



THE OKAMI SELF-ASSESSMENT SCORE CARD

RESULTS

Welcome to The Okami Self-Assessment Scorecard Results! These results are not a judgment. They are a snapshot. A reflection of where your nervous system, habits, and sense of self are right now. If something here resonates deeply (or challenges you) trust that. And if you feel called to share your results or ask for guidance, you're welcome to email info@theokamiverse.com at any point!

Choose your profile and guidance based on your score.



0-30: THE AWAKENER

Profile

At this stage, life may feel like it's happening to you rather than with you. Your system is likely overloaded – mentally, emotionally, physically – and stuck in a loop of survival. Fatigue isn't just physical; it's existential. You may feel disconnected from your body, uncertain about your strength, and frustrated by how hard even “simple” things feel.

What it's costing you:

- Chronic stress has likely become your baseline. Research shows prolonged stress keeps the nervous system in fight-or-flight, increasing inflammation, disrupting sleep, and impairing decision-making.
- When energy is low, consistency collapses and self-trust erodes. Each broken promise to yourself reinforces the belief that change is out of reach.

You may recognize yourself avoiding discomfort not because you're weak, but because you're already overwhelmed. Comfort becomes a coping mechanism. Scrolling, caffeine, numbing habits, or distraction aren't failures, they're signals.

The deeper work here:

This phase is about reconnection. Before discipline. Before intensity. Before ambition. Your system needs safety, simplicity, and proof that small actions can actually change how you feel.

Suggestions:

- Start with regulation, not optimization: prioritize sleep, slow breathing, and gentle daily movement.
- Reduce stimulation before adding intensity – one small, repeatable practice is enough to begin.

If you want guidance that meets you exactly here – without pressure – The Action Hero System was built for all stages, so you, The Awakener, can absolutely begin [here](#).



Profile

You've tasted progress – and that's what makes this stage frustrating. You know what it feels like to be focused, energized, and strong... but you can't seem to stay there. Life pulls you off course. Stress breaks routines. Motivation comes and goes.

What it's costing you:

- Inconsistency creates mental friction. Studies show that starting and stopping habits increases cognitive load and reduces confidence over time.
- You may be expending more effort than necessary because your practices lack structure or sequencing.

Emotionally, this can show up as self-criticism:

“Why can't I just stick to it?”

“I know better – so why do I fall back?”

You're not lacking discipline. You're lacking a system that works under pressure.

The deeper work here:

This phase is about stability. Learning how to build practices that survive stress, travel, busy weeks, and emotional dips – instead of collapsing when life gets real.

Suggestions:

- Anchor one daily non-negotiable practice that doesn't depend on motivation.
- Shift from outcome-based goals to process-based commitments.

If you're ready to stop restarting and start building real momentum, The Action Hero System offers structure without rigidity – and you, The Seeker, can find what you've been missing [here](#).



61-90: THE BUILDER

Profile

You've built a foundation – and it shows. You likely have routines, awareness, and moments of real strength and clarity. But under pressure, cracks appear. Stress still hijacks you at times. Discipline sometimes turns into force instead of flow.

What it's costing you:

- Without refinement, effort plateaus. Research in performance psychology shows that growth stalls when systems aren't progressively challenged.
- You may be leaving capacity on the table – physically and mentally – because recovery, sequencing, or nervous system regulation isn't fully integrated.

There's often a quiet frustration here:

“I know I'm capable of more.”

“I just can't seem to access it consistently.”

The deeper work here:

This phase is about integration. Turning effort into efficiency. Turning discipline into identity. Letting your system work with you instead of against you.

Suggestions:

- Refine intensity, volume and recovery.
- Introduce accountability and feedback to prevent blind spots.

If you feel strong but know there's more depth, clarity, and integration available, or if you want to turn effort into something automatic, The Action Hero System helps you, The Builder, refine and expand [here](#).



91-120: THE HERO

Profile

You are no longer searching – you are refining. Strength, clarity, and presence are already part of your life. You move through challenge with resilience. You trust yourself. But you sense there's a deeper expression waiting.

What it's costing you (if you don't go further):

- Stagnation at this level often looks like comfort mastery – staying good instead of becoming great.
- Without challenge or leadership, even strong systems slowly lose edge.

You may feel a pull toward something larger: Embodiment. Example. Legacy. Community. Not just personal growth, but impact.

The deeper work here:

This phase is about embodiment and transmission. Becoming someone whose presence alone influences others. Turning practice into philosophy lived.

Suggestions:

Seek environments that challenge your edge physically, mentally and emotionally. Refine leadership through embodiment.

If you're called to live this work fully, find your people, and move toward something greater than maintenance, The Action Hero System invites you, The Hero, [here](#).



A Final Invitation

You're always welcome to reach out. Email info@theokamiverse.com with your score and reflections for personalized guidance, and for a chance to receive a full scholarship to The Action Hero System. This isn't about fixing yourself. It's about remembering what you're capable of and building a system that lets you live it!