



THE OKAMI SELF-ASSESSMENT SCORE CARD

This scorecard will help you get radically honest about where you are – physically, mentally, emotionally. Rate each of the 12 statements below on a scale from 1 to 10, 1 being that you strongly disagree, 10 being that you strongly agree with the statement. Add up your total score out of 120. Scan the QR code or visit theokamiverse.com/scorecard/ to download your full results. Remember, your results are a snapshot of your current state. Write today's date on the scorecard and plan to repeat the self-assessment in 3 months. Keep your copy visible and write intentions next to any areas that scored 6 or below.

		RATE 1 - 10 DATE __/__/__	RATE 1 - 10 DATE __/__/__
1	I feel strong and confident in my body - not weak, tense, or constantly second-guessing what I'm capable of.		
2	I face discomfort instead of avoiding it (chaotic situations, conflict, new beginnings)		
3	I follow through even when motivation disappears		
4	I trust myself to keep my word, especially to myself - not breaking promises, skipping workouts, or giving up halfway.		
5	I lead with grounded presence, not anxiety or overthinking.		
6	I have consistent movement practices that support me - not "all or nothing" workouts or ignoring my body for days.		
7	I wake up with energy and direction most days - not exhausted, scattered, or hitting snooze out of dread.		
8	I can handle stress without shutting down or snapping.		
9	I move with ease, flexibility, and strength - not stiff, tight, or limited by aging or disuse.		
10	My mind feels sharp, clear, and focused.		
11	I enjoy good night sleep, every night.		
12	I'm in complete control of my habits - I don't rely on caffeine, scrolling, or distractions to numb what I haven't faced.		
TOTAL:			

