

See It. *Shift It.* Become Magnetic.™

the one-page worksheet

Okay, pull up a chair. Pick one thing that keeps happening. The same argument, the same stall, the same “why did I do that again?” **You’re not broken. You’re patterned.** And patterns can change. Let’s look at what’s actually going on.

1

See It **AWARENESS**

What’s actually happening? No judgment. Just get curious.

The thing that keeps repeating:

What I do when it shows up:

What’s underneath it? What am I afraid will happen if I choose differently?

2

Shift It **ALIGNMENT**

You don’t have to fix your whole life. You get to choose one thing.

Who am I being when this pattern runs?

Who do I choose to be instead?

My one clean move today:

3

Become Magnetic **ABUNDANCE**

Stop forcing. Stop proving. See what shows up when you do.

Where am I forcing or proving right now?

What would I do here if I trusted myself?

What I’m making room to receive:

The goal isn’t to never have the pattern again. The goal is to catch it sooner. **AMY SANDERS**