DEUS INTUS

Awaken the Power Within

THE WEEKLY SELF-MASTERY REVIEW

A 20-minute command, protection, review and recalibration system.

DIGITAL COMPANION · DI-DP-006

A PRIVATE WEEKLY OPERATING RHYTHM

The week does not teach you automatically.

It teaches you when you review it honestly.

Use this 20-minute review to separate evidence from mood, expose the patterns that cost you command, and protect the few corrections that matter most next week.

COMMAND

What did you direct deliberately, and where did your state take control instead?

PROTECT

What preserved attention, energy and standards - and where did access exceed capacity?

RECALIBRATE

What one correction deserves protection through the next seven days?

COMMAND -> PROTECT -> REVIEW -> RECALIBRATE

Four movements. One honest return.

Move through the sequence in order. Do not turn the review into a punishment ritual or an exhaustive diary. The objective is to convert lived experience into a smaller number of deliberate decisions.

> *Choose fewer corrections and protect them more seriously.*

01 Command

Identify deliberate direction, state-led drift and promises kept.

MINUTES 0-5

02 Protect

Find what preserved capacity and what breached it.

MINUTES 5-10

03 Review

Separate systems from mood and trace repeated loops.

MINUTES 10-15

04 Recalibrate

Choose one correction, three commitments and a return action.

MINUTES 15-20

01

MINUTES 0-5 / DELIBERATE DIRECTION

Command

Notice the moments where intention became behaviour - and the moments where pressure made the decision for you.

COMMAND PRINCIPLE

> *Command is not controlling every outcome. It is retaining authorship of the next response.*

What did I consciously direct this week?	Where did my state direct me instead?	What promise did I keep to myself?

FROM VAGUE MEMORY TO OBSERVABLE PROOF

What did command look like in practice?

Record specific moments. Small acts of direction count: ending a conversation, beginning before motivation arrived, returning after distraction, or keeping a private standard.

MOMENT	WHAT I DELIBERATELY DIRECTED
01	
02	
03	
04	
05	

STATE-LED DRIFT

The strongest state that tried to direct me was...

Its most common behaviour was...

RETURN EVIDENCE

I noticed the drift when...

I regained authorship by...

PROMISES KEPT / PROMISES RENEGOTIATED

Trust your evidence, not your intention.

A promise can be completed, consciously renegotiated, or silently abandoned. The distinction matters. Use this page to strengthen the link between what you say and what you do.

NO.	PROMISE OR COMMITMENT	STATUS	EVIDENCE / NEXT STEP
1		Kept / renegotiated / abandoned	
2		Kept / renegotiated / abandoned	
3		Kept / renegotiated / abandoned	
4		Kept / renegotiated / abandoned	
5		Kept / renegotiated / abandoned	

The promise that most strengthened my self-trust was...

The promise that needs a cleaner decision next week is...

COMMAND CORRECTION

Do not make a larger promise to compensate for a broken one. Make the next promise smaller, clearer and visible.

02

MINUTES 5-10 / ATTENTION, ENERGY, STANDARDS

Protect

Identify what made good behaviour easier - and where unexamined access quietly consumed the week.

Attention

What protected focus from interruption, noise or drift?

Energy

What preserved usable capacity rather than merely demanding effort?

Standards

What helped you act in alignment when discomfort appeared?

Where did access exceed capacity?

What warning sign appeared first?

PROTECT NEXT WEEK BEFORE IT BEGINS

Not every leak needs the same response.

Choose the smallest intervention that genuinely protects capacity. Removal is decisive, reduction is measured, and a boundary defines the terms of access.

REMOVE

End the unnecessary

What should not continue into next week?

REDUCE

Lower the exposure

What remains useful but needs less time, frequency or intensity?

BOUND

Define the terms

What needs a clear limit, condition or response window?

The one protection decision I will communicate is...

The behaviour that will prove the protection is real is...

03

MINUTES 10-15 / SYSTEMS AND PATTERNS

Review

Separate what worked because of repeatable design from what happened because mood, urgency or memory briefly cooperated.

AREA	REPEATABLE SYSTEM	MOOD, URGENCY OR MEMORY
Work / creation		
Health / recovery		
Relationships / access		
Personal practice		
Money / administration		

TRIGGER -> RESPONSE -> CONSEQUENCE -> RETURN

What pattern repeated?

Patterns lose power when they become visible early enough to interrupt. Trace one loop without exaggeration or self-attack.

01 / TRIGGER

What happened first?

->

02 / RESPONSE

What did I do next?

->

03 / CONSEQUENCE

What did it produce?

->

04 / REINFORCEMENT

What belief or habit strengthened?

INTERRUPTION POINT

The earliest moment I can interrupt this loop is...

The signal I must notice sooner is...

The replacement response must be small enough to...

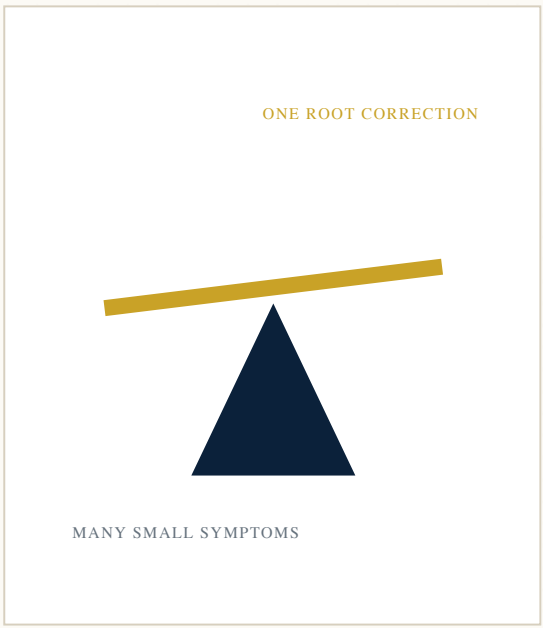
04

MINUTES 15-20 / PROTECTED CORRECTION

Recalibrate

Do not carry every insight into next week. Choose the correction most likely to improve several outcomes at once.

The one correction with the highest leverage is...



IT MATTERS BECAUSE

IT WILL IMPROVE

LEVERAGE TEST

- [ ] It changes behaviour, not only intention.
- [ ] It can be observed within seven days.
- [ ] It reduces friction across more than one area.
- [ ] It is small enough to protect under disruption.

FEWER COMMITMENTS / STRONGER PROTECTION

What will remain true next week?

Each commitment needs a visible action, a protected condition and a minimum version for difficult days.

01

Protected commitment

THE ACTION

WHEN / WHERE

PROTECTION REQUIRED

MINIMUM VERSION

02

Protected commitment

THE ACTION

WHEN / WHERE

PROTECTION REQUIRED

MINIMUM VERSION

03

Protected commitment

THE ACTION

WHEN / WHERE

PROTECTION REQUIRED

MINIMUM VERSION

NOTICE / STABILISE / CHOOSE / RESUME

When the week breaks rhythm, return without drama.

A return protocol prevents one missed action from becoming an abandoned week. It should be simple enough to use while tired, activated or behind.

01

Notice

Name the disruption without turning it into identity.

02

Stabilise

Create enough space to stop the next automatic response.

03

Choose

Select the minimum action that protects continuity.

04

Resume

Begin before motivation or perfect conditions return.

WHEN THIS HAPPENS…	
MY FIRST SIGNAL IS…	
MY STABILISING ACTION IS…	
THE MINIMUM RETURN ACTION IS…	
I WILL RESUME BY…	

My one-sentence return instruction:

SCORE 1-10 / RECORD PROOF / CHOOSE CORRECTION

Your current command profile

Score each dimension based on this week's observable behaviour. A low score is not a verdict; it is a routing signal.

DIMENSION	1-10	EVIDENCE	NEXT CORRECTION
State command			
Peace protection			
Attention			
Follow-through			
Self-trust			

OVERALL WEEKLY COMMAND - CIRCLE ONE

1	2	3	4	5	6	7	8	9	10

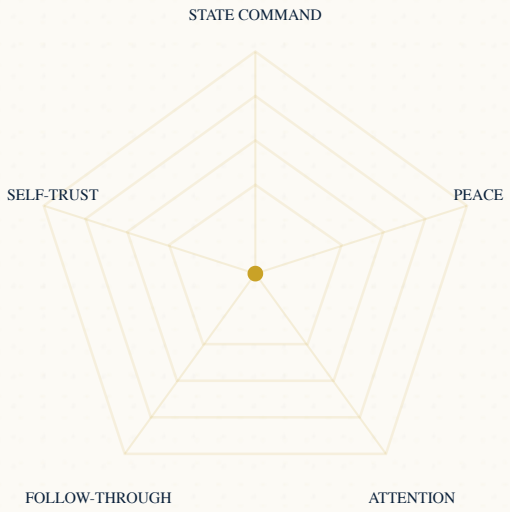
STRONGEST DIMENSION

PRIMARY GROWTH EDGE

PROOF I AM IMPROVING

PLOT YOUR FIVE SCORES

Command is a profile, not a single number.



STRONGEST DIMENSION

What should be protected?

LOWEST DIMENSION

What does it need first?

DEPENDENCY INSIGHT

Which stronger dimension can reinforce the weaker one?

INTERPRETATION

Do not attempt to raise every score next week. Protect the strongest dimension and route one correction to the weakest.

ONE CORRECTION / SEVEN PROOFS

Track evidence, not perfection.

Use one line per day. Record the action, the disruption and the return. A difficult day with a successful return may be stronger evidence than an easy day without resistance.

1	2	3	4	5	6	7
Day one	Day two	Day three	Day four	Day five	Day six	Day seven
PROTECTED ACTION	PROTECTED ACTION	PROTECTED ACTION	PROTECTED ACTION	PROTECTED ACTION	PROTECTED ACTION	PROTECTED ACTION
DISRUPTION	DISRUPTION	DISRUPTION	DISRUPTION	DISRUPTION	DISRUPTION	DISRUPTION
RETURN	RETURN	RETURN	RETURN	RETURN	RETURN	RETURN

ONE CORRECTION / THREE COMMITMENTS / ONE RETURN

Direct the next week before it begins.

MY HIGHEST-LEVERAGE CORRECTION

MY THREE PROTECTED COMMITMENTS

WHEN DISRUPTION HAPPENS, MY RETURN ACTION WILL BE

SIGNATURE / COMMITMENT

DATE

> *The next week does not need a new identity. It needs one visible standard protected repeatedly.*

TWO COPIES / DESK AND WALLET

Your weekly return instruction

Complete both cards. Place one where the protected commitment happens and keep one where disruption is most likely to find you.

CUT LINE

DEUS INTUS / WEEKLY COMMAND

One honest point of return

01 My highest-leverage correction:

02 My minimum protected action:

03 When disruption happens, I will:

CUT LINE

DEUS INTUS / WEEKLY COMMAND

One honest point of return

01 My highest-leverage correction:

02 My minimum protected action:

03 When disruption happens, I will:

WEEKLY RHYTHM

Complete the review at the same time each week. Retain the previous scorecard so that progress becomes a body of evidence rather than a feeling.

THE REVIEW LAYER OF THE DEUS INTUS ECOSYSTEM

Turn experience into deliberate practice.

Wear the standard. Review the evidence. Recalibrate the behaviour.

PHYSICAL PAIRING

Inner Command / Master Your State / Return to Centre

Use apparel as an identity cue and this review as the behavioural practice that gives the message substance.

DIGITAL ROUTE

/digital/weekly-self-mastery-review/

Reusable entry product and core component of the Inner Command Starter Bundle.

IMPORTANT NOTE

This tool is for personal reflection and planning. It is not a productivity guarantee or a clinical assessment. Persistent distress or health concerns deserve appropriate professional support.

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