

=== ACTIONS ===

Standard Actions

Attack, Magic, Dash, Disengage, Dodge, Help, Hide, Ready, Search, Utilize, Opportunity Attack, Grapple, Shove, Improvise, Two-Weapon Fighting, Interact with an Object, Study, Influence

=== BONUS ACTIONS ===

Flurry of Blows

You can expend 1 Focus Point to make two Unarmed Strikes as a Bonus Action.

Patient Defense

You can take the Disengage action as a Bonus action.

Focused Patient Defense. You can expend 1 Focus Point to take both the Disengage and Dodge actions as a Bonus Action.

Step of the Wind

You can take the Dash action as a Bonus Action.

Focused Step of the Wind. You can expend 1 Focus Point to take both the Disengage and Dash actions as a Bonus Action, and your jump distance is doubled for the turn.

Unarmed Strike

You can make an Unarmed Strike as a Bonus Action, while unarmed or wielding only Monk weapons, provided you aren't wearing armor or

CTIONS

17	PASSIVE PERCEPTION
17	PASSIVE INSIGHT
14	PASSIVE INVESTIGATION
	SENSES

P _+7 Survival WIS

SKILLS

0

CHARISMA

NAME	HIT	DAMAGE/TYPE	NOTES				
Unarmed Strike	+5	1d8+2 Bludgeoning					
Unarmed Strike	+5	1d8+2 Bludgeoning					
Flurry of Blows	+5	1d8+2 Bludgeoning					
WEAPON ATTACKS & CANTRIPS							



Monk 5 Phinix180
CLASS & LEVEL PLAYER NAME

 Human
 Acolyte
 (Milestone)

 SPECIES
 BACKGROUND
 EXPERIENCE POINTS

=== MONK FEATURES ===

* Core Monk Traits • PHB-2024 101

* Martial Arts • PHB-2024 101 You gain the following benefits when unarmed or wielding only Monk weapons, provided you aren't wearing armor or wielding a Shield.

- You can make an Unarmed Strike as a Bonus Action.
- You can roll 1d8 in place of the normal damage from your Unarmed Strikes or Monk weapons.
- You can use Dex. instead of Str. for the attack and damage rolls of your Unarmed Strikes and Monk Weapons. In addition, when you use the Grapple or Shove option of your Unarmed Strike, you can use Dex. instead of Str. to determine the save DC.

| Unarmed Strike: 1 Bonus Action

- * Unarmored Defense PHB-2024 101 While you aren't wearing armor or wielding a Shield, your base AC equals 16.
- * Monk's Focus PHB-2024 101
 Your focus and martial training allows you to harness a
 well of energy within yourself called Focus Points. You
 have 5 Focus Points and regain all expended points
 after you finish a Short or Long Rest.

You can expend these points to enhance or fuel certain Monk features. You start knowing three such features:

Flurry of Blows. You can expend 1 Focus Point to make two Unarmed Strikes as a Bonus Action. Patient Defense. You can take the Disengage action as a Bonus Action or expend 1 Focus Point to take both the Disengage and Dodge actions as a Bonus Action.

Step of the Wind. You can take the Dash action as a Bonus Action or expend 1 Focus Point to take both the Disengage and Dash actions as a Bonus Action, and your jump distance is doubled for the turn.

Features that use Focus Points may require your target to make a saving throw. The save DC equals 8 + Wis. modifier + Prof. Bonus.

| Focus Points: 5 / Short Rest • Special

| Flurry of Blows: 1 Bonus Action

| Patient Defense: 1 Bonus Action

| Step of the Wind: 1 Bonus Action

- * Unarmored Movement PHB-2024 102 Your speed increases by 10 ft. while you aren't wearing armor or wielding a Shield.
- * Uncanny Metabolism PHB-2024 102
 Once per Long Rest, when you roll Initiative you can regain all expended Focus Points, and regain 1d8+5
 HP
- | 1 / Long Rest Special
- * Deflect Attacks PHB-2024 102 When an attack roll that includes Bludgeoning, Piercing, or Slashing damage hits you, you can take a Reaction to reduce the attack's total damage by 1d10+7.

If you reduce the damage to 0, you can expend 1 Focus Point to redirect some of the attack's force. If you do, choose a creature you can see within 5 ft. of you if it was melee, or a creature you can see within 60 ft. that isn't behind Total Cover if the attack was ranged. The creature must succeed on a DC 15 Dex. saving throw or take 2d8+2 damage of the same type

dealt by the attack.

| Deflect Attack: 1 Reaction

| Deflect Attack: Redirect Attack: 1 Reaction

* Monk Subclass • PHB-2024 103

| Warrior of Mercy

* Hand of Harm • PHB-2024 104
Once per turn when you hit a creature with an
Unarmed Strike and deal damage, you can expend 1
Focus Point to deal an extra 1d8+4 Necrotic damage.

| 1 Action

* Hand of Healing • PHB-2024 104
As a Magic Action, you can expend 1 Focus Point to touch a creature and restore 1dB+4. When using Flurry of Blows, you can substitute one of the Unarmed Strikes with a use of this feature without expending a Focus Point for the healing.

| 1 Action

- * Implements of Mercy PHB-2024 104 You gain proficiency in the Insight and Medicine skills and proficiency with the Herbalism Kit.
- * Ability Score Improvement PHB-2024 103
- * Slow Fall PHB-2024 103 You can take a Reaction when you fall to reduce any falling damage by 25.
 - | 1 Reaction
- * Extra Attack PHB-2024 103
 You can attack twice instead of once when you take the Attack action.

FEATURES & TRAITS

		NAME	QTY	WEIGHT	NAME	QTY	WEIGHT
	0	Dagger	1	1 lb.	Oil	2	2 lb.
		Dagger	1	1 lb.	Rations	10	20 lb.
SP	0	Dagger	1	1 lb.	Rope	1	5 lb.
		Dagger	1	1 lb.	Bedroll	1	7 lb.
	0	Dagger	1	1 lb.	Tinderbox	1	1 lb.
		Spear	1	3 lb.	Torch	10	10 lb.
		Parchment	10		Waterskin	1	5 lb.
		Backpack	1	5 lb.			
	0	Calligrapher's Supplies	1	5 lb.			
	WEIGHT CARRIED	Robe	1	4 lb.			
	87.5 lb.	Cartographer's Tools	1	6 lb.			
	ENCUMBERED	Book	1	5 lb.	ATTUNED MAGIC ITEMS	QTY	WEIGHT
	180 lb.	Drum	1	3 lb.			
	PUSH/DRAG/LIFT	Holy Symbol	1				
	360 lb.	Potion of Healing (Greater)	3	1.5 lb.			
EQUIPMENT							



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* Stunning Strike • PHB-2024 103

Once per turn, when you hit with a Monk weapon or Unarmed Strike, you can expend 1 Focus Point to attempt a stunning strike. The target must make a DC 15 Con. saving throw. On a failed save, the target has the Stunned condition until the start of your next turn. On a successful save, the target's Speed is halved until the start of your next turn, and the next attack roll made against it has Advantage.

| 1 Action

=== HUMAN SPECIES TRAITS ===

- * Size PHB-2024 194
 Your Size is Medium or Small, chosen when you select this species.
- * Speed PHB-2024 194 Your Speed is 30 ft.
- * Resourceful PHB-2024 194 You gain Heroic Inspiration whenever you finish a Long Rest.
- * Skillful PHB-2024 193 You gain proficiency in one skill of your choice.
- * Versatile PHB-2024 194 You gain an Origin feat of your choice.
- * Languages PHB-2024 37
 Your character knows at least three languages:
 Common plus two languages you roll or choose from
 the Standard Languages table. Knowledge of a
 language means your character can communicate in it,
 read it, and write it.

NAME

=== FEATS ===

- * Ability Score Improvement PHB-2024 202 Increase one ability score by 2 or two ability scores by 1
- * Skilled PHB-2024 201 You gain proficiency in any combination of three skills or tools of your choice.

Repeatable. You can take this feat more than once.

- * Acolyte Ability Score Improvements PHB-2024 178
- | Increase two scores (+2 / +1) •
- * Magic Initiate (Cleric) PHB-2024 201 Two Cantrips. You learn two cantrips of your choice from the Cleric spell list. Int., Wis., or Cha. is your spellcasting ability for this feat's spells.

Level 1 Spell. Choose a level 1 spell from the Cleric spell list. You always have that spell prepared. You can cast it once without a spell slot, and you regain the ability to cast it in that way when you finish a Long Rest. You can also cast the spell using any spell slots you have.

Spell Change. Whenever you gain a new level, you can replace one of the spells you chose for this feat with a different spell of the same level from the chosen spell list

Repeatable. You can take this feat more than once, but you must choose a different spell list each time.

QTY

Wisdom •

ADDITIONAL FEATURES & TRAITS

WEIGHT

NAME

QTY

WEIGHT

ADDITIONAL EQUIPMENT	



Male	34		7	188	
GENDER	AGE	SIZE	HEIGHT	WEIGHT	
Neutral		Brown	Brown	Black	
ALIGNMENT	FAITH	SKIN	EYES	HAIR	

CHARACTER APPEARANCE

=== Allies ===

Sister Amari, ehemalige Mentorin Captain Duren Kael, Söldnerführer

Lira, Heilerin, emotionale Verbindung

ALLIES & ORGANIZATIONS

=== Organizations ===

Brüder des Atems

Ruhig, bedacht, spricht mit Gewicht

PERSONALITY TRAITS

Gnade und Ausgleich

IDEALS

Treue zum Kloster, Suche nach Heilung der alten Seuche.

BONDS

Verwechselt oft Gnade mit Grausamkeit – Leid scheint ihm der einzige Weg zur Läuterung.

FLAWS

Frühe Jahre

Moss Cunningham war schon als Kind anders. Geboren in einem kleinen Dorf am Rand der Steppe, überragte er schon mit fünfzehn fast alle Männer seines Stammes. Seine Mutter, eine Heilerin, glaubte, dass seine Größe ein Geschenk der Götter sei – ein Gefäß für Stärke, aber auch Verantwortung.

Sein Vater sah nur Gefahr: "Große Schatten werfen großes Unheil", sagte er einst.

Als eine Krankheit über das Dorf kam und Moss' Mutter unter den Opfern war, suchte der junge Mann Zuflucht in einem abgelegenen Kloster der "Brüder des Atems" – einem Orden, der Heilung und Gewalt als zwei Gesichter derselben Wahrheit sah

Der Weg der Gnade

In den Mauern des Klosters lernte Moss, seine Kraft zu zügeln.

Die Mönche des Ordens lehrten, dass wahre Gnade nicht Sanftmut, sondern Balance sei – die Fähigkeit, mit derselben Hand zu heilen und zu strafen.

Dort entdeckte Moss seine Gabe: Mit bloßer Berührung konnte er Schmerzen lindern ... oder verursachen.

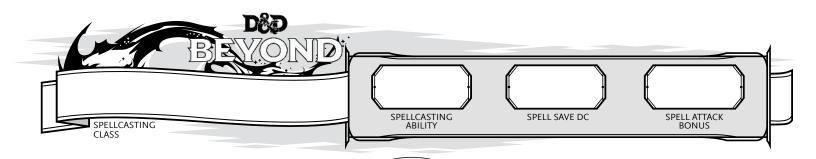
Seine Lehrer nannten ihn einen "Krieger der Gnade", doch er selbst nannte es Buße. Jede Wunde, die er heilte, erinnerte ihn an seine Mutter – und jedes Leben, das er nahm, an die dunkle Seite der Gnade.

Die Pilgerreise

Mit 28 verließ Moss das Kloster, um die Welt zu verstehen – oder um sich selbst zu bestrafen, das weiß er nicht mehr genau.

CHARACTER BACKSTORY

ADDITIONAL NOTES



PRE	P SPELL NAME === CANTRIPS ===	SOURCE (At Will)	SAVE/ATK T	IME	RANGE	COMP	DURATION	PAGE REF	NOTES
0	Sacred Flame	Magic Initiate (Cleric)	DEX 15	1A	60 ft.	V,S	Instantaneous	PHB-2024 313	V/S
0	Toll the Dead	Magic Initiate (Cleric)	WIS 15	1A	60 ft.	V,S	Instantaneous	PHB-2024 334	V/S
0	=== 1st LEVEL === Bane	Magic Initiate (Cleric)	CHA 15	1A	30 ft.	V,S,M	Concentration, up to 1 minute	PHB-2024 245	1/LR, D: 1m, V/S/M