

THRIVE BY DESIGN WOMEN™

Which Pattern Is Running Your Life?

A Patterns to Purpose Self-Assessment

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Before You Begin

Something in your life is repeating.

Not everything. Most of it works. But there is one place where you keep arriving at the same feeling, no matter how differently the day started, and some part of you has begun to notice.

That noticing is not a small thing. It is the beginning of everything that follows.

This little booklet will not fix anything, and it is not trying to. Its only job is to help you name the place where a pattern is running, because a pattern you can name is a pattern you can finally look at, and a pattern you can look at stops running the whole show from behind a curtain.

Set aside twenty quiet minutes. A pen, not a phone. Be honest rather than generous with yourself, and be gentle rather than harsh. Both at once is the whole skill.

“You are not broken. You are patterned.”

What a Pattern Actually Is

A pattern is something you think, feel, or do the same way nearly every time, without deciding to.

Straightening the kitchen before you can sit down is a pattern. Saying yes before you have checked whether you have the room is a pattern. Going quiet in the moment you most want to speak is a pattern. None of these are flaws, and none of them are weakness.

Here is the part almost nobody tells women. Every one of those responses was learned in a season when you truly needed it. It kept you safe, or accepted, or steady, or loved, and it did its job well. The difficulty is not that you formed it. The difficulty is that it kept running long after the season that required it ended.

So the pattern is not the enemy. The pattern is old faithful work, still showing up for a shift that ended years ago.

WHAT THIS MEANS FOR YOU

A pattern that no longer fits is not evidence that something is wrong with you. It is evidence that something was once right for you, and that your life has moved on since. Recognition is how the two get reintroduced.

The Four Places a Pattern Shows Itself

A pattern rarely announces itself. It leaks, and it leaks in four places.

In your thinking. The story you tell yourself about what just happened, and the conclusions you drew years ago that you have never once questioned since.

In your feelings. What actually rises in you, underneath the story. Not what you think about the moment, but what moves through your chest in it.

In your body. The shoulders, the sleep, the tiredness that rest does not touch. Your body often knows before your mind is willing to admit it.

In your sense of meaning. That quiet unease when everything looks fine from the outside and something in you still says no.

You do not need to sort your experience into these four as you read. Just know that when the assessment asks you something, your answer may come from any of them, and all four are telling the truth.

The Assessment

Below are twenty statements, five in each of four areas of life. Read each one and mark how often it is true for you lately, meaning in the last few months rather than across your whole life.

Answer quickly. Your first response is usually the honest one, and the longer you consider a statement the more likely you are to answer as the woman you wish you were rather than the woman you have actually been this season.

Scoring: Rarely = 0 Sometimes = 1 Often = 2

Health

Statement	Rarely / Sometimes / Often		
I put off the rest, the appointment, or the care until everyone else is handled.	☐	☐	☐
I cannot sit down while something is still undone.	☐	☐	☐
I speak about my body in a way I would never speak about a friend's.	☐	☐	☐
I am tired in a way that sleep does not seem to fix.	☐	☐	☐
I push through the ache rather than tend to it.	☐	☐	☐

Health total: _____

Relationship

Statement	Rarely / Sometimes / Often		
I stay quiet to keep the peace, then carry the resentment alone.	☐	☐	☐
I manage how everyone else is feeling	☐	☐	☐

before I check on myself.			
I need someone else to tell me the decision was right.	☐	☐	☐
I make myself smaller so a room stays comfortable.	☐	☐	☐
I am closer to being needed by people than to being known by them.	☐	☐	☐

Relationship total: _____

Purpose

Statement	Rarely / Sometimes / Often		
Without my role or my title, I am not sure who I am.	☐	☐	☐
I feel replaceable when I am not needed.	☐	☐	☐
I have quietly stopped asking what I want, because it seemed impractical.	☐	☐	☐
I feel behind, though I could not tell you behind what.	☐	☐	☐
I fill the day so I do not have to sit with the bigger question.	☐	☐	☐

Purpose total: _____

Wealth

Statement	Rarely / Sometimes / Often		
I feel unsafe about money even when the numbers are fine.	☐	☐	☐
I do not see myself as someone who can manage this part of my life.	☐	☐	☐
I feel worth less when I am not	☐	☐	☐

producing.			
I avoid looking at the account, the bill, or the statement.	☐	☐	☐
I believe security is something I have to keep earning.	☐	☐	☐

Wealth total: _____

Your Result

Add each area. The highest total is where the pattern is loudest right now.

If two areas tie, choose the one that costs you more sleep. If everything came in low, that is worth honoring rather than doubting, and you might set this aside and return to it in a season when something is pulling harder.

Your total	What it suggests
0 to 3	This area is mostly steady. Leave it be for now.
4 to 6	Something is running here, quietly, more often than you would like.
7 to 10	This is the loud one. This is where the pattern is shaping your days.

Turn to the page for your highest area and read only that one. You can come back for the others another time. Reading all four at once is its own kind of avoidance, and you know that as well as I do.

If Health Is Loudest

You are the one who tends to everything except the body carrying it all.

What runs underneath is usually some version of a belief that care is earned rather than owed, so rest waits for a finished list that never finishes, and the body's signals get filed as inconvenient rather than informative.

The cost is not only tiredness. It is the slow narrowing of a life to what can be managed while depleted.

ONE HONEST QUESTION

What would I have to believe about myself in order to rest before everything is done?

If Relationship Is Loudest

You are the one who reads the room before you read yourself.

What runs underneath is usually a lesson learned early, that connection stays safe when you stay accommodating, so your voice arrives late in conversations or not at all, and closeness starts to feel like a performance you cannot stop giving.

The cost is loneliness inside your own relationships, which is a particular kind of ache, since nothing looks wrong from the outside.

ONE HONEST QUESTION

What am I afraid would happen if I said the true thing, plainly, and let the room hold it?

If Purpose Is Loudest

You are the one who has been defined by what you do for others, long enough that the question of what you want feels almost improper.

What runs underneath is usually the belief that being needed is the price of mattering, so when the role ends, whether by an empty house or a last day of work or a caregiving season that closed, the ground goes with it.

The cost is a life spent waiting for permission that no one is coming to give.

ONE HONEST QUESTION

Who am I when no one needs anything from me?

If Wealth Is Loudest

You are the one who does not feel safe, regardless of what the numbers say.

What runs underneath is usually an old equation between security and worth, so producing feels like proof and rest feels like exposure, and the parts of your finances you avoid stay avoided because looking at them means facing what you believe about your own competence.

The cost is a life lived braced, which is exhausting in a way that has nothing to do with money.

ONE HONEST QUESTION

What did I learn about my own worth in the seasons when there was not enough?

Write It Down

Do not skip this part. Something happens on paper that does not happen in your head, where the mind takes shortcuts and lands on the familiar explanation rather than the true one.

Three prompts. Handwritten, in whatever notebook you will actually open.

1. The area that came up loudest was... and reading that page, the sentence that landed hardest was...

2. This pattern shows up most often when...

3. If I am honest, what it has cost me is...

Then leave it alone for a day. Come back and read what you wrote as though a friend had written it, with that much kindness.

What Comes Next

Naming the area is the first movement. It is real, and for some women it is the first time in years that something formless has had a name.

But naming is not the same as changing, and I would rather tell you that plainly than let you believe a booklet did the work.

The next movement goes underneath the pattern, to the belief holding it in place, which in this work is called your Root Truth. From there the work becomes a path, and the path is what the full **Patterns to Purpose Method** teaches, step by step, with the worked examples, the map, and the practice that makes it hold.

YOUR DRAWING ENTRY

Because you followed, joined the list, and did this work, your name is entered in the drawing for four weeks of private one-on-one coaching with me, walking the Patterns to Purpose Method through the exact area you just named.

Entries close at the date posted with the video, and I will draw the name live so you can watch it happen.

Whatever comes of the drawing, you have already done the part most women never do. You looked.

That is where every return begins.

“Return. Observe. Recommit. Continue.”