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The Patterns Behind Your Potential

A personal development workshop by Ambition Aligned

Welcome—this is your space to notice, reflect, and grow.



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Set your intention

What would you like to understand about yourself today?

I’m here to explore...

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What are the patterns behind your potential?

Patterns are repeated ways of thinking, feeling, and responding.

Where might a pattern be shaping what feels possible for you?

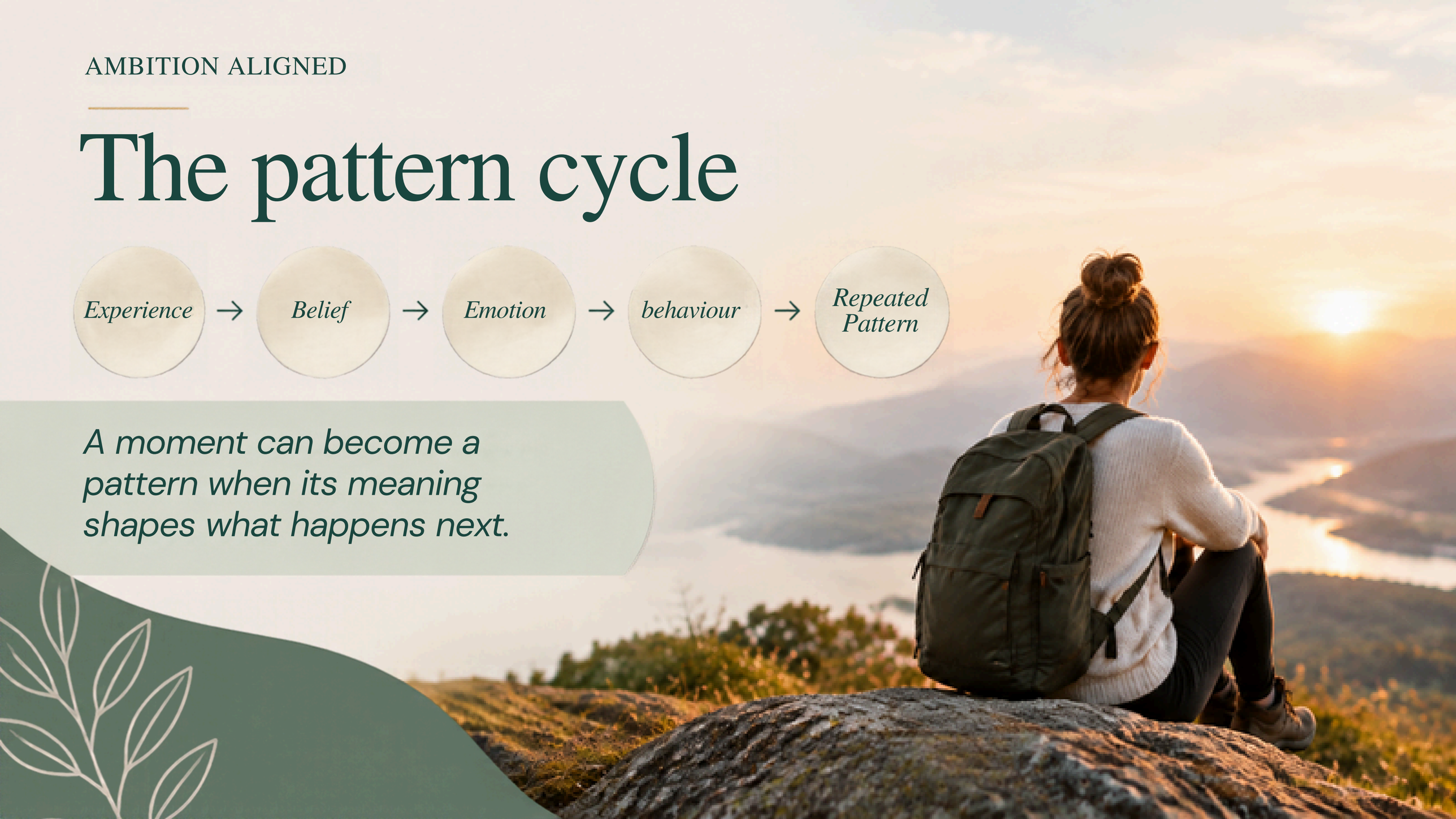


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The pattern cycle

Experience → *Belief* → *Emotion* → *behaviour* → *Repeated Pattern*

A moment can become a pattern when its meaning shapes what happens next.



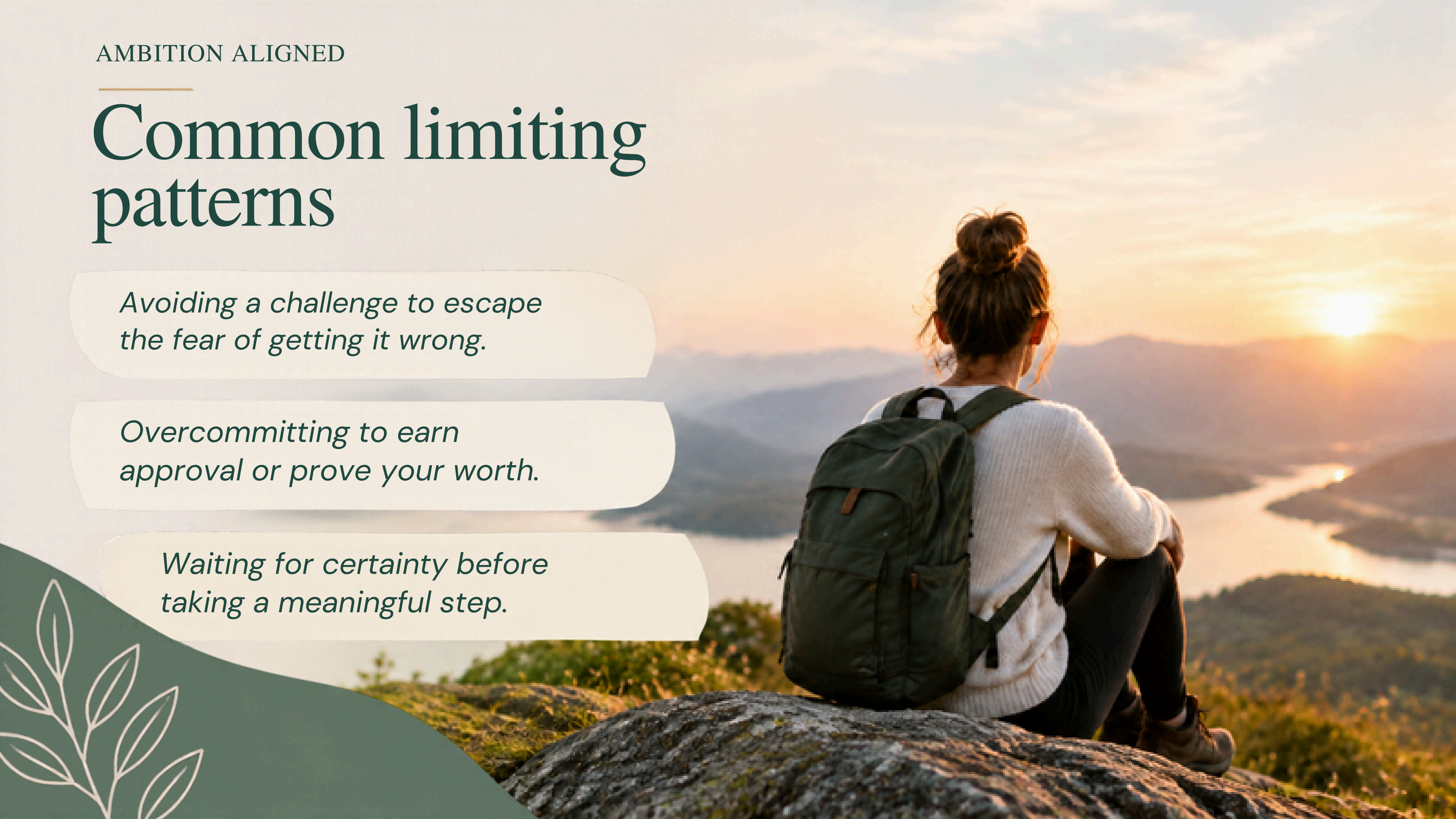
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Common limiting patterns

Avoiding a challenge to escape the fear of getting it wrong.

Overcommitting to earn approval or prove your worth.

Waiting for certainty before taking a meaningful step.



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Explore the belief beneath the behaviour

The behaviour I notice is...

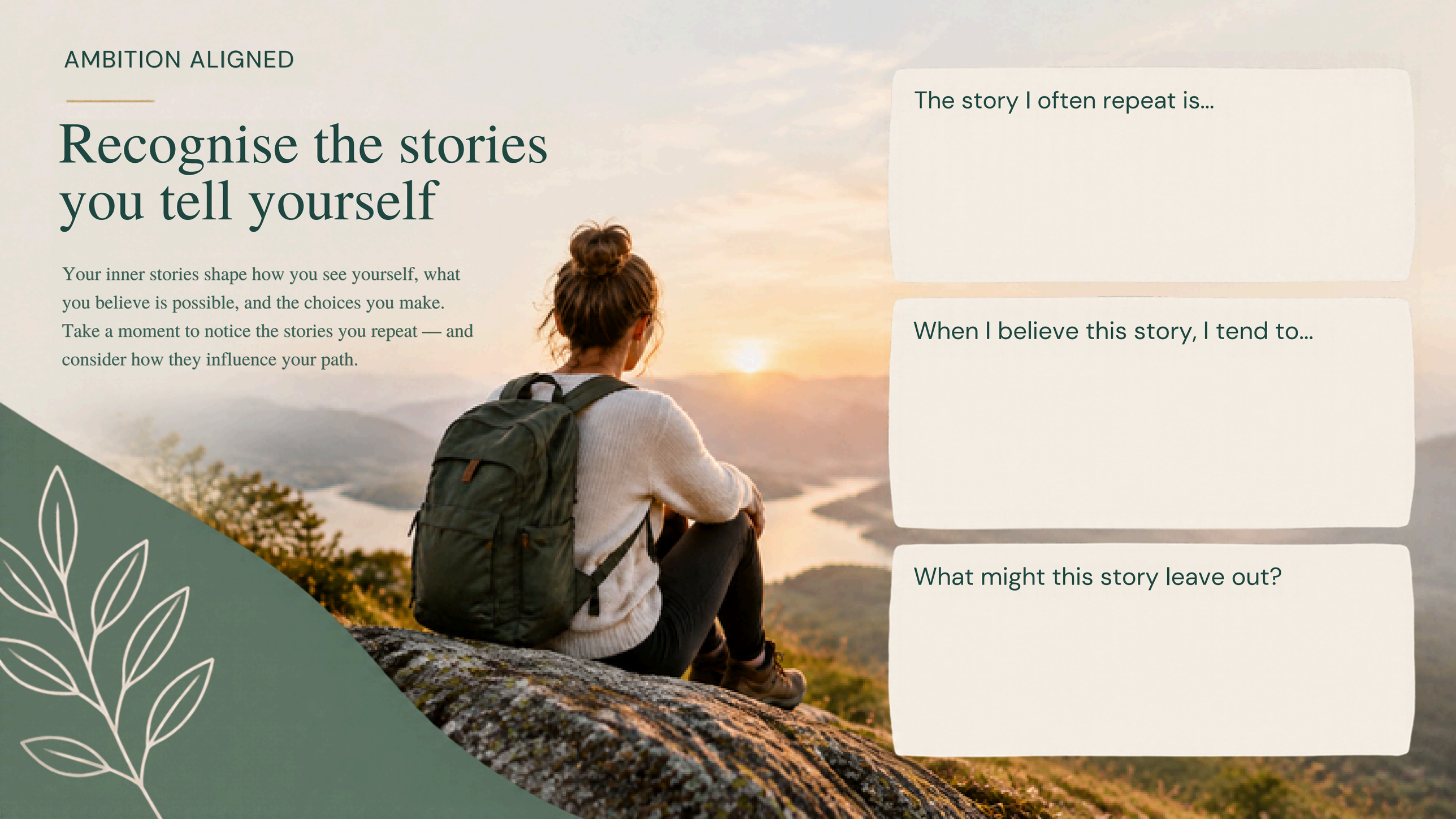
In that moment, I may believe...

This belief might be trying to protect me from...

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Recognise the stories you tell yourself

Your inner stories shape how you see yourself, what you believe is possible, and the choices you make. Take a moment to notice the stories you repeat — and consider how they influence your path.



The story I often repeat is...

When I believe this story, I tend to...

What might this story leave out?

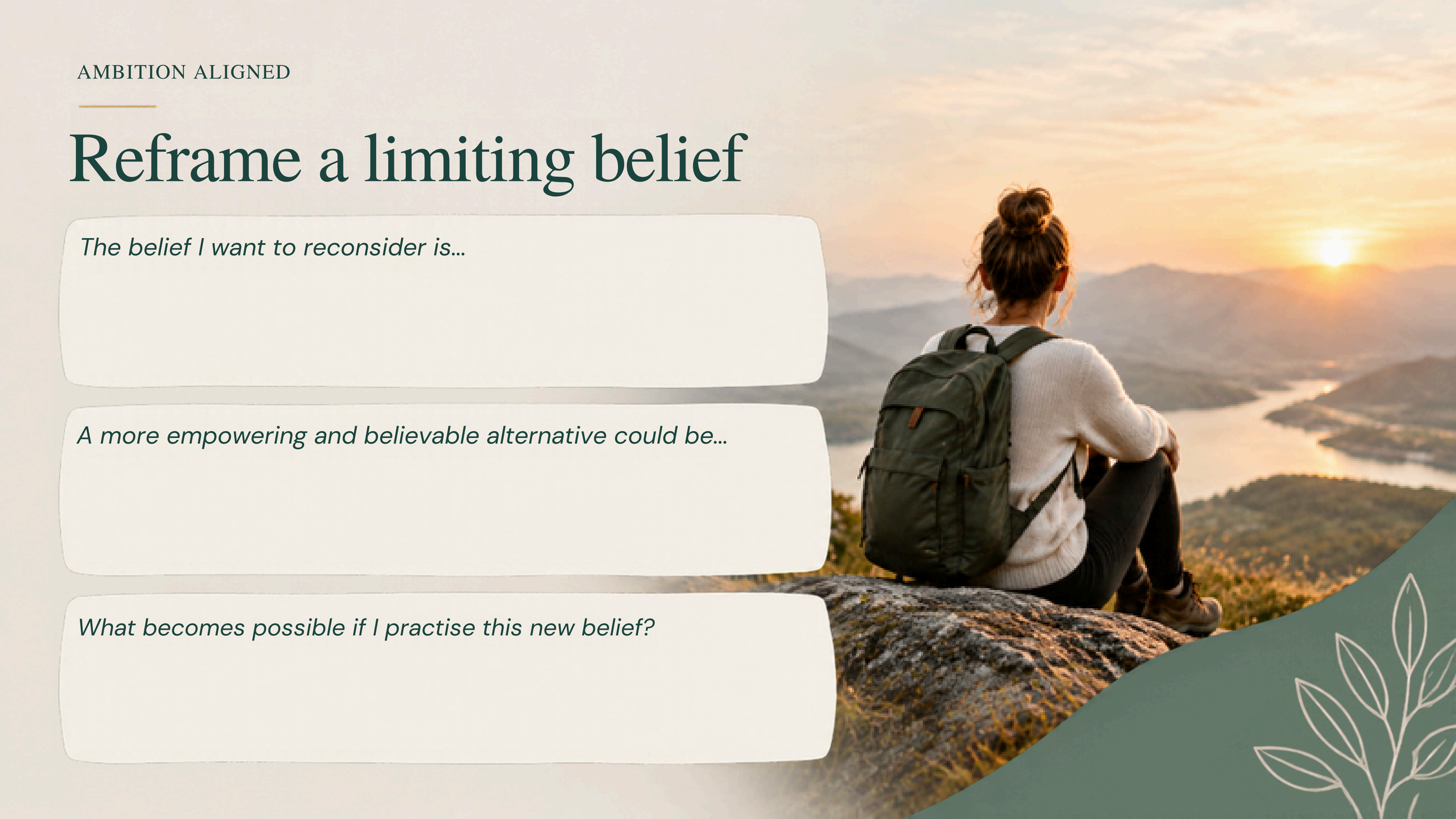
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Reframe a limiting belief

The belief I want to reconsider is...

A more empowering and believable alternative could be...

What becomes possible if I practise this new belief?



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Recognise. Pause. Choose.

Three practical steps for responding differently when a familiar pattern appears.

1

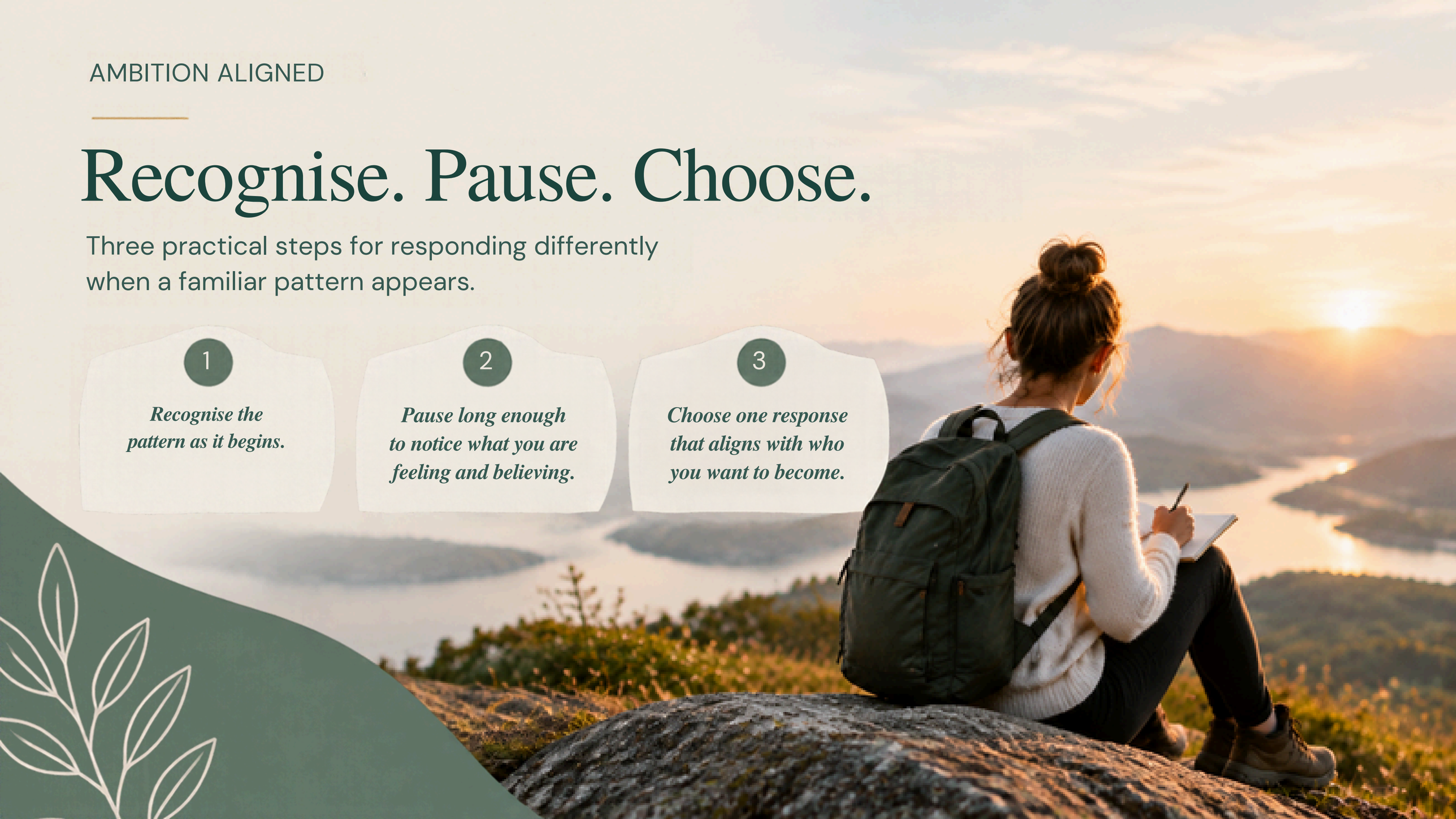
Recognise the pattern as it begins.

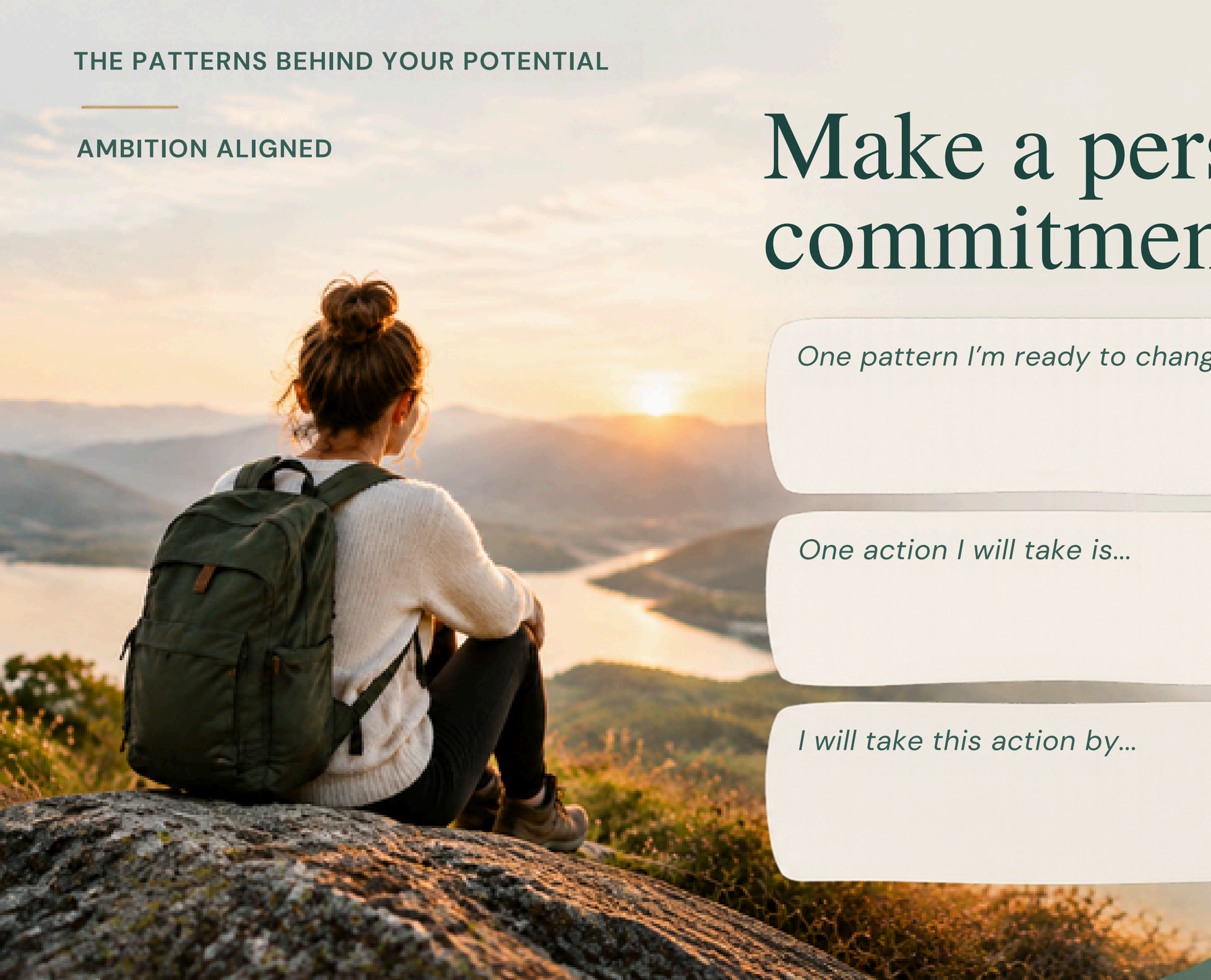
2

Pause long enough to notice what you are feeling and believing.

3

Choose one response that aligns with who you want to become.





Make a personal commitment

One pattern I'm ready to change is...

One action I will take is...

I will take this action by...

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Key insights and reflections



One thing I understand more clearly now is...

One insight I want to carry forward is...

Grow with intention. Lead with confidence. Succeed in alignment.