

Desire without restraint **mirrors endless extraction.**

Subtotal: \_\_\_ / 28

## ★ TOTAL GREED AWARENESS SCORE (Max: 140)

Final Score: \_\_\_ / 140

### INTERPRETATION

- **0–30** → Conscious & restrained desire
- **31–60** → Mild blind spots (correctable)
- **61–90** → Normalized greed patterns
- **91–120** → Structural & identity-level greed
- **121–140** → Crisis zone (urgent reflection required)

### Mahabharata Insight:

Greed is dangerous **not when it exists—but when it goes unseen.**

## ★ FINAL INTEGRATION: THE DHARMA CHECK

### Answer honestly:

- Does my desire increase dignity—for myself and others?
- Does my success weaken or strengthen the collective?
- Am I willing to restrain myself even when I can dominate?
- Would I accept this outcome if I were powerless?

### Core Question

*Where am I allowing greed to negotiate with dharma?*

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# 7-DAY GREED AWARENESS MICRO-PRACTICE

## *Small Daily Interruptions to Deep Patterns*

*Time Needed: 10-15 minutes/day*  
*Goal: Awareness → Restraint → Realignment*

### DAY 1 – NOTICE DESIRE

**Practice:**

*Observe one strong desire today without acting on it immediately.*

**Reflection:**

- *What am I seeking—comfort, validation, control, or safety?*

### DAY 2 – PAUSE BEFORE MORE

**Practice:**

*Delay one non-essential purchase, demand, or reaction.*

**Reflection:**

- *What discomfort arises when I don't immediately satisfy desire?*

### DAY 3 – TRACE THE COST

**Practice:**

*For one desire, map its cost:*

- *To me*
- *To others*
- *To the system*
- *To the planet*

**Reflection:**

- *Who pays when I get what I want?*

## ★ DAY 4 – PRACTICE RESTRAINT

**Practice:**

Choose “enough” once today—even when you could take more.

**Reflection:**

- How did restraint affect my sense of power?

## ★ DAY 5 – RESTORE DIGNITY

**Practice:**

Actively protect someone’s dignity—especially where power is unequal.

**Reflection:**

- Where does greed most often strip dignity?

## ★ DAY 6 – SPEAK WHEN SILENCE IS EASY

**Practice:**

Name an ethical discomfort you’d normally ignore.

**Reflection:**

- What fear does my silence protect?

## ★ DAY 7 – REDEFINE SUCCESS

**Practice:**

Rewrite one personal success metric to include:

- Peace
- Fairness
- Sustainability

**Reflection:**

- What does success look like without excess?

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*Weekly Insight:*

*Restraint is not loss. It is mastery.*  
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# PEOPLE-PLANET-PROFIT ETHICAL DECISION MATRIX

*A Dharmic Filter for Any Decision*

*Use this before major choices—personal, business, or leadership.*

## ★ STEP 1: DEFINE THE DECISION

*Decision under review:*

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## ★ STEP 2: PEOPLE CHECK

*Ask:*

- *Does this protect dignity?*
- *Does it increase trust?*
- *Does it exploit power imbalance?*

Score (-2 to +2): \_\_\_\_

(-2 = Harmful | 0 = Neutral | +2 = Beneficial)

### ★ STEP 3: PLANET CHECK

Ask:

- *Is this regenerative or extractive?*
- *Does it externalize ecological cost?*
- *Would this scale without damage?*

Score (-2 to +2): \_\_\_\_

### ★ STEP 4: PROFIT CHECK

Ask:

- *Is profit tied to value creation or extraction?*
- *Are long-term costs hidden?*
- *Would I defend this outcome publicly?*

Score (-2 to +2): \_\_\_\_

### ★ STEP 5: DHARMA BALANCE SCORE

Total Score (-6 to +6): \_\_\_\_

### INTERPRETATION

- *+4 to +6 → Dharmic decision*
- *+1 to +3 → Acceptable with safeguards*
- *0 → Ethical ambiguity (pause)*
- *-1 to -3 → Greed-leaning decision*
- *-4 to -6 → Adharmic (rethink immediately)*

## *FINAL QUESTION (Non-Negotiable)*

*Would I accept this outcome if I were the most vulnerable person affected?*

*If the answer is **no**, the decision is incomplete.*

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*The Mahabharata does not ask us to  
eliminate desire.  
It asks us to govern it.*

*Because when greed goes unquestioned:*

*Families break*

*Systems decay*

*Civilizations fall*

*But when desire is restrained by dharma:*

*Power becomes responsibility*

*Wealth becomes stewardship*

*Progress becomes sustainable*

*Awareness is the first act of restraint.*

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