

# #23 — THE PATTERN PROFIT & LOSS STATEMENT

*Five questions to evaluate what your repeated choices are truly giving you — and what they're silently costing you.*

Every pattern has a balance sheet.

Some pay you back in peace, alignment, confidence, and progress.

Others cost you in energy, time, self-respect, and emotional stability.

This tool helps you stop *wondering* why life feels heavy  
and start *seeing* the math behind your repeated choices.

## 1. What pattern am I currently repeating?

Be specific.

Is it:

people-pleasing, avoidance, staying too long, chasing shiny objects, ignoring intuition, self-abandoning, overspending emotional energy?

Patterns have names — and naming one reduces its power.

Your thoughts: \_\_\_\_\_

## 2. What does this pattern “pay me” in the moment?

Every harmful pattern has an immediate reward:

relief, distraction, excitement, validation, comfort, avoidance.

This is the **profit** that keeps it alive.

Your thoughts: \_\_\_\_\_

## 3. What does this pattern cost me long-term?

Energy?

Peace?

Self-worth?

Time?

Money?

Opportunities?

Repeating consequences?

The same heartbreak over and over?

This is the **loss** your life keeps paying.

Your thoughts: \_\_\_\_\_

## **4. Is this pattern growing my life or shrinking it?**

Some patterns build you.

Some bury you.

Your body already knows the answer — just write what it's been telling you.

Your thoughts: \_\_\_\_\_

## **5. If this pattern continues for the next year, what will my life look like?**

Patterns compound.

A small leak becomes a flood.

A small shift becomes a transformation.

Choose the forecast that matches your truth.

Your thoughts: \_\_\_\_\_

## **FINAL REMINDER:**

A pattern that costs more than it pays is a debt —  
and you don't owe it another year of your life.

Shift the pattern, and the balance sheet of your life goes from red to black.