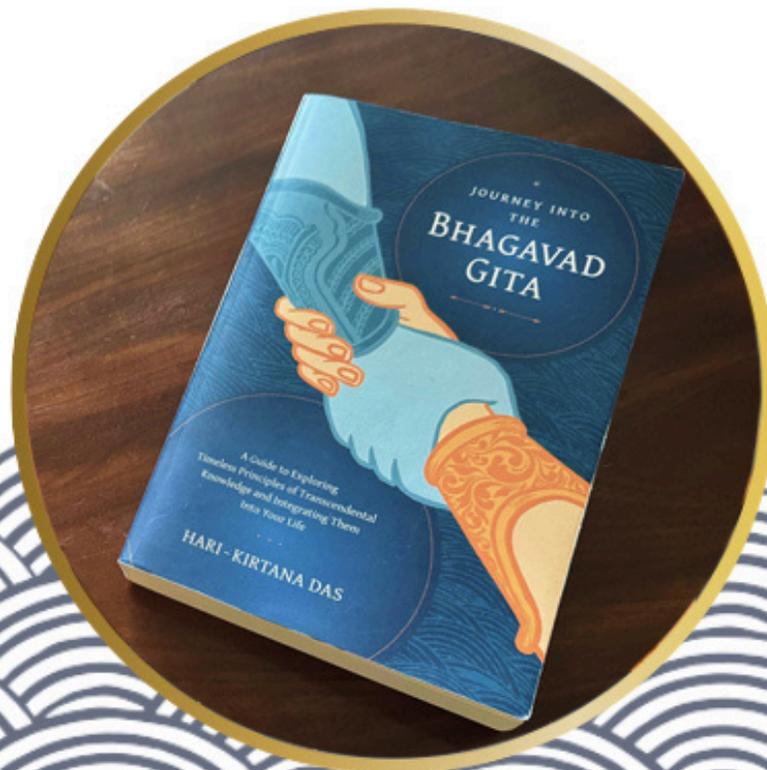




HARI-KIRTANA DAS

6 Steps to Developing Resolute Determination

A short, practical guide inspired by
the Bhagavad Gita





RESOLUTE DETERMINATION IS A SUPERPOWER

Most modern advice on changing your habits pushes hacks and willpower. The Gita takes a different route: change your inner stance first—then take the next right action and let go of the outcome. Practiced daily, that steadiness becomes resolute determination.

Resolute determination is a superpower because it turns promises into proof—you become someone you and others can rely on. It cuts through distraction and decision fatigue, puts your values on your calendar instead of your moods, and delivers steady progress even when motivation is low.

The Gita's Frame for Resolute Determination



The Bhagavad Gita opens with the warrior Arjuna, hero of the Gita, about to fight on a battlefield to restore his usurped kingdom.

Arjuna knows his cause is just, but as he becomes aware of the cost of fighting, he fears that even victory will result in devastation.

As his fear grows, his thoughts fall into disarray, and his determination withers.

The Bhagavad Gita is a book about how to become fearless, focused, and determined to overcome whatever obstacles stand in our way - especially those that stand in the way of our spiritual progress.

In his confusion and despair, Arjuna turns to his friend, Krishna, for advice. Krishna's teachings in the Bhagavad Gita are wrapped inside his argument that Arjuna's best course of action is to do his righteous duty - in this case, to fight.

What makes these teachings special is how they reframe Arjuna's challenges – the challenges we all face – by giving them a spiritual context.

The scenario in which the Gita is spoken is often understood to symbolize our own personal battles, whether they be internal struggles between our higher and lower selves or external challenges of living in a chaotic world.

The Gita tells us that the key to winning these battles is not to be found in superior strategies or clever tactics, but in first cultivating a transformation of consciousness.

Therefore, Krishna urges Arjuna to develop resolute determination to focus first on transforming his consciousness, with faith that everything else will follow:

“O beloved son of the Kurus, those who take to this path pursue a singular goal with resolute determination, whereas the intelligence of those who are irresolute is drawn in countless directions.”

~ Bg 2.41

So how do you empower yourself with a higher level of consciousness, reframe your challenges in a spiritual context, and develop your resolute determination to achieve your goals?

You spiritualize your intention.

The first lesson of yoga is that our eternal spiritual identity is not dependent on the temporary material body we inhabit. That doesn't mean we should dismiss physical fitness or emotional well-being as mundane attachments; it means we should reframe how we think of them.

If we understand that our minds and bodies are given to us as sacred vehicles for both our own self-realization and to be of service to others, then taking good care of these gifts becomes a spiritual activity. That's the magic of a spiritual intention: it transforms an otherwise mundane activity into an integral part of your spiritual life.

In order to ensure that our intentions are spiritual, we need to have a clear understanding of what "spiritual" means and the difference between "spiritual" and "material." Yoga wisdom makes this distinction in terms of three spiritual qualities: permanence (sat), cognizance (chit), and joy (ananda).

If the intention of your resolution moves you in the direction of deeper understanding and sustainable happiness, you're starting with a spiritual intention.

On the next several pages, I've offered you six Gita-grounded steps I use—each with a 1-3 minute action you can do right now.

The Six Steps



NUMBER ONE: Be Specific

Write out your goals or the obstacles you need to overcome.

Then write out why you want to achieve your goal or why you need to overcome these obstacles.

After that, think: "How can I make this more specific?" Write in additional details. Next, look for the essence of those details and see if you can compress the essence of those details into a simple phrase.

Repeat this process until you have a very clear and concise statement that describes precisely what your objectives are and why you want to achieve them.

Here's an example:

Goal or obstacle: I want to meditate regularly.

Why I want this: I want a steadier mind so I'm kinder with my family.

How can I make this more specific? (add details):

- Method: Japa meditation with beads
- Length: 10 minutes
- When: weekdays, right after coffee
- Trigger/cue: beads on chair
- Place: corner chair by the window
- Duration/measure: do this for 4 weeks

Look for the essence (compress into a simple phrase): Weekdays, 10-minute japa after coffee in the corner chair to steady my mind and be kinder.

Repeat once more to make it precise and doable (final concise statement):

On weekdays, I'll do 10 minutes of japa right after coffee in the corner chair to steady my mind and show up kinder at home.

Now you try it! Give yourself 2 minutes. Don't overthink it.

NUMBER TWO: Make a Plan

Draw yourself a map of how you'll get from where you are to where you want to be.

Break your journey down into as many measurable and achievable steps as possible by **working backward** from your goal: think of what you need to do before you reach your goal, then what you need to do before you reach that stage, and so on until you get to the first step.

Here's an example:

Goal reached: 10-minute meditation done!

Tomorrow morning: Set phone to Do Not Disturb, open the 10-minute timer on my phone, carry it to the chair, and start.

Tonight: Set a reminder on my phone; don't schedule anything else for that time.

Do this next: Set up the space (chair + beads).

Now you try it! List the steps in reverse order, and commit to taking the first step today.

NUMBER THREE: Visualize Reaching Your Goal One Step at a Time

Once you have a plan, think about what each step looks, feels, and sounds like.

Engage all of your inner senses in a complete mental and emotional experience of taking each step toward the fulfillment of your resolution.

Make sure to visualize each step all the way to its completion before you start to think about the next step.

What's important is to visualize reaching your goal as the completion of a series of steps.

This isn't an exercise in magical thinking; it's a way to progressively mold your mind into a shape that's conducive for the fulfillment of your resolution.

We go where our minds take us. So fixing your mind on where you want to go—one step at a time—is essential to getting there.

Now you try it! Close your eyes and rehearse reaching your goal one step at a time.

NUMBER FOUR: Just Focus on the Next Step

This is the most important step: create a simple daily ritual that re-connects you to your resolute determination by clearly stating what you have to do next and committing yourself to getting it done.

You can write it out and then read it out loud to yourself every morning.

You can think of that next step as an offering to the higher purpose you're serving through your resolution.

You can pray for the voice of inner wisdom to guide you in taking that next step.

By developing a simple, daily ritual to focus on the next step - rather than the other eventual steps, which might distract or overwhelm you - your resolute determination to reach your goal will continue to grow.

Here's an example:

Today I will take ONE step: Do 10 minutes of japa after coffee, seated in the corner chair.

I offer this step to: my higher purpose—showing up kinder at home.

I will do it at: 7:05 a.m. for: 10 minutes.

If I miss: I will reschedule for: 12:30 p.m. today.

Now you try it! Keep the step small enough that you can do it even on a messy day.

NUMBER FIVE: Allocate Time

Decide when you will take the necessary actions and put them on your calendar.

When the time comes, obey your calendar. As soon as you start rescheduling your efforts, it's as good as gone, so don't give in to the temptation to rationalize a delay.

Life happens and adjustments need to be made for unexpected developments, so if something comes up, immediately put your next step back on your calendar at the earliest possible time.

Always do your best to honor the time you set aside to follow through on your plan.

Try it now! Pick a time you can commit to and calendar it.

NUMBER SIX: Make Yourself Accountable

Share your objective and your plan to meet it with friends.

Going public with your resolution is a proven psychological tactic to fuel your resolute determination to follow through with your commitment.

For spiritual commitments, being part of a spiritual community is a great way to find strength and support to make progress in your spiritual life.

Try it now! Message one person: "I'm taking one small step today: _____. Ask me tomorrow if I did it."



Using the Mind to Overcome the Mind



Going it alone, not giving your objectives time on your schedule, failing to make a plan, or starting out with vague and unrealistic ideas are some of the reasons why our determination can fade into oblivion.

Perhaps the biggest reason is that, however much we think we want to change or do something new or reach a goal or overcome an obstacle is that, deep down, we think we can't succeed.

Remember: we go where our minds take us.

Beyond the physical practice, yoga is a kind of mental judo: the art of using the mind to overcome the mind. If we re-commit to the pursuit of our worthy goals every day by remembering why we're pursuing our goals and meditating on what the next step of our plan looks, sounds, and feels like, we can re-direct the mind so that it takes us to where we want to go rather than to where it wants us to go. As Krishna tells us in the Bhagavad-gita:

“For one who controls the mind, the mind is the best of friends; for one who fails to do so, the mind shall remain the foremost of enemies.”

- Bg 6.6

Recruiting the mind to befriend us on our quest to develop resolute determination will ensure our success. By pursuing a worthy objective based on a spiritual intention, you can make a positive impact on your own life and the lives of others.

So try taking these six steps and see if they help you to develop and sustain your resolute determination to reach your goals, meet your challenges, and make your life successful.

I'd love to hear what shifted — reply to the email that delivered this guide or send a quick note via my website to share what worked (and where you got stuck). I read every reply.



HARI-KIRTANA DAS



Ready for deeper practice with support?

Journey into the Bhagavad Gita is a live, discussion-driven online class that's based on my book [Journey into the Bhagavad Gita](#) (link).

The course turns Gita's lessons into practice — clear explanations, guided exercises, and real-life application each week. Bring your questions; we'll make it practical.

Here's what the course adds:

Weekly guidance: live discussions that make the text practical.

Community: a thoughtful group for insight, questions, and support.

Accountability: steady rhythm over weeks builds real momentum.

Resources: readings, practices, and prompts you'll actually use.

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