

The Power of the Dao

Flow Self-Audit and 7 Habits Scorecard

A practical self-check to help you spot strengths, friction points, and one habit to work on next.

How to use this scorecard

Read each statement and mark the number that best describes you now.

Use your first honest response rather than the answer you wish were true.

At the end, identify your strongest habits, your weakest habits, and one small experiment for the next 7 days.

Simple rating scale

1 = rarely true of me

2 = occasionally true

3 = somewhat true

4 = mostly true

5 = consistently true

This is a reflective tool, not a diagnostic assessment. Context matters: your role, season of life, and current pressures all affect your scores.

1. Yin-Yang (Energies)

Sense the flows of energy so you can better spot opportunities and threats.

Statement	1	2	3	4	5
I notice when I am overusing force, speed, intensity, or control - and when I need more receptivity, recovery, or listening.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In difficult situations, I can often detect the hidden opportunity, and in positive situations I stay aware of emerging risks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I consciously adjust my stance - for example, more asking or more telling, more pushing or more pausing - to fit the moment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. Li (Patterns)

Recognize patterns so you can judge when and how to act.

Statement	1	2	3	4	5
I notice recurring patterns in my work, relationships, or mood instead of treating every problem as entirely new.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Before acting, I look for timing, sequence, and context rather than focusing only on the obvious surface issue.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I deliberately learn from examples, past cases, or adjacent fields to improve my judgment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. Ziran (Self-so-ness)

Act in accord with yourself and the situation rather than forcing what does not fit.

Statement	1	2	3	4	5
I usually work with the natural dynamics of a situation instead of pushing too hard against them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can act naturally and authentically without excessive overthinking or self-consciousness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I perform at my best, my actions feel more like flow than strain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. Pu (Simplicity)

Perceive more clearly by reducing clutter, bias, and unnecessary complication.

Statement	1	2	3	4	5
I can quiet my mind enough to notice what is actually going on rather than what I fear, assume, or prefer.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I regularly simplify my commitments, inputs, or routines so that I can think and act with more clarity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I catch at least some of my own prejudices, habits, or mental labels before they distort my judgment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. Wuwei (Effortless Action)

Act with less strain and artifice, and more presence, timing, and ease.

Statement	1	2	3	4	5
When something matters, I can be fully present rather than scattered or half-engaged.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I look for small changes that make good work easier instead of relying only on more effort.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pause, reflect, and reset before charging ahead when a situation becomes tangled or forced.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. De (Potency)

Bring your values and distinctive strengths to bear in ways that help others too.

Statement	1	2	3	4	5
I know the values I most want to live by, especially under pressure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a clear sense of my distinctive strengths - my own "magic formula" - and I use them intentionally.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People are more likely to experience me as grounded, helpful, and constructive than as performative or draining.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. Zhenren (Mastery)

Integrate the habits so that flow, fulfillment, and resilience become more consistent.

Statement	1	2	3	4	5
I can bring several of these habits together in daily life, not just understand them intellectually.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When circumstances shift, I usually recover my balance and respond more wisely than reactively.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I experience meaningful periods of flow, fulfillment, or quiet confidence in how I live and work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Interpreting your results

Per principle, 3-8 = priority area, 9-12 = developing strength, 13-15 = strong habit. Use the ranges lightly and with context.

Principle	Your score / 15
1. Yin-Yang	_____
2. Li	_____
3. Ziran	_____
4. Pu	_____
5. Wuwei	_____
6. De	_____
7. Zhenren	_____

My three strongest habits

Which principles feel most natural or most developed right now?

My two main growth areas

Where is the biggest gap between how I live now and how I want to live?

The one habit I will focus on next

Choose the habit that would create the biggest positive ripple effect if it improved even slightly.

My 7-day experiment

Make it concrete: one small action, one context, one trigger, one review date.

What might get in the way?

What will help me stay on track?
