

O N W Y R D

THE JOURNEY BEGINS

About the development company:

Helios Recovery Ignites and supports leaders to help create healthy, responsible, thriving individuals and communities. We do this through training, consulting, and advocacy that focuses on FIVE core elements. With over 15 years of experience as a creative, imaginative, forward-thinking team, Helios Recovery is committed to develop meaningful and positive change through innovative solutions to complex community needs.

Disclaimer:

The ONWYRD wellness guide is intended to provide helpful guidance and support for improving overall health and wellness. However, it is not intended to diagnose or replace professional medical assistance. The user assumes full responsibility for any outcomes and should always consult with a healthcare professional for medical advice and treatment.

Are you ready to embark on an epic journey towards wellness? Let's begin!

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WELCOME

We live in what seems a world of peril, disconnection and sometimes hopelessness. We are facing boss level challenges every day, frequently on our own and without the knowledge of the many resources and supports available. Mental health issues, various forms of addiction, trauma, fear, constant comparison and competition have caused barriers to the true sources of connection and potential.

But hope remains. From the depths of the human potential and capacity came a beacon of light, a guide to lead people out of the darkness and into a new era of wellness and self-discovery. It is called ONWYRD, a tool that promised to unlock the secrets of ancient wisdom and modern technology, and guide those who followed it on a journey of transformation and growth.

ONWYRD is not just a guide, but a gateway to a world of adventure and exploration. It offers a new way of thinking about wellness transformation, using organic elements of story, self-direction, intuitive choice, collaboration, and multiple pathways to guide individuals to fulfill their personal goals.

This journey begins with accessing your Inner Potential Avatar (IPA) and finding out your Epic Archetype alignment. You will access your own unique IPA and explore the world of wellness through the lens of your imagination, allowing you to tap into your own inner strength and unleash your full potential.

Next, you'll fill out a seven-area Base Stat assessment from which you get a starting point to level up. From there you begin building a foundation for resilience and self-directed wellness. Using stat building elements and a self-rewarding system provides the motivation to keep going. Additionally, you get to form parties with others to support you in your goals and you theirs and fostering collaboration, connection, and a unified strategy.

ONWYRD is unlike any other tool out there, a fusion of ancient wisdom and modern technology, and an invitation to explore the world of wellness through the lens of geek culture. It is a journey of transformation and growth, a quest for self-discovery and personal fulfillment. And for those who dared to embark on this journey, the rewards will be EPIC.



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INSTRUCTIONS

Step 1: Create your Inner Potential Avatar (IPA). The inner potential avatar exercise is designed to help you tap into your unique qualities, strengths, and values, and create a personal avatar that represents your highest potential. By exploring your inner world and connecting with your true self, you can unlock new levels of growth and fulfillment in your life.

Step 2: Identify your Epic Archetype. The archetype alignment exercise is a tool designed to help individuals identify and align with their personal archetype, guiding them on their journey towards self-discovery and personal growth. By exploring various archetypes, individuals can gain a deeper understanding of their unique strengths, values, and motivations, and use this insight to live a more authentic and fulfilling life.

Step 3: Take the 7 area Base Stat assessment. This assessment will help you identify your baseline and what areas of your life you would like to level up in. You will set your own goals and build your own stats to achieve them. You Identify your Party Next, identify your party members. This can be friends, family, or anyone else who wants to embark on a wellness journey with you. This will foster collaboration, connection, and a unified strategy.

Step 4: Set up a Self-Rewarding Contingency Management System To incentivize yourself to achieve your goals, you will set up a self-rewarding contingency management system. This will help you stay motivated and on track.

Step 5 Evaluate your goals and re-take the Base Stat assessment.



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THE JOURNEY TO FIND YOUR INNER POTENTIAL AVATAR

An inner avatar is a representation of your inner self, a visualization of the characteristics and qualities that make your personality, values, and beliefs. It is the place of your inherent worth and belonging. It can be seen as a symbol that embodies your identity and potential, and can be used as a tool for self-discovery, personal growth, and empowerment. The concept of an avatar is often used in wellness and personal development practices to help individuals connect with their true selves and unlock their inner potential.



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THE JOURNEY TO FIND YOUR INNER POTENTIAL AVATAR

Guided meditation or contemplative journey to discover your Inner Potential Avatar

1. Begin by finding a quiet and comfortable place to sit or lie down.
2. Close your eyes and take a few deep breaths, inhaling through your nose and exhaling through your mouth. As you exhale, let go of any tension or stress you may be holding in your body.
3. Visualize a safe & peaceful place in your mind.
4. As you visualize this place, imagine a doorway appearing in front of you. This doorway represents the gateway to your inner world.
5. Take a step towards the doorway and imagine yourself stepping through it.
6. As you enter the doorway, you find yourself in a room that is completely empty, except for a mirror on the wall. Walk towards the mirror and look at your reflection.
7. As you look into the mirror, allow yourself to see beyond your physical appearance. Imagine a glowing light emanating from within you, representing your inner potential.

8. Ask yourself, "What does my inner avatar look like? What traits and qualities does it possess?"

9. Take a moment to listen to the answers that come to you. Trust your intuition and allow yourself to connect with your inner self.
10. Once you have a sense of your inner avatar, give it a name or ask what name it has. This name should reflect its unique qualities and characteristics.
11. Spend a few more moments in the room, reflecting on your inner avatar and what it means to you.
12. When you are ready, take a deep breath and step back through the doorway, returning to the peaceful place you imagined at the beginning of the meditation.
13. Take a few more deep breaths, feeling grounded and connected to your inner self.
14. When you are ready, open your eyes and take some time to reflect on your journey on the next page.



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THE JOURNEY TO FIND YOUR INNER POTENTIAL AVATAR

Guided meditation or contemplative journey to discover you Inner Protentional Avatar

1.Where did you visualize when you pictured a safe and peaceful place (this is your sanctuary)?

2.Describe the doorway you saw.

3.What did your inner avatar look like?

4.What traits, qualities, and values did it possess?

5.What name did you hear or assign to your Inner Potential Avatar?



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THE JOURNEY TO FIND YOUR INNER POTENTIAL AVATAR

Examples of traits, qualities, and values

Courageous
Empathetic
Creative
Honest
Optimistic
Authentic
Humble
Resilient
Ambitious
Compassionate
Confident
Curious
Determined
Flexible
Grateful
Hardworking
Independent
Innovative
Intuitive
Kind

Leader
Loyal
Open-minded
Patient
Persistent
Proactive
Reliable
Resourceful
Self-aware
Self-disciplined
Self-motivated
Sense of humor
Supportive
Trustworthy
Understanding
Visionary
Wise
Adaptable
Analytical
Bold

Calm
Charismatic
Collaborative
Competent
Consistent
Creative problem solver
Decisive
Disciplined
Empowering
Energetic
Enthusiastic
Experienced
Forgiving
Generous
High integrity
Innovative thinker
Inspiring
Motivating
Passionate



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CHOOSE YOUR ARCHETYPE ALIGNMENT

Welcome to ONWYRD Archetype Alignment, a unique tool designed to help you tap into your inner potential and unleash the power of your archetype. At the heart of our approach is the alignment selection, a set of archetypes designed to help you harness your unique strengths and qualities. By tapping into your archetype, you can unlock your additional traits of your inner potential avatar, overcome challenges, and help you identify party members on your journey.

The archetypes are rooted in the principles of servant leadership, mindfulness, healing centered engagement, cultural humility and emotional intelligence. Through your selection process, you can reflect on your deepest values, motivations, and desires, and discover the archetype that speaks to you. Whether you're a Visionary Guide, an Awakened Sage, an Advocate Healer, a Civil Explorer, or a Dreaming Creator, you'll discover your archetype and learn how to use its unique strengths to overcome challenges and achieve your goals.

VISIONARY GUIDE

AWAKENED SAGE

ADVOCATE HEALER

CIVIL EXPLORER

DREAMING CREATOR



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CHOOSE YOUR ARCHETYPE ALIGNMENT

VISIONARY GUIDE

A Visionary Guide is a servant leader who inspires and guides others towards a shared vision or purpose. Through self reflection, seeking support and setting boundaries they can develop a clear and compelling vision for the future and are able to achieve it in a way that inspires and motivates others to take action. They lead with humility, empathy, and a deep commitment to the greater good, and are dedicated to creating positive change in the world.

AWAKENED SAGE

An Awakened Sage is a mindful archetype who strives toward greater levels of self-awareness through meditation, introspection, and other spiritual practices. They have developed a deep understanding of themselves and the world around them, and use this knowledge to guide and inspire others towards greater awareness and inner peace. They value mindfulness, compassion, and wisdom above all else and seek to spread these virtues wherever they go.

ADVOCATE HEALER

An Advocate Healer is an archetype that embodies the qualities of compassion, empathy, and healing. They have a deep understanding of the suffering of others and are driven to alleviate it. They possess a powerful capacity to listen, to understand, and to offer guidance and support to those who are struggling. Their approach to healing is holistic, recognizing that true healing involves the integration of mind, body, and spirit. They are committed to empowering others to take control of their health and well-being, and they work tirelessly to create a world that is more just, equitable, and compassionate for all.



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CHOOSE YOUR ARCHETYPE ALIGNMENT

CIVIL EXPLORER

A Civil Explorer is a culturally humble and responsive archetype who seeks to understand and embrace diversity, equity, and inclusion in all aspects of life. They approach every interaction with empathy and openness, recognizing the unique experiences and perspectives of others. They strive to create spaces that are safe and welcoming for everyone, and work to dismantle systems of oppression and injustice. Their ultimate goal is to promote social harmony and equity by respecting and celebrating the richness of diversity.

DREAMING CREATOR

The Dreaming Creator is an emotionally intelligent and highly creative archetype who is able to tap into their deepest desires and passions to bring about innovative and meaningful solutions. They possess a strong sense of intuition and empathy, allowing them to connect with others on a deep level and create impactful experiences that resonate with a wide range of people. Their ability to think outside the box and approach problems from unique angles makes them highly valuable in any team or project.



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CHOOSE YOUR ARCHETYPE ALIGNMENT

What Archetype do you most closely align with?

What speaks to you the most about this archetype?

Write down a time where you fully embraced this archetype.
What was going on in your life at the time? Who else was there?

What challenges have you overcome using the characteristics of your archetype?



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BASE STATS

Welcome to "Base Stats", a quality-of-life tool that explores 7 different aspects of your life. By rating yourself in these areas, you can gain insight into areas of your life that may need improvement and take steps to enhance your overall well-being. Take some time to reflect and rate yourself in each area. In the next section you will plot out your points for each area on the chart to give you a visual representation.

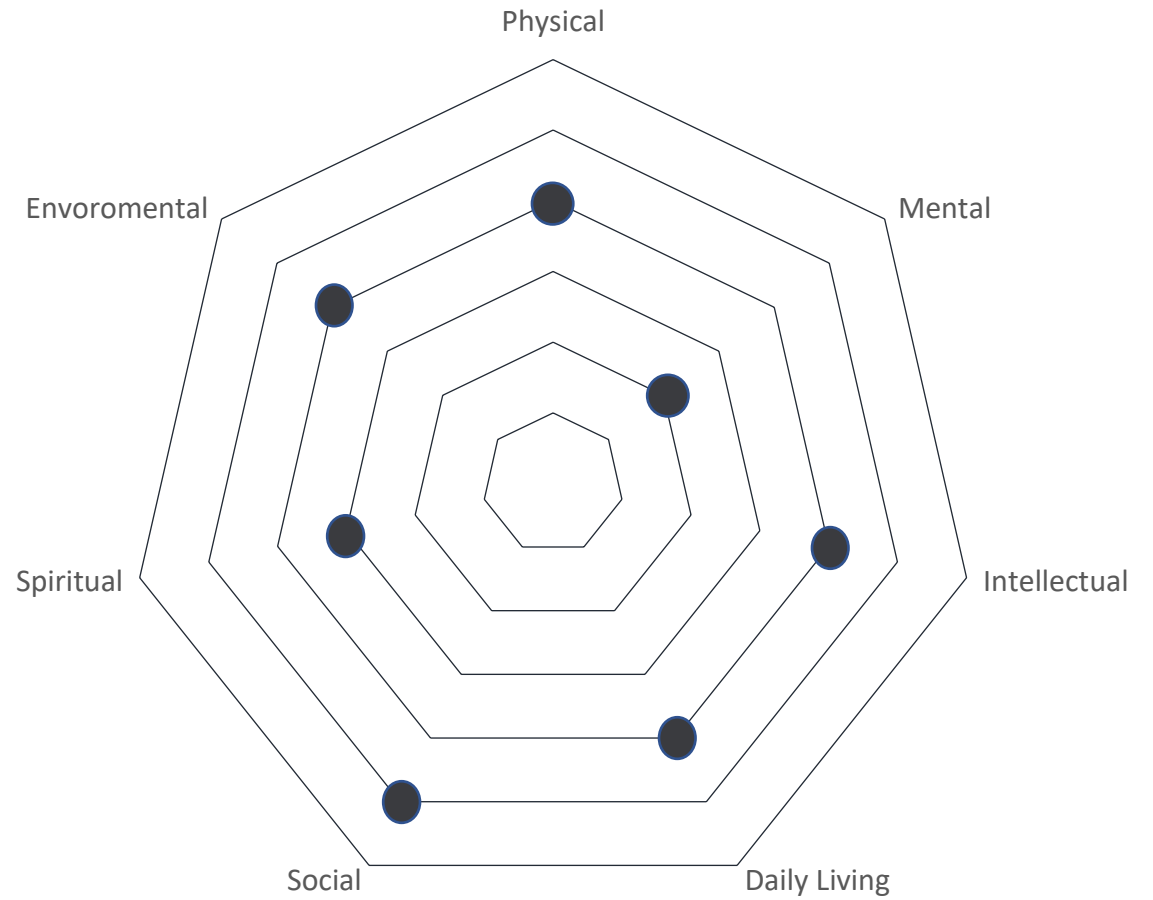
- PHYSICAL WELLNESS 1 – 2 – 3 – 4 – 5 – 6
- MENTAL WELLNESS 1 – 2 – 3 – 4 – 5 – 6
- INTELLECTUAL WELLNESS 1 – 2 – 3 – 4 – 5 – 6
- DAILY LIVING WELLNESS 1 – 2 – 3 – 4 – 5 – 6
- SOCIAL WELLNESS 1 – 2 – 3 – 4 – 5 – 6
- SPIRITUAL WELLNESS 1 – 2 – 3 – 4 – 5 – 6
- ENVIROMENTAL WELLNESS 1 – 2 – 3 – 4 – 5 – 6



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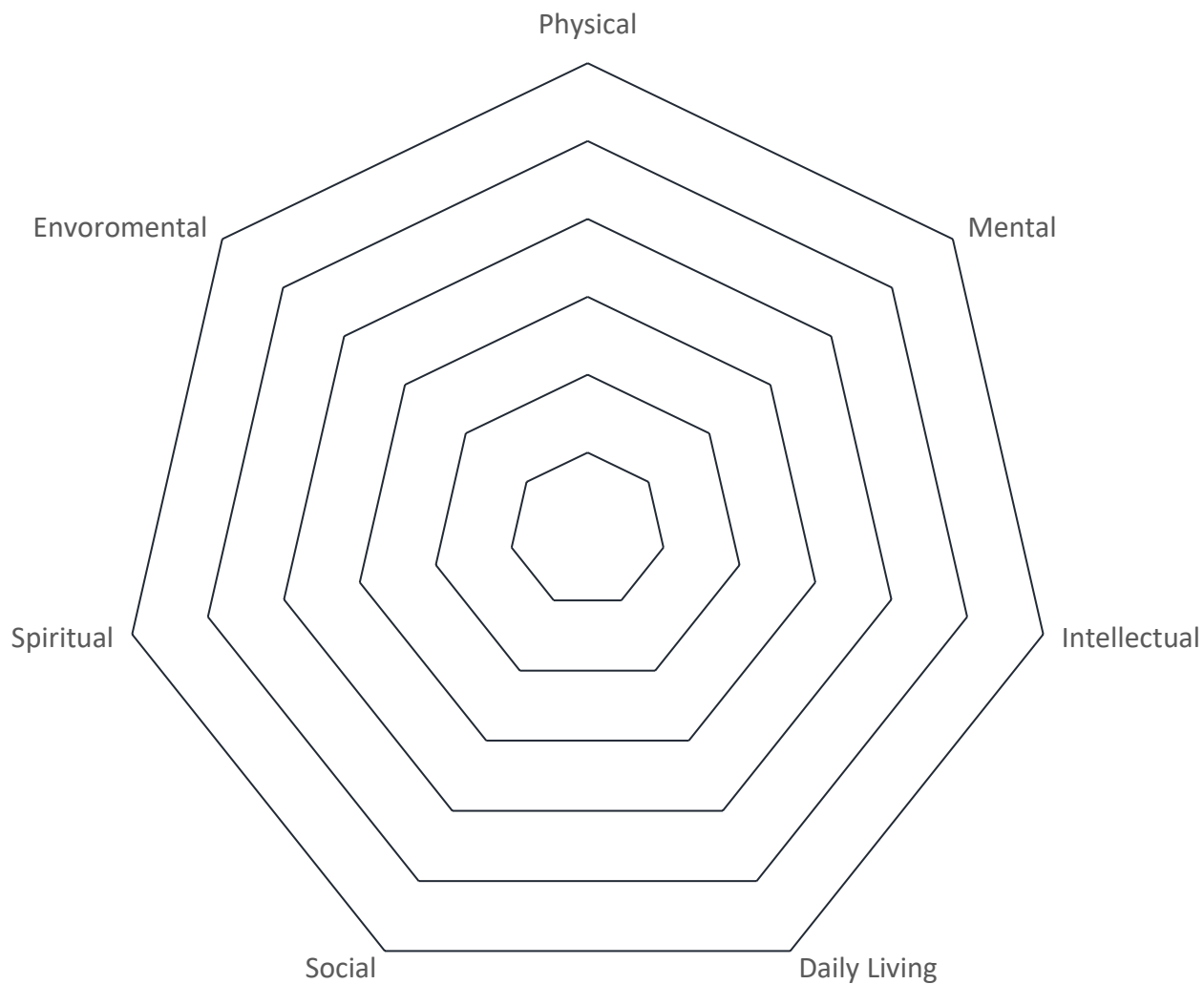
BASE STATS EXAMPLE

PHYSICAL WELLNESS	1 - 2 - <u>3</u> - 4 - 5 - 6
MENTAL WELLNESS	1 - <u>2</u> - 3 - 4 - 5 - 6
INTELLECTUAL WELLNESS	1 - 2 - 3 - <u>4</u> - 5 - 6
DAILY LIVING WELLNESS	1 - 2 - <u>3</u> - 4 - 5 - 6
SOCIAL WELLNESS	1 - 2 - 3 - 4 - <u>5</u> - 6
SPIRITUAL WELLNESS	1 - 2 - <u>3</u> - 4 - 5 - 6
ENVIROMENTAL WELLNESS	1 - 2 - <u>3</u> - 4 - 5 - 6



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BASE STATS



O N W A R D

ITS TIME TO LEVEL UP

Its time to embark on the journey towards a better life. By setting goals that are not only attuned to your needs but also epic in nature. As a Epic Level adventurer exploring fantastical realms, you must train and level up and strive to improve our stats and abilities in order to conquer the challenges that life throws our way. Let us approach this task with enthusiasm and dedication. We will prepare for this quest through the strength of our Inner Potential Avatar, Epic Archetype we can strive for greatness in all areas of our lives.

Just like in an epic quest, it's important to have clear and achievable objectives to guide you along the way. By setting SMART goals, you can develop your strengths and utilize the support of party members of similar and different epic archetypes to make progress towards your desired outcomes. Together, you can harness your unique skills and talents to overcome challenges and obstacles and achieve greatness on your journey to wellness.

The purpose of this guide is to focus on creating goals within 7 Days,

So let's get started and level up!



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ITS TIME TO LEVEL UP

1. Identify your goal: Start by defining your objective and be specific. Use language that reflects the epic nature of your quest.
2. Assess your current strengths: Utilize your Inner Potential Avatar and Epic Archetype to assess which traits and skills can aid you in achieving your goal.
3. Make it SMART: Use the SMART criteria to ensure that your goals are Specific, Measurable, Achievable, Relevant, and Time-bound.
4. Enlist party members: Seek support from party members of similar and different epic archetypes. Collaborate with them to create a shared vision and define how you can assist each other in achieving your respective goals.
5. Reward yourself or your team for achieving your goals. Consider what types of rewards would be most meaningful and motivating for you or your team, such as taking a day off, treating yourself to something you enjoy, or planning a celebration with your team. Remember to make the reward proportionate to the level of effort put in and to celebrate each step towards achieving your goals.
6. Monitor and adjust: Monitor your progress regularly and adjust your plan if necessary. Celebrate small wins along the way and seek feedback from your party members to ensure that you stay aligned with your epic goals.



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ITS TIME TO LEVEL UP

- PHYSICAL WELLNESS.
MY GOAL:
WHEN WILL IT BE COMPLETED BY:
WHO CAN I ENLIST INTO MY PARTY TO HELP ME?:
HOW MANY POINTS WILL I ADD TO MY BASE STATS?
- MENTAL WELLNESS
MY GOAL:
WHEN WILL IT BE COMPLETED BY:
WHO CAN I ENLIST INTO MY PARTY TO HELP ME?:
HOW MANY POINTS WILL I ADD TO MY BASE STATS?
- INTELLECTUAL WELLNESS
MY GOAL:
WHEN WILL IT BE COMPLETED BY:
WHO CAN I ENLIST INTO MY PARTY TO HELP ME?:
HOW MANY POINTS WILL I ADD TO MY BASE STATS?
- DAILY LIVING WELLNESS
MY GOAL:
WHEN WILL IT BE COMPLETED BY:
WHO CAN I ENLIST INTO MY PARTY TO HELP ME?:
HOW MANY POINTS WILL I ADD TO MY BASE STATS?



O N W Y R D

ITS TIME TO LEVEL UP

- SOCIAL WELLNESS
MY GOAL:
WHEN WILL IT BE COMPLETED BY:
WHO CAN I ENLIST INTO MY PARTY TO HELP ME?:
HOW MANY POINTS WILL I ADD TO MY BASE STATS?
- SPIRITUAL WELLNESS
MY GOAL:
WHEN WILL IT BE COMPLETED BY:
WHO CAN I ENLIST INTO MY PARTY TO HELP ME?:
HOW MANY POINTS WILL I ADD TO MY BASE STATS?
- ENVIROMENTAL WELLNESS
MY GOAL:
WHEN WILL IT BE COMPLETED BY:
WHO CAN I ENLIST INTO MY PARTY TO HELP ME?:
HOW MANY POINTS WILL I ADD TO MY BASE STATS?
- WHAT ARE YOUR PERSONAL OR TEAM REWARDS FOR ACCOMPLISHING EACH GOAL?:



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ITS TIME TO LEVEL UP

After a week of venturing towards our goals and building our stats, we embark upon a quest to integrate our newfound strengths and progress Celebrating small wins and acknowledging areas for growth can provide motivation to keep going. It is also important to reassess and adjust goals as needed, taking into account any obstacles or unexpected challenges that may have arisen. Remember to continue accessing your strengths, seeking support from your party members, and staying committed to your vision. The journey to wellness is ongoing, but with perseverance and a willingness to learn and grow, you can achieve ONWYRD of success..

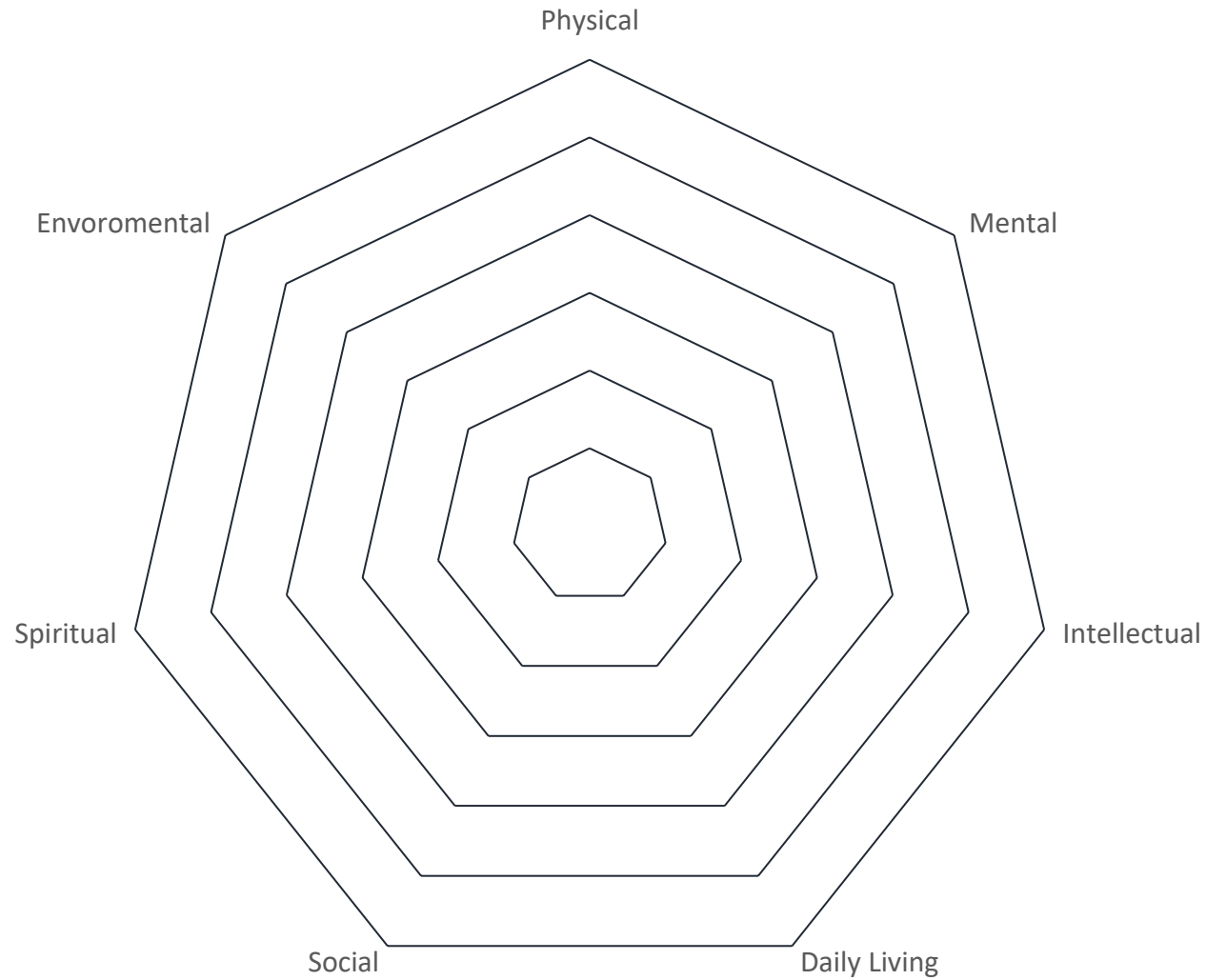
NEW BASE STATS

- PHYSICAL WELLNESS 1 – 2 – 3 – 4 – 5
- MENTAL WELLNESS 1 – 2 – 3 – 4 – 5
- INTELLECTUAL WELLNESS 1 – 2 – 3 – 4 – 5
- DAILY LIVING WELLNESS 1 – 2 – 3 – 4 – 5
- SOCIAL WELLNESS 1 – 2 – 3 – 4 – 5
- SPIRITUAL WELLNESS 1 – 2 – 3 – 4 – 5
- ENVIROMENTAL WELLNESS 1 – 2 – 3 – 4 – 5



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NEW BASE STATS



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CONGRATS!

MOVING ONWYRD

And so, as you stand at the threshold of your ONWYRD journey, remember that within you lies the power to overcome any challenge and unlock the true potential of your being. The fusion of ancient wisdom and modern technology, the synergy of imagination and self-direction, and the bonds formed through collaboration are your allies on this remarkable quest. Your Inner Potential Avatar awaits, your Epic Archetype aligns, and the adventure of transformation and growth unfolds before you.

As you leave these pages and step into the world, know that ONWYRD is not just a guide; it's a transformative gateway to a life of wellness and self-discovery. It's an invitation to view your journey through the lens of geek culture, an epic quest with rewards beyond imagination. May your path be filled with resilience, empowerment, and the fulfillment of your dreams. Embrace your ONWYRD adventure with courage, for your destiny is truly EPIC!

And remember, this is just the beginning. ONWYRD encourages you to revisit this guide multiple times, discovering new layers of potential and insight with each journey. Stay tuned for the future 21-day version, where even greater adventures and transformations await. Your ONWYRD adventure is a never-ending saga of growth and self-discovery. Embrace it, and may your future be filled with limitless possibilities.



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