



DEUS INTUS
Awaken the Power Within

THE SELF-MASTERY AUDIT



A SEVEN-MINUTE READING OF AWARENESS, REGULATION,
ATTENTION, DECISION, DISCIPLINE AND INNER AUTHORITY.



DIGITAL COMPANION • DI-DP-001

ENTER HONESTLY

This is not a verdict.

It is a reading of the patterns currently
shaping your awareness, regulation,
attention, decisions, discipline and inner
authority.

*Answer from your current reality - not
the identity you intend to become.*



BEGIN HERE

Read the sequence, not only the score.

Self-mastery develops through dependency. You must notice a state before you can stabilise it; stabilise before directing attention; direct before deciding; decide before acting; and act consistently enough to trust yourself.



WHAT YOU RECEIVE

A six-dimension profile

Your strongest dimension, primary growth edge, secondary growth edge and overall result band.

A first practice

One seven-day intervention matched to the lowest dimension - not a list of ten things to fix.

USE THIS READING WHEN

You feel scattered, reactive, inconsistent or unsure where to begin.

ESTIMATED TIME

7 minutes

Complete all 30 statements. Use the result as a snapshot rather than a permanent label.

OPERATING PRINCIPLE

You do not need a perfect week. You need one honest point of return.

CALIBRATION

Rate behaviour, not aspiration.

Choose the response that best describes the last two to four weeks. When two answers feel possible, choose the lower one. Accuracy is more useful than reassurance.

1

RARELY TRUE

2

OCCASIONALLY

3

SOMETIMES

4

USUALLY TRUE

5

CONSISTENTLY

REVERSE-SCORED STATEMENTS

Six statements describe loss of command rather than strength. They are clearly marked in the workbook and reversed during scoring: 3, 8, 12, 17, 22 and 27.

Example

"A missed day or setback often causes me to abandon the wider plan."

A response of 5 is scored as 1. A response of 1 is scored as 5.

BEFORE YOU BEGIN

- ☐ Remove obvious interruptions for seven minutes.
- ☐ Answer from evidence in your behaviour.
- ☐ Do not diagnose or moralise a low score.
- ☐ Complete the reading before choosing a practice.

The purpose is not to prove you are disciplined. It is to find the point where discipline is currently leaking.

State Awareness

Command begins before behaviour. This dimension measures how early you detect changes in state, pressure and internal direction.



1 I notice changes in my internal state before they influence my behaviour.

1

2

3

4

5

2 I can identify the situations that most reliably trigger me.

1

2

3

4

5

3 I often realise I was overwhelmed only after I have reacted.

REVERSE

1

2

3

4

5

4 I can name what I am feeling without immediately judging it.

1

2

3

4

5

5 I recognise the physical and mental signs that I am moving away from centre.

1

2

3

4

5

NOTICE

What usually tells me I am moving away from centre?



Emotional Regulation

Regulation is not suppression. It is the ability to create enough space between activation and response to preserve choice.

6 When I am activated, I can create a pause before responding. 1 2 3 4 5

7 I recover from frustration without losing the rest of my day. 1 2 3 4 5

8 Strong emotions regularly decide what I say or do. REVERSE 1 2 3 4 5

9 I have at least one reliable practice that helps me return to a steadier state. 1 2 3 4 5

10 I can remain respectful and deliberate during difficult conversations. 1 2 3 4 5

NOTICE

Which emotion most often shortens the gap between impulse and action?



Attention Command

Attention is a form of authority. This dimension measures whether priorities remain visible when noise, urgency and avoidance compete.

11 I can direct my attention towards the priority I have consciously chosen. 1 2 3 4 5

12 Notifications, other people's demands or passing thoughts easily pull me off course. REVERSE 1 2 3 4 5

13 When distracted, I can return to the task without prolonged avoidance. 1 2 3 4 5

14 I create conditions that protect focused work or reflection. 1 2 3 4 5

15 I know the difference between genuine rest and unconscious escape. 1 2 3 4 5

NOTICE

What repeatedly receives my attention without consciously earning it?



Decision Ownership

Ownership does not remove uncertainty. It makes the basis of a choice visible and accepts the cost of acting with integrity.

16 I make important decisions from clear values rather than immediate discomfort. 1 2 3 4 5

17 I delay decisions because I want certainty or approval from others. 1 2 3 4 5
REVERSE

18 I can separate facts, assumptions, feelings and external pressure. 1 2 3 4 5

19 Once I have made a considered decision, I take ownership of its consequences. 1 2 3 4 5

20 I can say no when an option conflicts with my priorities or standards. 1 2 3 4 5

NOTICE

Where am I waiting for certainty, permission or approval?

Disciplined Follow-Through

Discipline is the repeated conversion of intention into behaviour. This dimension tests recovery, sequencing and visible proof.



21 I regularly complete the actions I have committed to.

1

2

3

4

5

22 A missed day or setback often causes me to abandon the wider plan.

REVERSE

1

2

3

4

5

23 I reduce important goals into clear and manageable next actions.

1

2

3

4

5

24 I review my progress and adjust rather than relying on motivation alone.

1

2

3

4

5

25 My daily behaviour broadly reflects the future I say I want.

1

2

3

4

5

NOTICE

Which commitment keeps depending on motivation instead of a protected system?

Self-Trust and Inner Authority

Self-trust grows through evidence. This dimension measures whether your standards, promises and direction survive external pressure.



26 I trust myself to respond constructively when plans change.

1

2

3

4

5

27 I frequently override my own standards to avoid disappointing other people. REVERSE

1

2

3

4

5

28 I keep enough promises to myself to believe my own intentions.

1

2

3

4

5

29 I can listen to advice without surrendering responsibility for my choices.

1

2

3

4

5

30 I act from an internal sense of direction rather than constantly comparing myself with others.

1

2

3

4

5

NOTICE

Where do I override my own knowing to avoid discomfort or disappointment?

CALCULATE THE READING

Convert each dimension into a percentage.

For reverse-scored statements, convert 1 to 5, 2 to 4, 3 to 3, 4 to 2 and 5 to 1 before adding.

AXIS	DIMENSION	RAW SCORE /25	MINUS 5	X 5 = %
I	State Awareness Notice			
II	Emotional Regulation Stabilise			
III	Attention Command Direct			
IV	Decision Ownership Decide			
V	Disciplined Follow-Through Act			
VI	Self-Trust and Inner Authority Trust			

FORMULA

$$(\text{raw score} - 5) \times 5$$

Example: a raw score of 18 becomes $(18 - 5) \times 5 = 65\%$.

OVERALL INDEX

Add the six percentage scores and divide by six.

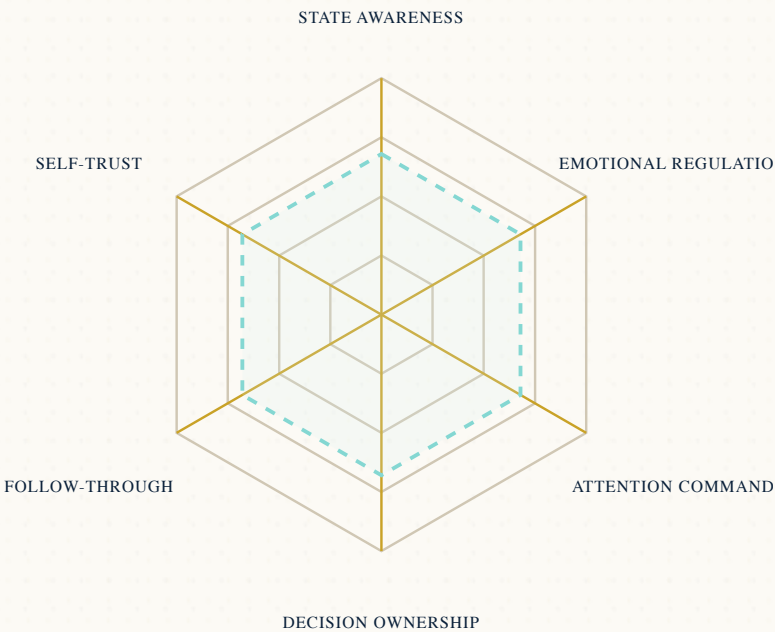
/ 6

READING ORDER

Strongest dimension: highest percentage. **Primary growth edge:** lowest percentage. **Secondary growth edge:** second-lowest percentage.

PLOT THE INSTRUMENT

Your pattern is the relationship between the axes.



RECORD PERCENTAGES

State Awareness	
Emotional Regulation	
Attention Command	
Decision Ownership	
Disciplined Follow-Through	
Self-Trust and Inner Authority	

Mark each percentage on its axis, then connect the six points. The shape reveals imbalance, not failure.

STRONGEST AXIS	PRIMARY EDGE	SECONDARY EDGE
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OVERALL READING

The band describes your present operating condition.

It does not define your identity. A high overall result can still conceal one meaningful growth edge; a lower result can still contain a powerful strength to build from.

0-39

RECLAIM

Create one reliable point of return. Prioritise stability over intensity. Your first objective is not optimisation; it is interrupting the pattern early enough to regain choice.

40-59

REBUILD

Awareness is present, but consistency and recovery systems need strengthening. Protect one practice long enough for it to become available under pressure.

60-79

DIRECT

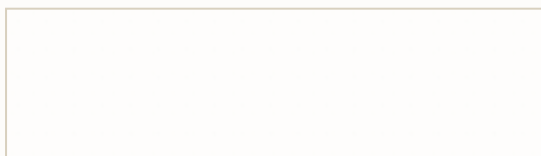
Command is established in ordinary conditions. Strengthen the dimension under disruption, greater demand and emotional friction.

80-100

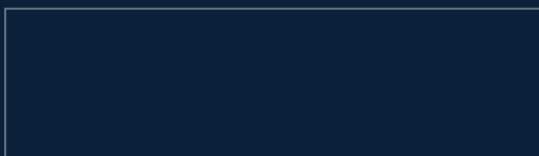
EMBODY

This is a genuine strength. Protect it, model it and use it to reinforce the weaker dimensions without turning strength into rigidity.

MY OVERALL INDEX



MY BAND

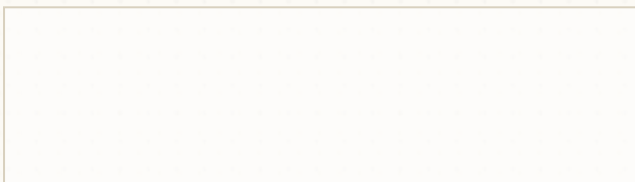


PROTECT WHAT IS WORKING

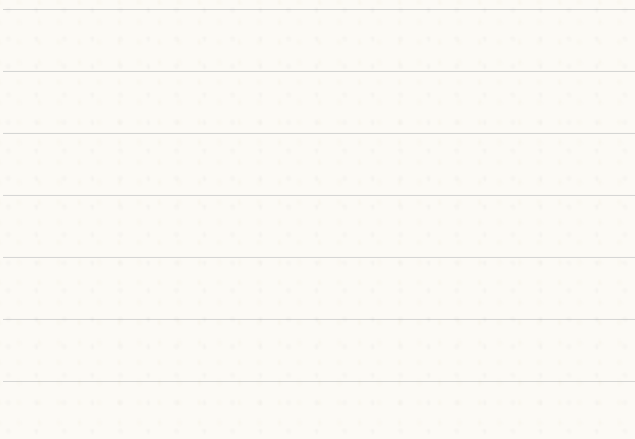
Your strongest dimension is an available resource.

A strength is not simply the highest number. It is a pattern you can rely on, especially when you use it deliberately to stabilise a weaker area.

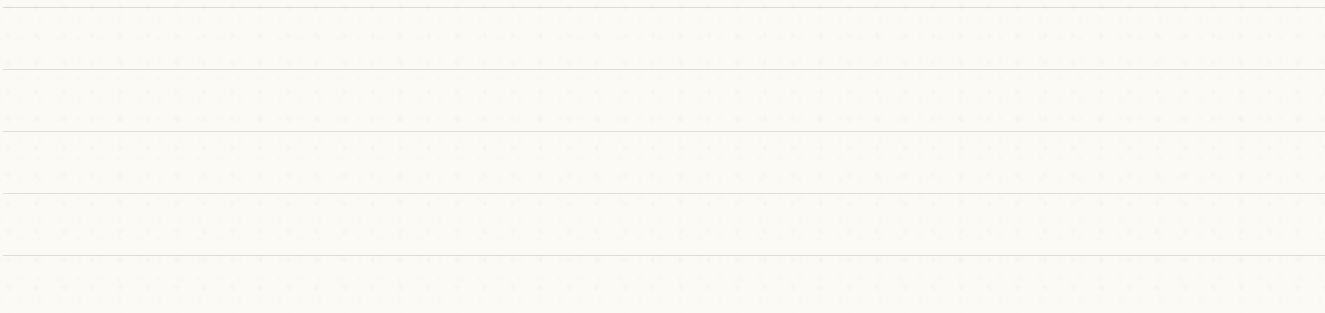
STRONGEST DIMENSION



EVIDENCE FROM MY BEHAVIOUR

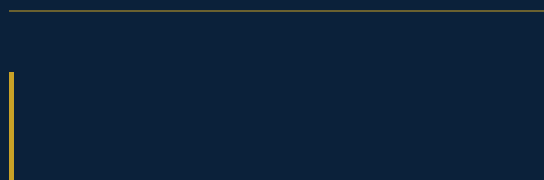


ONE WAY I WILL USE THIS STRENGTH DELIBERATELY



READ THE STRENGTH HONESTLY

- ☐ When does this strength remain available?
- ☐ When does it become rigid, excessive or performative?
- ☐ How can it support the primary growth edge?



CHOOSE THE FIRST INTERVENTION

The lowest dimension is where pressure currently gains leverage.

Do not attack the whole profile. Select the smallest practice that makes the weakest axis more available under real conditions.

PRIMARY GROWTH EDGE

PRESSURE PATTERN

MATCHED FIRST PRACTICE

State Awareness

Complete three daily check-ins: What am I feeling? What is driving it? What choice is available?

7-MINUTE STATE RESET

Emotional Regulation

Use a 90-second pause: stop, extend the exhale, name the state and choose the next response.

7-MINUTE STATE RESET

Attention Command

Protect one 25-minute focus block and remove one predictable distraction before it begins.

PROTECT YOUR PEACE PROTOCOL

Decision Ownership

Divide one live decision into facts, assumptions, values, costs and the smallest owned next action.

SOVEREIGN DECISION COMPASS

Disciplined Follow-Through

Reduce one delayed commitment to an action that can be completed in ten minutes and finish it today.

WEEKLY SELF-MASTERY REVIEW

Self-Trust and Inner Authority

Choose one promise small enough to keep today. Record completion before setting another.

INNER FLAME CHECK-IN

The chosen practice should be small enough to repeat, visible enough to verify and specific enough to use during disruption.

ONE PRACTICE / SEVEN DAYS

Build evidence before adding intensity.

THE PATTERN I AM INTERRUPTING

MY CHOSEN PRACTICE

THE TRIGGER THAT WILL REMIND ME

PRACTICE DESIGN

- ☐ **Specific:** I know exactly what action counts.
- ☐ **Small:** It can be completed on a difficult day.
- ☐ **Visible:** I can record completion.
- ☐ **Placed:** It follows a reliable trigger.
- ☐ **Recoverable:** A missed day does not end the sequence.

RETURN ACTION

If I miss the practice, the next smallest action I will take is:

I WILL KNOW THE PRACTICE IS WORKING WHEN...

TRACK RETURN, NOT PERFECTION

Seven days of visible evidence.
Record the trigger, whether you completed the practice, and what changed. A missed day is data; the return is the discipline.

DAY	TRIGGER / STATE	ACTION TAKEN	WHAT SHIFTED / EVIDENCE
1			
2			
3			
4			
5			
6			
7			

PATTERN NOTICED

NEXT RECALIBRATION

WEAR THE MESSAGE / PRACTISE THE BEHAVIOUR

Route the reading into one relevant tool.

The purpose of product routing is not to force a sale. It is to connect the identity cue carried by the apparel with a behaviour the customer can practise immediately.

State Awareness	Complete three daily check-ins: What am I feeling? What is driving it? What choice is available?	7-MINUTE STATE RESET INNER COMMAND / RETURN TO CENTRE
Emotional Regulation	Use a 90-second pause: stop, extend the exhale, name the state and choose the next response.	7-MINUTE STATE RESET MASTER YOUR STATE
Attention Command	Protect one 25-minute focus block and remove one predictable distraction before it begins.	PROTECT YOUR PEACE PROTOCOL INNER COMMAND
Decision Ownership	Divide one live decision into facts, assumptions, values, costs and the smallest owned next action.	SOVEREIGN DECISION COMPASS STAND IN YOUR POWER
Disciplined Follow-Through	Reduce one delayed commitment to an action that can be completed in ten minutes and finish it today.	WEEKLY SELF-MASTERY REVIEW MASTER YOUR STATE
Self-Trust and Inner Authority	Choose one promise small enough to keep today. Record completion before setting another.	INNER FLAME CHECK-IN STAND IN YOUR POWER / INNER FLAME

MY NEXT COMPANION

WHY THIS IS RELEVANT NOW

IMPORTANT NOTE

This assessment supports personal reflection and development. It is not a medical, psychological or therapeutic assessment and does not claim scientific validation.

Use the result as a snapshot, not a permanent label.

CUT, KEEP OR PHOTOGRAPH

Your one-page point of return.

Complete this after choosing the seven-day practice. Keep it somewhere visible.



The card is dark blue with a gold flame logo in the top left corner. The logo is a stylized flame with a black outline. To the right of the logo, the text "DEUS INTUS" is written in gold, with "AWAKEN THE POWER WITHIN." in smaller gold letters below it. Below the logo and text, there are three horizontal lines for writing. The first line is preceded by the text "MY PRIMARY GROWTH EDGE" in gold. The second line is preceded by the text "WHEN PRESSURE APPEARS, I WILL" in gold. The third line is preceded by the text "MY RETURN TRIGGER" in gold. To the right of the third line, the text "REVIEW DATE" is written in gold. The card has a gold dashed border.

DEUS INTUS
AWAKEN THE POWER WITHIN.

MY PRIMARY GROWTH EDGE

WHEN PRESSURE APPEARS, I WILL

MY RETURN TRIGGER REVIEW DATE

*You do not need a perfect week.
You need one honest point of return.*