

Know your Gunas | Reference Chart for Adhyay 14 - Bhagavad Gita

	Physical or Mental Activity	Sattva	✓	Rajas	✓	Tamas	✓
1	Diet	Vegetarian		Some meat		Heavy meat diet	
2	Drugs, Alcohol, Stimulants	Never		Occasionally		Frequently	
3	Need for sleep	Little		Moderate		High	
4	Sensory Impressions	Calm, Pure		Mixed		Disturbed	
5	Control of senses	Good		Moderate		Weak	
6	Speech	Calm, Peaceful		Agitated		Dull	
7	Cleanliness	High		Moderate		Low	
8	Work	Selfless		For Personal goals		Selfish, lazy	
9	Sexual activity	Low		Moderate		High	
10	Anger	Rarely		Sometimes		Frequently	
11	Fear	Little		Some		Much	
12	Desire	Little		Some		Much	
13	Pride	Modest		Some ego		highly egoistic	
14	Depression	Never		Sometimes		Frequently	
15	Love	Universal		Personal		Lacking in Love	
16	Violent Behaviour	Never		Sometimes		Frequently	
17	Attachment to Money	Little		Some		A Lot	
18	Contentment	Usually		Partly		Never	
19	Forgiveness	Forgives Easily		With efforts		Holds long term grudges	
20	Concentration	Good		Moderate		Poor	
21	Memory	Good		Moderate		Poor	
22	Will Power	Strong		variable		Weak	
23	Truthfulness	Always		Most of the Time		Rarely	
24	Honesty	Always		Most of the Time		Rarely	
25	Peace of Mind	Generally		Partly		Rarely	
26	Creativity	High		Moderate		Low	
27	Spiritual Study	Daily		Occasionally		Never	
28	Mantra, Prayer	Daily		Occasionally		Never	
29	Meditation	Daily		Occasionally		Never	
30	Service	Much		Some		None	
TOTAL							