

THE REWRITE METHOD



Rewrite the patterns
shaping your life.

BEFORE
YOU BEGIN

SEE THE PATTERN WRITE THE STORY



Before You Begin

Most “why” exercises focus on motivation.
What you want.
What you should do.
What you’re trying to change.

But that’s not where real change happens.

Because your patterns aren’t random.
They’re responses.

So instead of asking: “Why do I want this?”

We’re going to look at something deeper: “What’s underneath
what I’ve been doing?”



Reflection

Take a few minutes and answer honestly.
Not perfectly. Just honestly.

YOUR WHY

What feels heavy for me right now?

Not the behavior, the underlying weight.

What have I been carrying, avoiding, or pushing past?

In the moments I struggle... what am I actually needing?

(Look underneath the action)

What am I trying to get, feel, or avoid in those moments?

What feels hardest for me to sit with?

(This is often what drives the pattern) What emotions, thoughts, or situations feel uncomfortable enough that I want to escape them?

Reflection

Take a few minutes and answer honestly.
Not perfectly. Just honestly.

YOUR WHY

If nothing changes... what does this continue to cost me?

(Be honest—but not dramatic)

What is this taking from me over time?

If this *did* change... what would actually be different?

(Not perfection—real life)

What would shift in how I feel, think, or show up?

You are not trying to fix anything here.

You are not trying to be positive.

You are not trying to get it "right."

You are learning how to see what's already there.

Because when you can see it clearly... you can begin to respond differently.

You don't need more motivation.

You need more awareness.

FURTHER SUPPORT

A FINAL THOUGHT

Taking the time to observe your patterns is a powerful step.

Most people move through their habits on autopilot. The fact that you slowed down and looked more closely already creates space for something different.

Real change doesn't come from forcing yourself to be perfect. It begins with moments of awareness like the ones you practiced here.

Keep noticing.
Keep getting curious.
That's where the rewrite begins.

CONTINUE THE JOURNEY

You can also find ongoing insights and reflections by connecting with me here:

joguidesyou.com

<https://www.instagram.com/joguidesyou/>

<https://www.facebook.com/avordari/>

LOOKING FOR MORE PERSONALIZED SUPPORT?

If you'd like deeper guidance as you continue this work, you're welcome to schedule a free discovery conversation with me.

It's simply a chance to explore what you're experiencing and see if working together might be supportive.

<https://calendly.com/avordari/convo-with-jo>



IMPORTANT INFORMATION & DISCLAIMER



DISCLAIMER

By accessing and participating in The Rewrite Method and any materials, content, or guidance provided by Denna J Miller of Avordari Wellness Coaching, you acknowledge and agree to the following:

Denna J Miller is not acting in the capacity of a licensed medical doctor, registered dietitian, psychologist, or other licensed healthcare professional. This program is not intended to diagnose, treat, cure, or prevent any physical or mental health condition.

The Rewrite Method is a self-leadership and behavior change program designed to support individuals in understanding their patterns, building awareness, and developing more supportive responses. It is educational in nature and is not a substitute for professional medical, psychological, or nutritional advice, diagnosis, or treatment.

You are encouraged to seek guidance from a qualified healthcare provider for any medical or mental health concerns.

By participating in this program, you acknowledge that you are fully responsible for your own health, well-being, decisions, and actions. You understand that results may vary and that change is dependent on your own participation and application of the material.

This work is designed to support you, not replace professional care, and to help you build a more aware, intentional relationship with yourself over time.

RELEASE OF LIABILITY

By engaging in this program, you agree to release and hold harmless Denna J Miller, Avordari Wellness Coaching, and any associated entities from any and all liability, claims, demands, or causes of action arising out of or related to your participation in The Rewrite Method.

You understand that you voluntarily assume all risks associated with implementing any recommendations or practices shared within this program.

COPYRIGHT NOTICE

All content within The Rewrite Method, including but not limited to written materials, videos, audio recordings, worksheets, and resources, is the intellectual property of Denna J Miller and Avordari Wellness Coaching.

No part of this program may be reproduced, distributed, or transmitted in any form or by any means without prior written permission, except for brief quotations permitted by applicable copyright law.