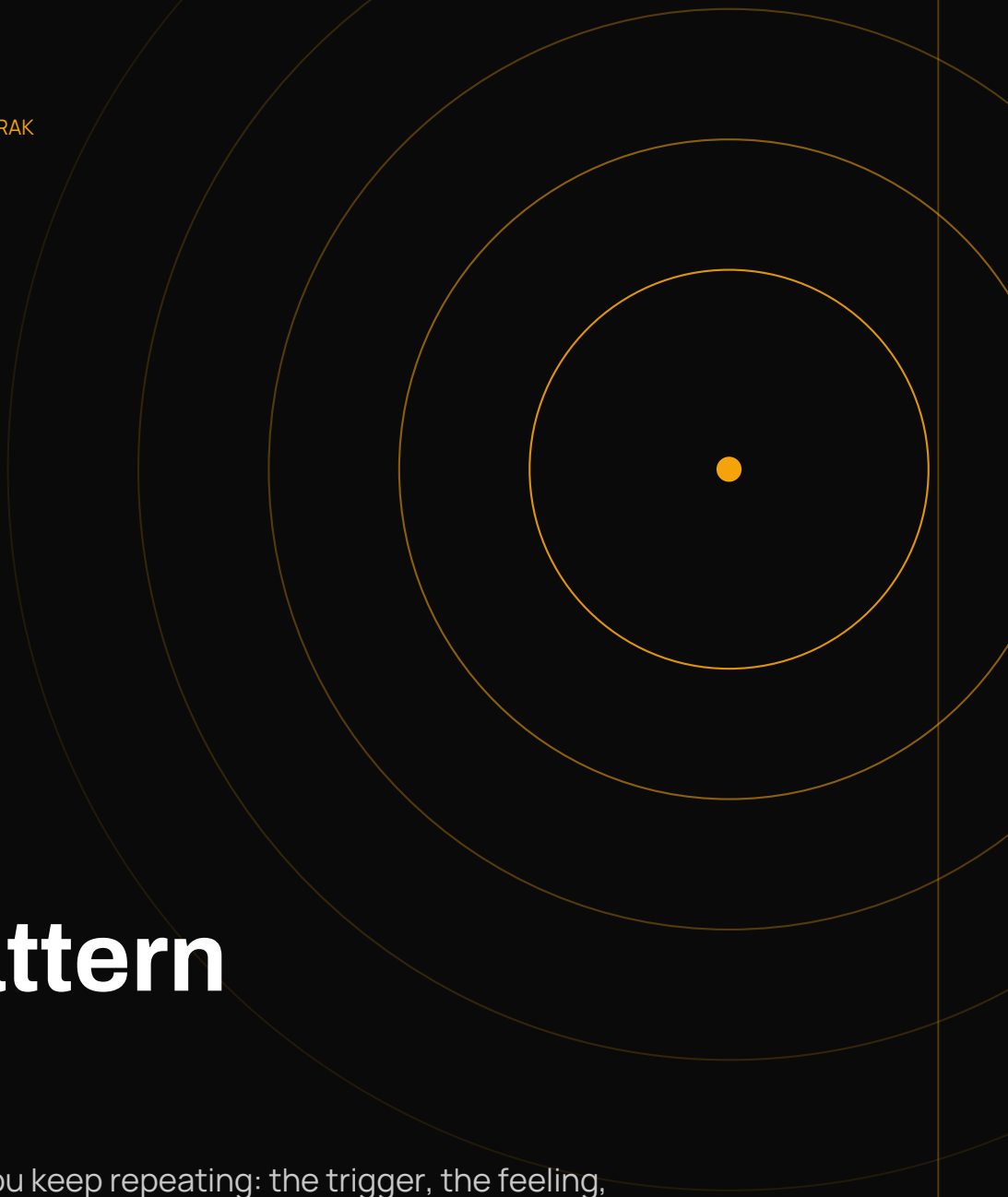
FREE WORKSHEET · ZOYA MUBARAK



The Pattern Audit

Map one behaviour you keep repeating: the trigger, the feeling, the payoff and the cost. Then replace it on purpose.

SELF-AWARENESS · 20 MINUTES · PRINTABLE

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BEFORE YOU BEGIN

You don’t have a discipline problem. You have a pattern.

Most of what we call laziness, overthinking or “just how I am” is a pattern that once made sense. It protected you from something. This worksheet helps you see one pattern clearly, the trigger, the feeling, the payoff and the cost, so you can change it on purpose instead of fighting yourself every day.

HOW TO USE THIS WORKSHEET

Choose one behaviour only. Give yourself 20 quiet minutes and a pen. Answer honestly, not impressively. Nobody else will read this. Then use the 7-day tracker at the end to catch the pattern in real life.

Examples of patterns people bring to this

- I say yes when I want to say no, then feel resentful.
- I delay important work until the last possible moment.
- I over-explain myself in messages and meetings.
- I scroll my phone the moment I feel uncomfortable.
- I shrink or go quiet around confident people.

01 Name the pattern

Write it as one clear sentence. Be specific about the behaviour, not your personality.

When _____ happens, I usually _____.

02 Find the trigger

Patterns rarely start from nothing. What sets this one off?

The situation (where, when, what is happening):

The people involved (or the person I imagine judging me):

My body state (tired, hungry, rushed, anxious, bored):

03 Feel what is underneath

Circle every feeling that shows up just before or during the pattern.

Not enough | Rejected | Invisible | Guilty | Out of control | Afraid of conflict

Judged | Overwhelmed | Bored | Lonely | Ashamed | Unsafe | Too much

The feeling I most want to avoid is:

04 Name the payoff

Every pattern pays you something, or you would have stopped it already. What does this one protect you from, or give you?

A USEFUL QUESTION

If I stopped doing this tomorrow, what would I have to face, feel or risk instead? The answer is usually the real work.

05 Count the cost

Be honest about what this pattern is costing you.

AREA	WHAT IT COSTS ME NOW	WHAT IT WILL COST ME IN 5 YEARS
Self-respect		
Relationships		
Career / money		
Health / energy		

06 Trace the origin

Where did you first learn that this behaviour was safe, necessary or expected?

07 Choose the replacement

You don't delete a pattern. You replace it with a response you chose.

My new response will be:

The smallest possible version of it (so small I cannot fail):

My if-then plan: When _____, I will _____ instead.

7-DAY PATTERN TRACKER

Catch it in real life

Each evening, take one minute. Noticing the pattern counts as progress, even on the days you still repeat it.

DAY	DID THE TRIGGER HAPPEN?	WHAT I DID	CHOSE THE NEW RESPONSE?
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

REFLECTION

What did you notice about yourself this week that you had never noticed before? Write it down. That sentence is the beginning of a new identity.

YOU HAVE DONE THE FIRST PART. DON'T STOP HERE.

Free resources start the thinking. Programs finish it.

THE PROGRAM THIS GUIDE COMES FROM

Personality Reset

Five days that go underneath the behaviour: why you act, speak, love yourself and hold boundaries the way you do, and how to rebuild it on purpose. Workbook, guidebook and six months of private community.

- See the patterns that have been quietly running your life, and where they came from
- Rebuild your self-concept, confidence and boundaries with guided daily exercises
- Six months of community so the change lasts after the five days

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HOW TO JOIN IN 3 MINUTES

1. Pakistan: pay by SadaPay to 0337 3696443 (Zoya Mubarak) from any bank or wallet app.
2. India or international (Binance / crypto): message our team on WhatsApp for the details.
3. Submit your receipt at zoyamubarak.com/payment and get your login by email and WhatsApp.

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