

BREAKING THE CHAINS COACHING

5 PATTERNS THAT KEEP YOU STUCK

Recognize the hidden patterns
that quietly keep you trapped—
and discover the first steps
toward lasting freedom.

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AUTHOR • SPEAKER • COACH



WELCOME

Thank you for downloading **5 Patterns That Keep You Stuck**.

If you're reading this, chances are you've reached a point where you're tired of repeating the same cycles.

Maybe you've tried to change before.

Maybe you've promised yourself this time would be different.

Maybe you've wondered...

"Why do I keep ending up here?"

You're not alone.

One of the most important discoveries I've made—both in my own life and through years of working with others—is that people rarely stay stuck because they lack intelligence, motivation, or desire.

More often...

They stay stuck because they can't see the patterns quietly shaping their decisions, emotions, relationships, and habits.

That's why I created this guide.

My hope is that these pages help you recognize those patterns, begin thinking differently, and take the first practical steps toward lasting freedom.

You don't have to fix everything today.

You only have to take the next step.

I'm honored to walk with you.

— Reid Myers



“ The first step toward freedom is recognizing what's been holding you back. ”

BEFORE WE BEGIN

This workbook isn't about perfection.

It isn't about trying harder.

It isn't about becoming someone else.

It's about becoming aware.

Because awareness changes everything.

When you begin recognizing the patterns that quietly shape your life, you gain something powerful:

Choice.

For perhaps the first time, you'll begin seeing why certain situations repeat...

why certain emotions keep returning...

why certain relationships never seem to change...

and why lasting freedom always begins with honest self-awareness.

This workbook isn't designed to overwhelm you.
It's designed to slow you down.



Read it slowly.



Think honestly.



Write freely.

Most importantly...

Be curious.

Real change begins there.

— “ —
*Awareness
is the beginning.
Choice is the
turning point.
Freedom is the
result.*

— ” —



KEEP A PEN NEARBY.

The questions throughout this workbook are just as important as the reading.



HOW TO GET THE MOST FROM THIS WORKBOOK

This workbook is designed to help you gain clarity, break patterns, and take meaningful steps toward lasting freedom.

Use these simple guidelines to make the most of your experience.



1. READ SLOWLY

This isn't a race.



2. REFLECT HONESTLY

Don't answer what sounds good.
Answer what's true.



3. WRITE YOUR THOUGHTS

Your greatest insights will probably
come from your own reflections.



4. TAKE ONE ACTION

Knowledge without action
rarely creates change.



5. REVISIT OFTEN

Growth happens through repetition.



REMEMBER

*Progress is measured
one step at a time—
not all at once.*



WHY WE STAY STUCK

Before we can break free,
we have to understand
what's keeping us bound.

In the pages ahead, we'll explore:



THE HIDDEN PATTERNS

The unseen habits and beliefs
that shape our choices.



THE COST OF STAYING STUCK

How these patterns affect our
minds, relationships, and future.



THE POSSIBILITY OF CHANGE

Why awareness is the first step
toward lasting freedom.

“

*You can't change
what you don't
understand.*

”

WHY WE STAY STUCK

Why We Stay Stuck

If change were simply a matter of willpower, most of us would have changed long ago.

We know what we should do.

We read books. We listen to podcasts. We attend seminars.

We pray. We make promises to ourselves.

“This time will be different.”

Yet weeks—or sometimes only days—later, we find ourselves back in the same place.

Why?

Because most of us aren’t trapped by a lack of desire.

We’re trapped by patterns.

Patterns are repeated ways of thinking, feeling, and responding to life. Over time, they become so familiar that we stop noticing them. We simply accept them as “the way I am.”

But that’s rarely the truth.

Many of our patterns were learned over years—sometimes through painful experiences, unhealthy relationships, fear, disappointment, or simply by repeating the same behaviors until they became automatic.

Without realizing it, those patterns begin to shape:

- The way we think
- The stories we tell ourselves
- The choices we make
- The relationships we build
- The future we create

The encouraging news is this:

Patterns are learned... and what has been learned can also be changed.

But change never begins with trying harder.

It begins with seeing more clearly.

That’s why this workbook isn’t about giving you more information.

It’s about helping you recognize what has been there all along.

Because when you can finally see the pattern...

You’re no longer controlled by it.



Reflection

Where in your life do you feel like you’re repeating the same cycle?

Maybe it’s a habit, a relationship, a recurring fear, procrastination, people-pleasing, anger, or something else. Write whatever comes to mind.



Remember

Awareness is the doorway to change.

You can’t change what you don’t recognize—
but once you see the pattern, you can begin choosing a different path.

”

LIVING ON AUTOPILOT

Effort and courage are not enough without purpose and direction.



Autopilot

Autopilot is when you go through the motions of life without really being present. You react instead of respond. You make choices based on habit, not intention.

You're not lazy or broken. Your brain is simply trying to save energy. It uses past experiences to get you from one moment to the next. The problem is, the past isn't always the best guide for your future.

When you're on autopilot, you miss opportunities, repeat mistakes, and drift further from the life you actually want.



A Personal Insight

For years, I lived on autopilot—and I didn't even know it. Wake up. Rush to work. Come home. Eat. Watch TV. Go to bed. Repeat. I wasn't present with my family. I wasn't grateful for what I had. I was just surviving.

It wasn't until I hit bottom in my drinking that I realized I had been living the same day over and over again—expecting different results.

Awareness changed everything. When I started paying attention, I started making different choices. And my life finally started to change.



How It Shows Up

You might be living on autopilot if:

- You do the same things, in the same way, every day.
- You react emotionally before thinking.
- You brush off important conversations.
- You know what you “should” do, but don't do it.
- You feel like life is happening to you, instead of because of you.
- You look back and wonder, “How did I end up here again?”



Reflection Questions

1. What areas of your life feel routine, rushed, or mindless?
2. When do you catch yourself reacting instead of responding?
3. What decisions or habits are you repeating without questioning them?
4. If you stayed on autopilot, where might you be five years from now?



*Unhappiness doesn't arrive all at once.
It's built in the moments you ignore yourself.
The times you say 'I'm fine' when you're not."*

“ The moment you become aware, you regain the power to choose. ”

PATTERN #1

AVOIDANCE

*The Hidden Habit of Running
from What Matters Most*



The Pattern

Avoidance rarely looks dramatic. More often, it disguises itself as being busy, waiting for the “right time,” or telling yourself you’ll deal with it tomorrow.

It isn’t laziness. It isn’t weakness. It’s a learned way of protecting yourself from discomfort.

Every one of us avoids something. A difficult conversation. An uncomfortable emotion. A decision we’ve been putting off. A dream that feels too risky. A wound we don’t want to reopen.

At first, avoidance feels helpful. It gives temporary relief. But what begins as protection slowly becomes a prison.

The conversation doesn’t disappear. The fear doesn’t disappear. The problem doesn’t disappear. It simply waits.

And while you’re waiting... life quietly keeps moving forward without you.

Signs You May Be Living in Avoidance

- ✓ You procrastinate important decisions.
- ✓ You stay busy so you don’t have to think.
- ✓ You distract yourself when uncomfortable emotions arise.
- ✓ You know what needs to change... but never begin.
- ✓ You often say, “I’ll deal with that later.”

“Avoidance feels safe because it protects us from discomfort—but it also protects us from growth.”

— Reid Myers

HOW AVOIDANCE SHOWS UP



Avoiding Conversations

Some conversations have the power to heal relationships. Others have the power to prevent years of resentment.

Yet we often convince ourselves that silence is easier.
It rarely is.



Avoiding Feelings

Rather than sitting with sadness, we distract ourselves.
Rather than facing anxiety, we stay busy.
Rather than grieving, we numb ourselves.
The feelings never disappear.
They simply wait for another opportunity to surface.



Avoiding Decisions

Every decision you postpone...
becomes a decision made by default.
Not choosing... is still choosing.



Avoiding Change

We often stay with what's familiar—even when it's making us miserable—because uncertainty feels more frightening than unhappiness.

The Avoidance Cycle



Discomfort



Avoid



Temporary Relief



Problem Grows



More Stress



Avoid Again

Breaking the cycle always begins with awareness—not perfection.



Coaching Insight

Your brain isn't trying to sabotage you.
It's trying to protect you.

The problem is... it often protects today's comfort
at the expense of tomorrow's freedom.

REFLECTION

Where Is Avoidance Showing Up in Your Life?

The thing I've been avoiding most is...

The reason I've been avoiding it is...

If I continue avoiding this...

One year from now my life will probably look like...

What emotion am I trying not to feel? (Check all that apply)

- | | | |
|--------------------------------|------------------------------------|--|
| ☐ Fear | ☐ Grief | ☐ Uncertainty |
| ☐ Anger | ☐ Rejection | ☐ Something Else: |
| ☐ Shame | ☐ Failure | _____ |

One Honest Step

What's one small action I could take this week?



Bottom Reminder

*Awareness always
comes before transformation.*

“

Avoidance does not
make problems
disappear.
It only delays
the moment
you have to face
them.

A Deeper Look

What conversation
am I avoiding?

What truth am I avoiding?

What change am I avoiding?

What would courage
look like right now?

BREAKING THE PATTERN

Five Ways to Break the Habit of Avoidance



1



Notice it.

You can't change what you don't recognize.

2



Name it.

Instead of saying, "I'm busy." Ask, "What am I avoiding?"

3



Take the smallest possible step.

Don't solve everything. Just move. Momentum creates motivation.

4



Expect discomfort.

Growth almost always feels uncomfortable at first. That's normal.

5



Repeat tomorrow.

Freedom isn't one courageous decision. It's hundreds of small courageous decisions.



THIS WEEK'S CHALLENGE

This week I will stop avoiding...

My first step will be...

I'll know I'm making progress when...

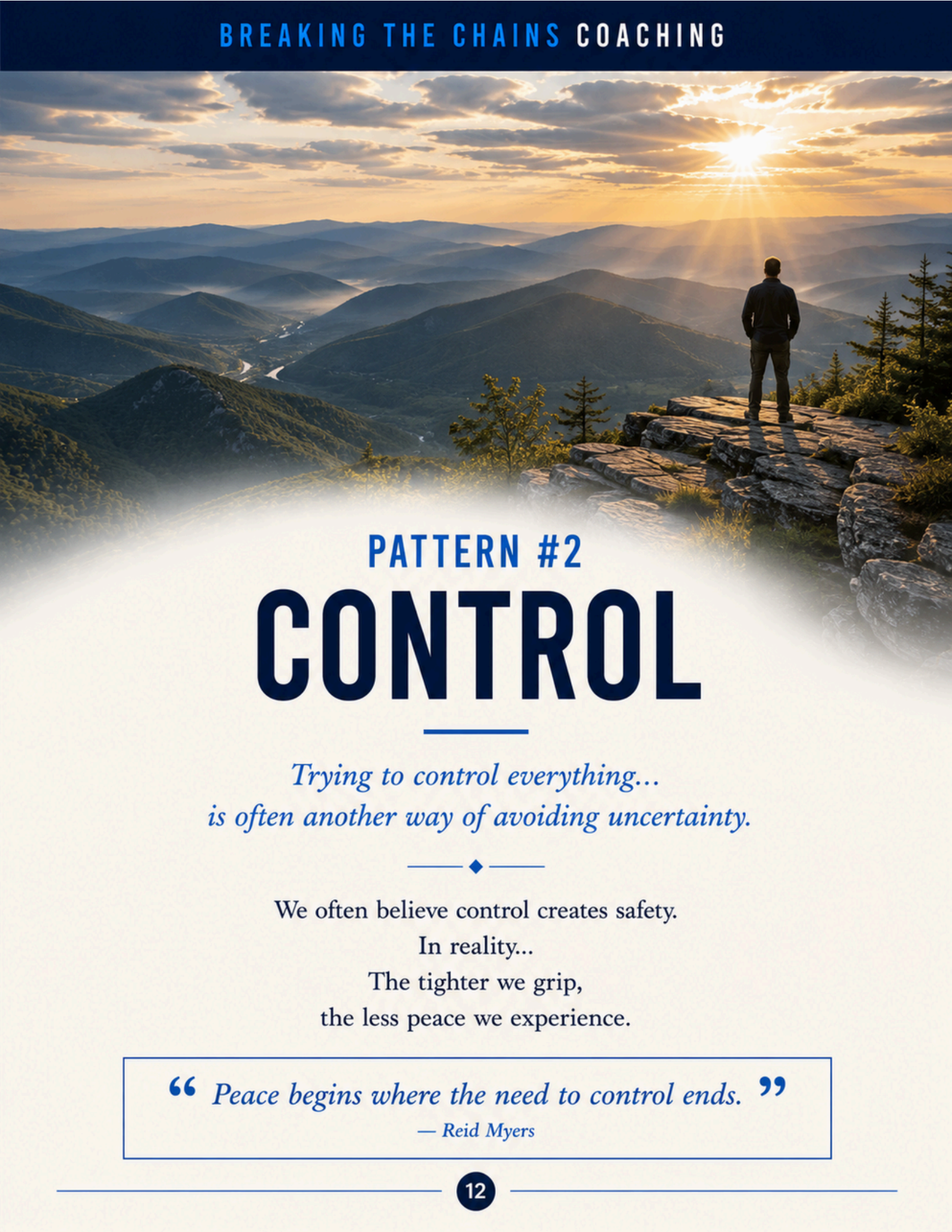
Small steps today create big freedom tomorrow.



Breaking The Chains Coaching Insight

Most people wait until they feel ready.
The truth is... action creates readiness.
Courage isn't the absence of fear.
It's choosing to move forward despite it.

“ *Avoidance doesn't protect you from pain. It only postpones the life you're meant to live.* **”**



PATTERN #2

CONTROL

*Trying to control everything...
is often another way of avoiding uncertainty.*

◆

We often believe control creates safety.

In reality...

The tighter we grip,
the less peace we experience.

“ *Peace begins where the need to control ends.* ”

— Reid Myers

THE ILLUSION OF CONTROL

Many of us believe life would finally settle down if everyone else would simply do what they're supposed to do.

So we manage.

We fix.

We rescue.

We overthink.

We plan.

We worry.

We replay conversations.

We try to control outcomes that were never ours to control.

The problem isn't responsibility.

The problem is believing our peace depends on controlling people, circumstances, or the future.

Control promises certainty.

But life was never meant to be controlled—it was meant to be lived.

CONTROL OFTEN LOOKS LIKE...



Overthinking every decision



Trying to fix everyone



Difficulty trusting others



Constant worry about outcomes



Perfectionism and high expectations



Feeling responsible for everyone else's happiness



Unable to relax or enjoy the moment



REFLECTION

What do you spend the most energy trying to control?

“ When we try to control life, we lose the ability to enjoy it. ”

— Reid Myers

WHAT CONTROL COSTS US

Control may feel protective in the moment,
but over time it steals peace, connection, and joy.



RELATIONSHIPS

People feel managed instead of loved.

Control creates distance, resentment, and defensiveness. It tells others you don't trust them—and it communicates that their way is wrong.

Love encourages, Control intimidates.



EMOTIONAL HEALTH

Constant anxiety. Mental exhaustion.

Trying to control everything requires constant scanning, planning, and worry. Your mind never gets a break because you're always preparing for what might go wrong.

Control keeps the alarm system on.



FAITH

Control leaves little room for trust.

When we believe we are in charge, we push God to the sidelines. But faith and control cannot occupy the same seat.

Trust says, "I don't have to figure everything out."



GROWTH

Nothing new can happen when everything must stay predictable.

Control keeps you in what's familiar. It prevents risk, limits opportunity, and keeps you stuck in old patterns.

Growth requires surrender. Control requires fear.



COACHING INSIGHT

*Control promises certainty.
Trust creates freedom.*



REFLECTION

Where has your need for control actually created more stress in your life?

“ The tighter we grip, the more life slips through our fingers. ”

— Reid Myers

FIVE WAYS TO LOOSEN YOUR GRIP

*Freedom doesn't come when everything goes your way.
It comes when you stop trying to control everything.*

1



NOTICE WHAT YOU'RE TRYING TO CONTROL.

Awareness is the first step toward change. You can't change what you don't see.

2



ASK IF IT'S ACTUALLY YOURS TO CARRY.

Not everything is your responsibility. Let go of what was never meant to be yours.

3



SEPARATE RESPONSIBILITY FROM OWNERSHIP.

You can take responsibility without trying to control the outcome. Do your part—then let go.

4



PRACTICE LETTING ONE SMALL THING GO EACH DAY.

Start small on purpose. Each small act of release builds the muscle of trust.

5



REPLACE CONTROL WITH TRUST.

Trust doesn't mean doing nothing. It means believing you are not doing everything.



WEEKLY CHALLENGE

This week...

I WILL INTENTIONALLY RELEASE...

I WILL TRUST GOD WITH...

I WILL REMIND MYSELF...

Remember:

*Letting go is not giving up.
It's choosing peace over pressure.*

“ Peace comes when we learn to
accept the things we cannot control. ”

— Reid Myers



THIS WEEK'S
COMMITMENT

Today I choose to release:

One thing I will trust
instead of control:

PATTERN #3

FEAR

*The pattern that convinces you
staying safe is better than becoming free.*

*“ Most of the limits we live with
were never locked. We were simply
afraid to open the door. ”*

— Reid Myers —

FEAR DOESN'T ALWAYS LOOK LIKE FEAR

Most people think fear looks like panic.

Sometimes it does.

But more often...

Fear is quiet.

It disguises itself as wisdom.

As caution.

As perfectionism.

As procrastination.

As "waiting until the timing is right."

It convinces us that one more week...

one more class... one more plan...

one more conversation...

will finally make us ready.

But ready never comes.

Fear simply changes clothes.



FEAR OFTEN SOUNDS LIKE...

- "What if I fail?"
- "What if they reject me?"
- "I'm not ready."
- "I don't know enough."
- "Someone else could do it better."
- "Maybe next year."



THE HIDDEN COST

Fear rarely protects our future.

More often...

It quietly steals it.

- Every dream delayed.
- Every opportunity missed.
- Every conversation avoided.
- Every risk never taken.

Eventually the greatest regret isn't what we did...

It's what fear convinced us never to attempt.



REFLECTION

Where has fear been disguising itself in your life?

“ Everything you want lives on the other side of courage. ”

— Reid Myers

FEAR ISN'T ABOUT CHANGE

People often say,
"I'm afraid of change."

But that's rarely true.

Every one of us has welcomed change before...

- A new relationship.
- A better job.
- A vacation.
- A new grandchild.
- A new opportunity.

We don't fear change.

We fear what we can't predict.



The
unknown.



The possibility
of failure.



The possibility
of rejection.



The possibility that
we'll leave behind
what is familiar...

...and discover something even harder.

That's why people stay where they're unhappy.
Not because it's good.

Because it's known.



Fear whispers...
"Stay where it's safe."



But growth whispers something different.
"You already know where this road leads."



THE COST OF STAYING THE SAME

Every decision has a price.
Changing has a cost.
But staying the same has one too.

The question isn't whether change is uncomfortable.
The question is...

Which discomfort will move your life forward?



REFLECTION

What familiar situation have you been
holding onto simply because it's familiar?

What unknown possibility have you
been avoiding?

“ Fear is the only thing in the world
that gets smaller as you run toward it. ”

— Tiamo De Vettori

THE FEAR LOOP

Fear doesn't just show up once.
It runs a loop.

It's a cycle that keeps you stuck
in the same place—on autopilot.

- 1  **FEAR SHOWS UP.**
Something feels uncertain, risky, or uncomfortable.
- 2  **YOU AVOID.**
You back away, delay, or distract yourself to stay safe.
- 3  **YOU GET TEMPORARY RELIEF.**
Avoidance removes the discomfort—for a little while.
- 4  **THE LOOP STRENGTHENS.**
Your brain learns: "Avoiding worked." So next time, fear gets louder and the loop gets tighter.



“ Fear often prevents self-examination.
We worry about what we might find.
But honesty is rarely as frightening as avoidance. ”

— Breaking The Chains That Bind Us
Reid Myers



HOW TO BREAK THE FEAR LOOP

- ✓ Notice the fear without judgment.
- ✓ Name it so it loses some of its power.
- ✓ Take one small, brave action.
- ✓ Let discomfort be your teacher, not your enemy.
- ✓ Build momentum with small wins.
- ✓ Trust that courage grows with use.

Small steps. Repeated often. Create real change.



REFLECTION

What is one fear that keeps showing up in your life?

How has avoidance been keeping you stuck?

“

— FEAR —
Forget **E**verything **A**nd **R**un
or
Face **E**verything **A**nd **R**ise
The choice is yours.

”

— PATTERN #4 —

NOT ENOUGH

*The pattern that convinces you
you'll never be enough, have enough,
or become enough.*



*“ The voice telling you you’re not enough
is rarely your own.
It’s the echo of something
you learned long ago. ”*

— Reid Myers

THE VOICE IN YOUR HEAD

Most of us spend our lives trying to prove something.

-  That we're smart enough.
-  Successful enough.
-  Loved enough.
-  Spiritual enough.
-  Strong enough.

But somewhere along the way...

Many of us accepted a lie.

That our worth depends on our performance.

Or our achievements.

Or what other people think.

That lie quietly follows us into every area of life.



It becomes the soundtrack playing beneath every decision.



WHAT IT SOUNDS LIKE

- I'll never be good enough.
- They'll find out I'm a fraud.
- I don't deserve happiness.
- Someone else could do this better.
- I'm already too far behind.
- Nothing I do is ever enough.



REFLECTION

Whose voice does your inner critic sound like?

“

You cannot heal while believing the lie that you must earn your worth.

— Reid Myers

”

THE COMPARISON TRAP

How comparison quietly fuels “Not Enough.”

Comparison looks around and says,
“*Why don’t I have what they have?*”

Gratitude looks around and says,
“*I have more than I realized.*”

COMMON PLACES COMPARISON SHOWS UP



Social media
Highlights don’t show the whole story.



Success
You see the results, not the road they traveled.



Appearance
Comparison steals your confidence and peace.



Money
It convinces you that you’ll be happy when you have more.



Relationships
It makes you believe everyone else has it figured out.



Faith
It whispers that you’re not spiritual enough.



“*Comparison never gives you peace. It only moves the goalpost. Gratitude brings you home.*”
— Reid Myers

Comparison changes the question from:

“*Who am I becoming?*”

to

“*Why am I not them?*”



REFLECTION

- 1 What area of your life do you compare yourself most often?

- 2 Who do you compare yourself to most—and why?

- 3 How has comparison affected the way you see yourself?

- 4 What would change if you focused on your own growth instead of comparing?



PRACTICAL STEP

Unfollow, mute, or step away from anything that consistently triggers comparison. Protect your mind and your peace.

TODAY I WILL...

- ☐ Notice when I compare.
- ☐ Replace comparison with gratitude.
- ☐ Focus on becoming who I’m called to be.

REWRITING THE STORY

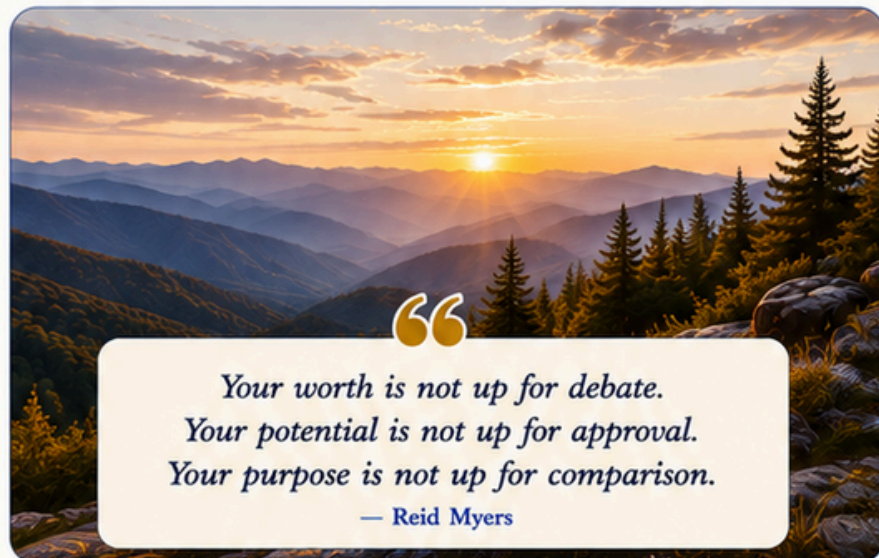
*You were never meant to prove
your worth. You were meant to live
in the truth of who you are.*

Instead of asking,

“Am I enough?”

Ask,

***“What if I already have
everything I need to take
the next step?”***



*Your worth is not up for debate.
Your potential is not up for approval.
Your purpose is not up for comparison.*

— Reid Myers



SMALL STEPS. BIG SHIFT.

You don't have to believe the old story anymore.
Start replacing “Not Enough” with truth—one
small step at a time.

- ✓ Challenge the lie when it shows up.
- ✓ Speak truth over yourself every day.
- ✓ Celebrate small wins and progress.
- ✓ Surround yourself with truth-tellers.
- ✓ Focus on becoming, not proving.
- ✓ Rest in God's unconditional love.

*You don't become enough.
You realize you already are.*



PERSONAL AFFIRMATION

Read it out loud. Write it down.
Say it until it becomes your truth.

I am enough. _____
I have enough. _____
I can become enough. _____
I am loved. _____
I am worthy. _____
I am not my mistakes. _____
I am becoming who I was created to be. _____
I choose truth over the lie. _____



JOURNAL EXERCISE

- 1 What is the “Not Enough”
lie that has followed you
the longest?

- 2 Where do you think you
learned this lie?

- 3 What would your life look like
if you truly believed you are
enough, have enough, and
can become enough?

“

Only you know every lie you've ever told yourself.

— REID MYERS

”

PATTERN #5

THE CYCLE

*The pattern that
keeps you stuck in the same loop.*



“ You can’t expect to get anywhere
if you keep walking around in circles. ”

— Reid Myers

— UNDERSTANDING — THE CYCLE

*It's not just one bad choice.
It's the loop it creates.
Recognize it. Break it.
Freedom begins the moment
you do something different.*

The Cycle is a repeating pattern of:



When the result brings frustration, guilt, or pain, we promise ourselves “I’ll never do that again.” But next time, the trigger hits—and the loop starts all over.

You can’t break the chains if you keep walking in circles.



**Awareness is the first step.
A new choice is the next.
A new life is the result.**



RECOGNIZE THE LOOP

Look for patterns that keep repeating in your life. Ask yourself:

- ✓ What keeps showing up over and over?
- ✓ What usually triggers it?
- ✓ What thoughts go through my mind?
- ✓ What choice do I usually make?
- ✓ What is the result—and how do I feel?
- ✓ What do I say I’ll do differently next time?
- ✓ What happens the next time?

*When you can see the pattern,
you can change the pattern.*



BREAK THE CYCLE

You don’t have to complete the loop. You only have to change one link.

- 1 Identify the trigger.
- 2 Pause before the thought takes over.
- 3 Choose a different response.
- 4 Create a different result.
- 5 Build a new pattern—one choice at a time.

*Small changes create new outcomes.
New outcomes create a new story.*



JOURNAL EXERCISE

- | | | | |
|--|---|---|--|
| <p>1 What is a cycle that keeps repeating in your life?</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>2 What is the trigger that usually starts it?</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>3 What thought or belief keeps you stuck in the loop?</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>4 What is one different choice you can make next time?</p> <p>_____</p> <p>_____</p> <p>_____</p> |
|--|---|---|--|

“

*You can go round in circles resolving nothing
or you can step out of the circle and take the path to freedom.*

— Reid Myers

”

STEPPING OUT OF THE CYCLE

*Freedom is not found
in doing more.
It's found in choosing
differently.*

You can't change your past, but you can interrupt the pattern in the present. Every time you make a new choice, you weaken the old loop and build a new way forward.

Break one link. Change everything.



You have a choice at every step. Stay in the loop, or step onto a new path.



KEY TRUTHS

- ✓ Awareness without action keeps you in the loop.
- ✓ Small, consistent changes create big results.
- ✓ Discomfort is part of breaking a habit.
- ✓ You will face setbacks—don't let them stop you.
- ✓ You are not your pattern. You are so much more.
- ✓ Freedom is a journey, not a one-time event.

Progress, not perfection.



YOUR NEW PATH

Use this guide to build a life that moves forward.

- 1 Get clear on what you want your life to look like.
- 2 Identify what no longer serves you.
- 3 Take one small step in a new direction.
- 4 Surround yourself with people and places that support growth.
- 5 Keep learning, growing, and adjusting.
- 6 Celebrate progress and keep going.

Every step forward is a step toward freedom.



REFLECTION & JOURNAL

- 1 Where in my life do I feel stuck in a loop right now?
- 2 What is one small choice I can make today to break the cycle?
- 3 What thoughts, habits, or behaviors do I need to let go of?
- 4 What kind of life am I building as I step onto a new path?

“ Sometimes you have to get lost to find where you belong. ”

— Anonymous

LIVING BEYOND THE CYCLE

*The cycle keeps you safe
in the familiar.
Freedom invites you into
the unknown.*

Breaking the cycle is not a one-time event.
It's a daily decision. Every day you are
given a choice: go back to what's familiar
or move forward toward what's possible.

Choose freedom. Choose purpose.
Choose you.



You are no longer defined by the loop.
You are defined by the choices you make
when it matters most.



GOING FORWARD

Keep these truths close as you build your new life:

- ✓ You can't change the past, but you can change today.
- ✓ Awareness + action = transformation.
- ✓ Each moment is a new beginning.
- ✓ Discipline today creates freedom tomorrow.
- ✓ You are becoming someone you are proud of.
- ✓ The best is still ahead of you.

*Don't just break the cycle.
Build the life you were meant to live.*



YOUR COMMITMENT

Write your personal commitment to living beyond the cycle.

I commit to:

*My future is not a result of the cycle.
It's the result of my choices.*



REFLECTION & JOURNAL

- | | | | |
|--|--|--|---|
| 1 What have I learned about the cycles in my life?

<hr/> <hr/> | 2 What new choices am I committed to making?

<hr/> <hr/> | 3 What will my life look like when I am fully living beyond the cycle?

<hr/> <hr/> | 4 What is one action I will take this week to move forward?

<hr/> <hr/> |
|--|--|--|---|

“

*The woods are lovely, dark and deep,
but I have promises to keep.*

— Robert Frost

”

WHAT'S NEXT?

The journey doesn't end here. In many ways, it's just beginning.

You've done something many people never do.

You've stopped long enough to examine your life.

You've looked honestly at the patterns that have quietly shaped your choices.

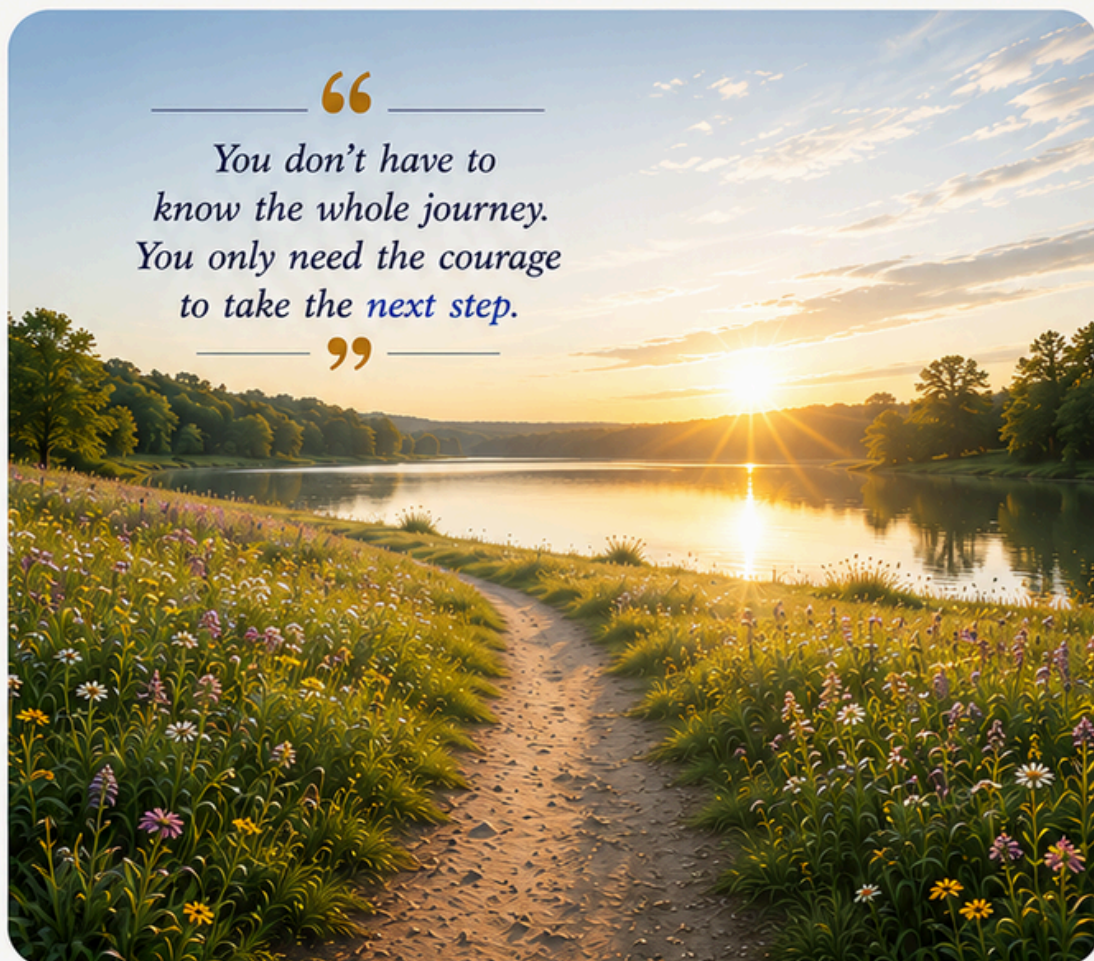
That takes courage.

But awareness isn't the finish line.

It's the starting line.

Real change happens one decision at a time.

-  One conversation.
-  One healthy boundary.
-  One act of courage.
-  One new habit.
-  One day.



“

You don't have to know the whole journey. You only need the courage to take the next step.

”



REMEMBER...

- ✓ The goal was never perfection.
- ✓ You'll still have difficult days.
- ✓ You'll still make mistakes.
- ✓ Old patterns may occasionally resurface.
- ✓ But now...
- ✓ You'll recognize them.
- ✓ And recognition changes everything.

You've already taken the hardest step—choosing to change.
Keep going. Your future is worth it.

“

The path ahead is not always clear, but it is always yours to choose. One decision can change everything.

— Reid Myers

”

TAKING STEPS FORWARD

YOUR NEXT STEPS

Awareness is powerful.
Action creates change.
Commitment builds freedom.

Use this page to reflect on what you've learned
and decide how you will apply it.

*Small steps today lead to a
better tomorrow.*



MY BIGGEST TAKEAWAY

What truth from this workbook
impacted me the most and why?



THE PATTERN I NEED TO WATCH MOST

Which pattern shows up most often
in my life right now?



THE FIRST CHANGE I'LL MAKE

What is one specific change I will
take action on this week?



WHO WILL ENCOURAGE ME?

Who can I invite to support, encourage,
or hold me accountable on this journey?



MY COMMITMENT MOVING FORWARD

Write a short commitment to yourself
that you will return to when you need
encouragement.



Review these regularly. **Recommit often.** Keep choosing freedom.



“

*There are far, far better things ahead
than any we leave behind.*

— C.S. Lewis

”

CONTINUE THE JOURNEY

I'D BE HONORED TO CONTINUE WALKING WITH YOU

*Real change happens in community.
You don't have to do this alone.*

You've taken an important step by working through this workbook. If you're ready to go deeper and create lasting change, I'd be honored to walk alongside you.

Together, we'll build on what you've learned, strengthen your resolve, and create a plan that's practical, personal, and powerful.

Your next chapter can be your best one yet.



COMPLIMENTARY BREAKTHROUGH SESSION.

A one-on-one conversation to identify what's keeping you stuck, explore what's possible, and discover your best next step.



WHAT YOU CAN EXPECT



GAIN CLARITY

Discover what's really keeping you stuck.



CREATE A PLAN

Leave with practical next steps you can actually use.



BREAK OLD PATTERNS

Learn how to recognize and interrupt unhealthy cycles.



MOVE FORWARD

Build momentum with confidence, purpose, and hope.



“ If you talk about it,
it's a dream.
If you envision it,
it's possible.
If you schedule it,
it's real.
— Tony Robbins ”



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*Let's start building
what's next—together.*

Ready for your next step?

Scan the code to schedule your complimentary Breakthrough Session.



*You don't need to see the whole path to make progress.
Just focus on the next right step in front of you.*