



DEUS INTUS

Awaken the Power Within

THE INNER FLAME CHECK-IN



A practical reading of energy, purpose, creativity,
momentum and self-belief — followed by
one reignition action.



The flame does not always need more intensity.

Sometimes it needs protection, fuel, direction or room to breathe.

Do not turn a low reading into a judgement. Use it to identify the next condition your inner fire requires.

Read

Assess the last two weeks rather than the identity you want to perform.

Strengthen

Work with the lowest fuel source before adding intensity everywhere.

Evidence

Choose one repeatable action and record what actually changes.



A flame is a system, not a mood.

Each source supports a different condition of sustainable inner power.

01 / RESTORE

Energy

Do I have usable capacity?

02 / ORIENT

Purpose

Do I know what matters?

03 / EXPRESS

Creativity

Am I allowing expression?

04 / MOVE

Momentum

Am I moving consistently?

05 / TRUST

Self-Belief

Do I trust myself to act?

Energy provides capacity. Purpose creates direction. Creativity allows expression. Momentum keeps movement alive. Self-belief turns intention into owned action.

WHAT HAS FELT MOST DEPLETED DURING THE LAST TWO WEEKS?

WHERE HAS THE FLAME REMAINED STRONGEST?

USE THE READING AS

A current operational snapshot and a way to select one seven-day practice.

DO NOT USE THE READING AS

A diagnosis, permanent identity or reason to force more output from an exhausted system.

Answer from current reality.

Rate each statement using evidence from the last two weeks.

1 / RARELY TRUE

Little current evidence

The behaviour is absent or appears only in exceptional conditions.

2 / OCCASIONALLY TRUE

Unreliable evidence

The behaviour appears, but pressure regularly removes it.

3 / SOMETIMES TRUE

Mixed evidence

The behaviour is available but not yet dependable.

4 / USUALLY TRUE

Reliable evidence

The behaviour is present in normal conditions and often survives disruption.

5 / CONSISTENTLY TRUE

Established evidence

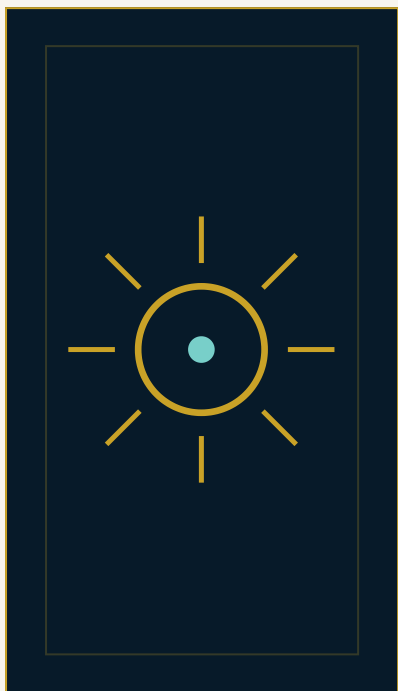
The behaviour is an observable strength across different contexts.

For each fuel source: add the four responses, subtract 4, divide by 16, then multiply by 100.

CURRENT CONTEXT AFFECTING THIS READING

WHAT I WILL NOT JUDGE MYSELF FOR

Energy



Energy is the usable capacity available for deliberate action. It is not constant intensity, forced positivity or proof of worth.

READ THIS SOURCE

When effort feels heavy, recovery is repeatedly postponed, or exhaustion is being mistaken for discipline.

GROUNDED GUARDRAIL

Do not moralise low energy. Capacity can be affected by sleep, health, care responsibilities, workload and environment.

01 I wake with enough usable energy to begin the day.

1	2	3	4	5
---	---	---	---	---

02 I protect recovery rather than treating exhaustion as proof of effort.

1	2	3	4	5
---	---	---	---	---

03 My daily inputs broadly support the energy I want to feel.

1	2	3	4	5
---	---	---	---	---

04 I can distinguish low energy from simple avoidance.

1	2	3	4	5
---	---	---	---	---

RAW SCORE / 4 TO 20

Add the four responses.

Purpose



Purpose gives effort a reason and a direction. It is the present standard that helps you decide what deserves energy now.

READ THIS SOURCE

When commitments multiply, motivation feels mechanical, or the reason behind the work has become blurred.

GROUNDED GUARDRAIL

Purpose does not require a single permanent calling. A clear seasonal priority is enough to create direction.

05 I can name what currently matters most.

1	2	3	4	5
---	---	---	---	---

06 My week contains actions connected to that purpose.

1	2	3	4	5
---	---	---	---	---

07 I know which commitments are no longer mine to carry.

1	2	3	4	5
---	---	---	---	---

08 I can explain why my current effort is worth sustaining.

1	2	3	4	5
---	---	---	---	---

RAW SCORE / 4 TO 20

Add the four responses.

Creativity



Creativity is the movement from inner material to visible form. It includes ideas, problem-solving, writing, design and experimentation.

READ THIS SOURCE

When consumption has replaced creation, perfection delays first versions, or ideas disappear before they are captured.

GROUNDED GUARDRAIL

Creativity does not have to produce immediate income or public recognition to be legitimate.

09 I create before consuming whenever possible.

1	2	3	4	5
---	---	---	---	---

10 I capture ideas rather than trusting memory.

1	2	3	4	5
---	---	---	---	---

11 I allow imperfect first versions to exist.

1	2	3	4	5
---	---	---	---	---

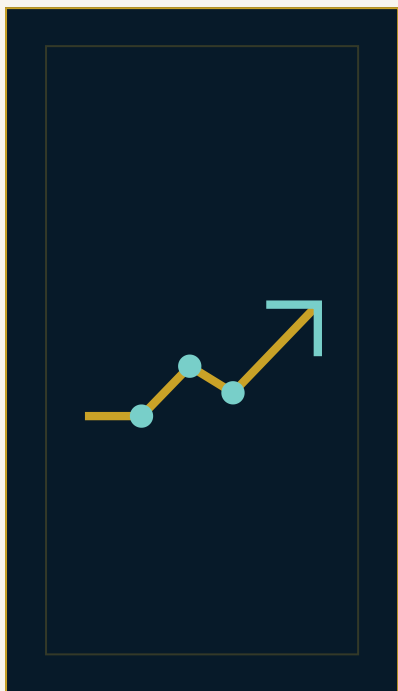
12 I make space for curiosity without demanding immediate return.

1	2	3	4	5
---	---	---	---	---

RAW SCORE / 4 TO 20

Add the four responses.

Momentum



Momentum is continued movement through small completed actions. It reduces the cost of restarting and keeps direction alive.

READ THIS SOURCE

When plans repeatedly stop after disruption, the next action is hidden, or motivation is being treated as the starting signal.

GROUNDED GUARDRAIL

Momentum is not relentless acceleration. Sustainable movement includes deliberate pauses and clean restarts.

13 I complete small actions that keep important work moving.

1	2	3	4	5
---	---	---	---	---

14 A setback rarely ends the entire sequence.

1	2	3	4	5
---	---	---	---	---

15 I can restart without waiting for a dramatic burst of motivation.

1	2	3	4	5
---	---	---	---	---

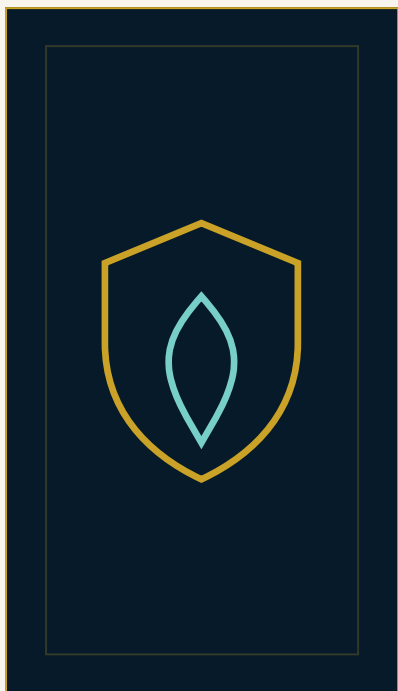
16 My environment makes the next action visible.

1	2	3	4	5
---	---	---	---	---

RAW SCORE / 4 TO 20

Add the four responses.

Self-Belief



Self-belief is evidence-based trust in your ability to respond, learn and act before certainty arrives.

READ THIS SOURCE

When doubt becomes instruction, external applause controls momentum, or repeated broken promises weaken inner authority.

GROUNDED GUARDRAIL

Self-belief is not certainty, superiority or denial of risk. It is willingness to act while remaining teachable.

17 I can acknowledge doubt without obeying it.

1	2	3	4	5
---	---	---	---	---

18 I keep enough promises to myself to trust my intentions.

1	2	3	4	5
---	---	---	---	---

19 I recognise progress without needing external applause.

1	2	3	4	5
---	---	---	---	---

20 I can act before I feel completely ready.

1	2	3	4	5
---	---	---	---	---

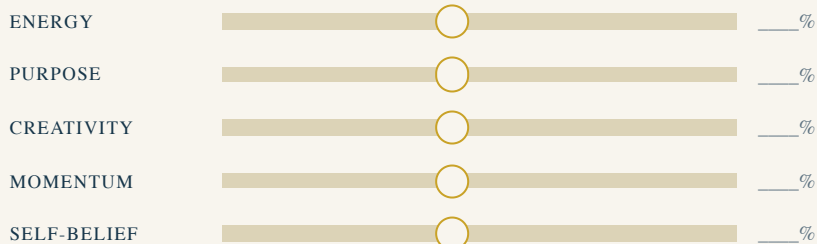
RAW SCORE / 4 TO 20

Add the four responses.

Plot the current fuel profile.

Compare the sources. If one is lowest, treat it as the first intervention and use any clear strength as support. If scores tie, choose by current consequences and evidence rather than forcing a distinction.

FUEL SOURCE	RAW /20	PERCENT	EVIDENCE OR PATTERN
Energy Do I have usable capacity?			
Purpose Do I know what matters?			
Creativity Am I allowing expression?			
Momentum Am I moving consistently?			
Self-Belief Do I trust myself to act?			



STRONGEST FUEL SOURCE

FUEL SOURCE NEEDING ATTENTION

Name the flame state without becoming it.

Average the five percentages. The band describes present conditions, not permanent potential.

Embers

0-39

Capacity, direction or trust is significantly reduced. Protect the system and establish one reliable point of return.

Kindling

40-59

The flame is available but needs consistent fuel, fewer drains and a smaller repeatable practice.

Steady Flame

60-79

Several fuel sources are reliable. If one is clearly lower, strengthen it so pressure does not create a predictable leak; if scores tie, choose by present consequences.

Radiant

80-100

The system is strongly supported. Protect it from overextension and, where scores differ, use a clear strength to reinforce the clearest priority.

MY OVERALL PERCENTAGE

MY CURRENT FLAME STATE

A CLEAR STRENGTH OR AVAILABLE SUPPORT CAN HELP ME BY...

MY CLEAREST PRIORITY SOURCE OR TIED PRIORITIES ARE ASKING FOR...

A brighter flame is not always the goal. The goal is a flame that can be protected, fuelled and trusted.

Read the gap between desire and support.

A clearly lower score does not necessarily reveal a lack of desire. It often reveals a condition that has not been adequately supported. If scores tie, use current consequences and evidence to choose.

CURRENT STATE

What is true now?

Describe capacity, direction, output and trust without exaggeration or punishment.

PRIMARY OBSTRUCTION

What keeps repeating?

Name the drain, friction, assumption or environment that weakens the clearest priority source; if scores tie, choose the issue with the greatest current consequence.

PROTECTIVE STRENGTH

What is already available?

Use any clear strength or other available support as leverage rather than trying to rebuild everything from zero.

SMALLEST INTERVENTION

What can happen today?

Choose an action small enough to survive the conditions that created the problem.

The reading becomes useful when it reduces confusion about the next response.

Find the obstruction before adding fuel.

More intensity cannot solve every problem. Some flames recover through removal, protection or professional support.

Recovery debt

Sleep loss, relentless output, poor recovery or persistent overstimulation.

Misaligned obligation

Effort is being spent on commitments that no longer match the present priority.

Consumption overload

Input, comparison and passive browsing are crowding out expression.

Hidden next action

The work is too large, abstract or distant to begin cleanly.

Broken self-promises

Repeatedly abandoned commitments have weakened belief in your own intentions.

Health or life pressure

Physical health, low mood, caregiving, grief or material pressure may require appropriate support.

THE MAIN DRAIN OR OBSTRUCTION

EVIDENCE THAT THIS IS THE REAL OBSTRUCTION

WHAT CAN BE REMOVED, REDUCED OR PROTECTED?

WHAT MAY REQUIRE OUTSIDE SUPPORT?

Persistent exhaustion, low mood or health concerns deserve appropriate professional support. Self-mastery includes knowing when reflection is not enough.

Strengthen one source, not the whole identity.

Choose the practice attached to the lowest fuel source and reduce it to a version you can repeat.

RESTORE Energy Protect one recovery action before adding more effort. EVIDENCE You begin the day with more usable capacity or recover more reliably after pressure.	ORIENT Purpose Write one sentence naming what matters most in this season. EVIDENCE Your calendar, choices and refusals begin to reflect the priority you named.	EXPRESS Creativity Create for 15 minutes before consuming and capture one unfinished idea. EVIDENCE More ideas reach a visible first form, even when the first version is incomplete.	MOVE Momentum Complete one visible ten-minute action that keeps the sequence alive. EVIDENCE Setbacks become interruptions rather than endings, and the next action is easier to see.	TRUST Self-Belief Keep one small promise today and record the evidence immediately. EVIDENCE You act with doubt present, recognise progress and believe your own stated intentions more often.
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MY SELECTED FUEL SOURCE

MY EXACT SEVEN-DAY ACTION

MY MINIMUM VERSION ON A DIFFICULT DAY

THE TIME, PLACE OR TRIGGER

The minimum version should be small enough to preserve continuity without pretending that capacity is unlimited.

Turn the reading into a protected experiment.

Design the action around real conditions rather than ideal motivation.

MY CURRENT FLAME STATE

THE FUEL SOURCE NEEDING ATTENTION

THE MAIN DRAIN OR OBSTRUCTION

THE STRONGEST FUEL SOURCE I CAN USE AS SUPPORT

FOR SEVEN DAYS I WILL...

I WILL KNOW IT IS WORKING WHEN...

I am not trying to prove my power. I am creating the conditions in which it can return.

MY ONE-SENTENCE REIGNITION COMMITMENT

Make the next act of fuel visible.

The environment can either conceal the action, increase its cost or quietly carry part of the discipline.

Remove

What repeatedly drains capacity or pulls attention away before the practice begins?

Prepare

What tool, space, prompt or material should already be visible and ready?

Protect

What boundary keeps the practice from being displaced by urgency?

ONE SOURCE OF FRICTION TO REMOVE

ONE VISUAL CUE TO PREPARE

ONE BOUNDARY TO PROTECT

ONE PERSON, SYSTEM OR REMINDER THAT CAN SUPPORT ME

IMPLEMENTATION INTENTION

When _____ occurs, I will complete _____ in _____, using the minimum version _____ if capacity is limited.

Record what changed, not what you hoped would change.

Evidence protects the practice from mood, exaggeration and selective memory.

DAY	CONDITION / TRIGGER	FUEL ACTION COMPLETED	EVIDENCE / LEARNING
1			
2			
3			
4			
5			
6			
7			

THE CLEAREST SIGN OF REIGNITION

THE CONDITION THAT STILL NEEDS SUPPORT

At the end of seven days: continue, reduce, reposition or replace the practice based on evidence.

A missed day is information, not an ending.

The restart should be designed before disruption arrives.

01 Notice without judgement.

Name the missed action and the condition that made it difficult.

02 Separate capacity from avoidance.

Ask whether the system needed recovery, clarity, courage or a smaller action.

03 Restore the minimum version.

Complete the smallest valid form before attempting to compensate for the missed day.

04 Remove one friction point.

Change the environment, timing, cue or boundary that made the action harder than necessary.

05 Continue the sequence.

Do not restart the identity. Restart the next action.

MY MOST LIKELY DISRUPTION

MY RETURN ACTION

When disruption happens, I will return through _____ rather than waiting to feel fully ready.

Carry the reading into the moment of choice.

MY REIGNITION CARD

Fuel source

Seven-day action

Minimum version

Awaken the Power Within.

MY RETURN CARD

When the flame
drops...

I protect...

I begin again
with...

A missed day is not the end of the sequence.

Rekindle through conditions, not performance.

The flame emblem carries the message. Your repeated action gives the message behavioural weight.

Inner Flame Collection

Use the emblem as a visible cue for the fuel source and behaviour you are strengthening.

21-Day Reignition

Extend the seven-day experiment into a structured programme across all five fuel sources.

Self-Mastery Audit

Use the wider diagnostic when the obstruction involves regulation, attention, discipline or inner authority.

You do not need to force the fire. You need one honest act of fuel, repeated under real conditions.