

The Break the Cycle Guide

3 Steps to Finally Move Forward (Viewer Resource from JJ Shawver YouTube)

3 Reasons You Keep Falling Back

- Your Brain's Just Doing Its Job: It's wired for safety, not success. Familiar = safe, even when it's not good.
- You Haven't Built Emotional Reps Yet: Motivation fades. Identity comes from repetition.
- You Thought Growth Would Feel Good: Growth = discomfort. But the pain of staying the same is worse.

Break the Pattern in 3 Daily Steps

- Name the Loop: What lie or habit keeps pulling you back? Write it out.
- Interrupt the Script: Speak out loud: "That's not who I am anymore."
- Repeat the Truth: Choose a new truth. Speak it daily. Feel it. Believe it.

Reflection + Prayer

Reflection Prompt:

- What's one lie I've believed that's kept me looping?
- What truth from God's Word am I declaring instead?

Prayer:

"Lord, help me break this cycle and walk in Your truth. Renew my mind daily and remind me I'm not who I was—I'm who You say I am. Amen."

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JJ Shawver

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