

Start with one problem you want to solve.

Write down the problem, what you might change, how you will test it and who will do the work.

This is free. You can keep using it.

Type into the boxes and save your own PDF, or print and write. Your answers are not sent to or saved on the website. This PDF does not generate advice or include a personal review.

Take the free quiz

Not sure whether Sankalpa suits your problem?
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1. What problem do you want to solve?

Choose one problem you can do something about. What keeps going wrong? How does it affect your time, money or progress?

My problem and what is getting in the way

2. What could you change, and why?

Write: "I will change... because I think the problem is..." What will you leave unchanged for now? What needs to be true for this change to work?

What I might change, what will wait and what I need to check

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TRY IT AND CHECK WHAT HAPPENS

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3. How could you try this on a small scale?

Choose a small action, who it involves and how long you will try it. Write down what will stay the same and what you will measure.

What I will try, with whom and for how long

What result would make me continue, change the plan or check again?

4. What actually happened?

Write down what you saw or measured, then what you think it means. What do you still not know?

What happened, when, and what I still do not know

5. What will you do next, and why?

Will you continue, change or stop what you tried? Which actions need to happen together? What would make you change your mind?

What I will do next and my reason

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6. Who will do what, and by when?

Write each action, the person responsible, the due date and what they will record.

Action 1

Next action

Person responsible

Due date

What I will record

Action 2

Next action

Person responsible

Due date

What I will record

Next review date

Weekly review day

What will I check each week?

What did I plan? What did I do? What do my records show? What should I change or test next?

My review notes

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Worksheet or BSI Sankalpa?

You can reuse this sheet, take a screenshot or use it with your own AI tool. If that helps you do the work on your own, you may not need Sankalpa.

The free worksheet

Starter questions for one problem. Keep your own copy. Use your own AI if you wish. Manage your tests, actions and reviews yourself. There is no website account saving, built-in AI plan generation or personal review with Venkat.

BSI Sankalpa: a 90-day browser programme

Work through all seven BSI stages for one challenge. Your worksheets, plans and progress stay in your account. Build a practical strategy: understand the problem, choose an approach and trade-offs, run a real evidence test, and coordinate actions with owners and dates.

The programme includes six completed AI plan versions, including revisions. You adjust and confirm the plan, test it, implement it, and keep an action log and weekly reviews. AI suggestions alone are not a completed strategy.

Two personal reviews with Venkat

30 minutes: after two full implementation weeks, with a confirmed plan, action log and two weekly reviews at least seven days apart.

20 minutes: at Day 90. Both reviews are scheduled at a mutually suitable time.

INR 19,999 + GST. INR 23,598.82 total, including 18% GST, paid once upfront for 90 days.

No auto-renewal, ongoing WhatsApp coaching or guaranteed business outcomes. You remain responsible for what you choose, test and implement.

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