

QUANTUM RECALIBRATION

The Pattern Finder

Identify what you're ready to clear — before you even open the book.

You're here because something keeps showing up. A pattern that repeats regardless of how hard you work, how much you understand it, or how many times you've tried to change it. This worksheet helps you bring it into focus — so you walk into Quantum Recalibration knowing exactly what you're ready to release.

1. What keeps showing up?

Describe the pattern — the situation, feeling, or result that keeps repeating.

2. How long has this been part of your life?

3. Where do you feel it in your body when it's activated?

Tightness in the chest? Tension in the shoulders? A knot in the stomach?

4. What does this pattern make you believe about yourself?

5. What does it cost you?

Energy, relationships, opportunities, peace — what does carrying this take from you?

6. If this pattern were completely gone, what would be different?

Name Your Pattern

Give this pattern a simple name — whatever feels true. This is what you'll bring into your first QR clearing.