

The Pattern Page

A free printable from The Life Lesson Journal

A pattern that repeats is a life lesson that has not been completed yet. Different person, different job, different year, and somehow the same ending. Take ten quiet minutes, answer honestly, not beautifully, and see what the pattern is asking of you.

What keeps happening in my life, again and again? Describe it in the simplest words I can.

What are the three or four steps this pattern always goes through, from the first sign to the ending?

What do I live today, and what could I live? Write both, side by side. This is my gap.

From The Life Lesson Journal: Decode the Pattern That Keeps Coming Back, in Writing, by Shani Bahar Azulay. Eight chapters, more than 40 prompts and a 30 day pattern tracker. Available in paperback on Amazon.

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