



FOUNDATION · CHARACTER, PURPOSE AND SERVICE · LESSON 1 OF 33

How this course works and your Sankalpa

Sankalpa to Sarthakatva: Your Roadmap from Grade 8 to First Job

The big idea

Most students drift from year to year, reacting to deadlines. Students with a written resolve and a plan make better choices and feel less anxious, because they know what this month is for.

DO THIS

Your steps

1. Read the four stages: Explore & Build, Prepare & Apply, Experience & Grow, Launch.
2. Mark your current stage. You can start any module, but finish this lesson first.
3. Write your Sankalpa: 'By [date], I will [achievement] so that I can [purpose].'
4. Share it with one adult you trust.

Use AI honestly

Ask an AI assistant to turn your Sankalpa into three smaller goals for the next 90 days. Keep the ones that feel true to you and rewrite the rest in your own words.

CHECKLIST

Before you move on

- ✓ I know which stage I am in
- ✓ I wrote my Sankalpa in one sentence
- ✓ I shared it with a trusted adult
- ✓ I created my Sarthak Portfolio folder
- ✓ Portfolio: Your Sankalpa statement, saved as the first page of your portfolio.