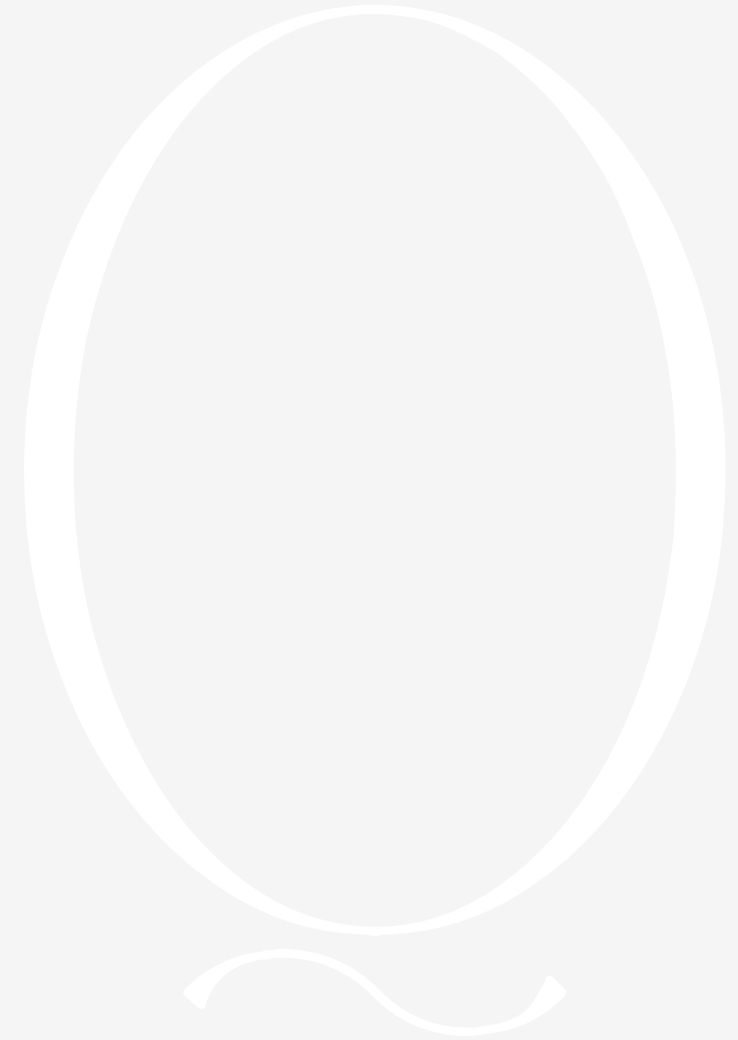


How to Use This Matrix

1. Reflect: Read through each pillar horizontally. Identify which bullet points resonate most honestly with your current daily patterns.
2. Score: Pinpoint your baseline column (1 through 5) for each of the five pillars. Note: It is entirely normal to be a 4 in Flow & Ritual but a 2 in Embodied Confidence.
3. Integrate: Do not view Columns 1 or 2 as failures. View them as beautiful indicators of where your energy is currently blocked, and use the language in Columns 4 and 5 as a gentle, non-linear roadmap for your personal evolution.



The Queen's
code



THE QUEEN'S CODE

Self-Authority Assessment — a free reflection tool

	Depleted <i>running on empty</i>	Awakening <i>starting to notice</i>	Grounded <i>steady in herself</i>	Radiant <i>leading with ease</i>	Magnetic <i>shifts every room</i>
Confidence	Avoids starting conversations. Shrinks from attention. Needs constant reassurance from others.	Speaks up occasionally, still flinches at pushback. Measures herself against everyone in the room.	Disagrees respectfully without losing her footing. Accepts a compliment without deflecting it.	Initiates connection freely. Stays steady when criticised. Her decisions come without a long negotiation with herself.	Her presence changes the temperature of a room. People borrow courage just from being near her.
Discipline	Routines collapse under stress. Goals are abandoned at the first setback. Her space mirrors the chaos inside.	Some structure is forming, but she's easily pulled off course. Motivation only shows up when things feel fun.	Keeps the promises she makes to herself. Manages her time with intention, even when it's inconvenient.	Habits build almost effortlessly now. Her finances, body and space are consistently cared for.	Her standards quietly raise everyone else's. Consistency has become the thing people remember about her.
Leadership	Takes the credit, avoids the blame. Reacts first, thinks second.	Learning to say what she means. Still defensive under pressure. Occasionally softens the truth to look better.	Gives credit generously. Stays composed in conflict. Tells the truth even when it costs her something.	People feel safe being honest around her. She delivers hard truths without ever making someone feel small.	Others follow her lead without being asked. Her composure has become contagious.
Gratitude	Focused on what's missing. Resents other people's contentment. Rarely says thank you and means it.	Notices good moments sometimes, but usually needs reminding. Gratitude still feels like a performance.	Appreciation is a regular habit now. She finds the lesson inside hard seasons.	Gratitude has become a daily practice. She stays soft even through setbacks.	Her warmth makes other people want to be more thankful too. Contentment radiates outward from her.
Joy	Her mood depends entirely on circumstances. Criticises others to feel better about herself.	Enjoys the good days easily, but the hard ones still take her under completely.	Finds lightness even inside stress. Rarely needs an excuse to feel good.	Her sense of ease holds steady through hardship. She becomes the calm centre for everyone else.	People simply feel better near her. She has quietly become someone's definition of safe.

Read across each row to find where you stand today, category by category — then read one level to the right for where you're headed next.

www.crownrequired.com · a free tool from The Queen's Code