



Episode 010: Track & Release Negative Patterns

Pick 1 Pattern

1. Name Your Pattern: _____
2. Anticipate Your Pattern Over the Next Week: _____

3. Promise Yourself This Pattern Will NOT Take You Down:
I _____ promise myself that this pattern will NOT take me down ever again because I choose to be aware when it comes up and go through the necessary steps to dismantle it.

Once Pattern Appears

1. Breathe Deep: this will change the actual physiological response to the pattern of shallow breathing or holding the breath
2. Watch the Ego: take a step back, notice the pattern is not a part of you, and watch it try and take you over with thoughts, beliefs, judgments, feelings, emotions, behaviors, actions, non-actions...
3. Make a Different Choice: choose spirit now and choose to break the pattern by acting or behaving in a way not determined by the pattern itself. This enables you to open up to and trust in your inner guidance and spirit leading you to live life on your terms, not the ego's terms.

Live Awake - Love Your Life