

# wellness

## THE ANCHOR PATHWAY

### Lesson 3: Understand Your Patterns

You're not inconsistent.

You're patterned.

## **This might be you**

You wake up, check your phone for a minute... and suddenly 20–30 minutes is gone.

You sit down to do something important... and end up doing everything except that thing.

You start something new... feel motivated... and then a few days later, you've stopped.

You've told yourself, "this time will be different"... but it plays out the same.

## **You're not random**

Most people think their behaviour is inconsistent.

It's not.

It's patterned.

## **What patterns look like**

Starting strong, then fading

Overthinking simple decisions

Avoiding discomfort

Delaying action

It feels frustrating.

But it's not random.

## **A simple truth**

Research suggests a large portion of daily behaviour is automatic — not consciously chosen.

Which means you don't just make decisions...

You repeat patterns.

## **The real problem**

You don't rise to your intentions.

You fall to your patterns.

## **Where patterns come from**

Your patterns are shaped by:

What you've experienced

What you believe about yourself

What you've repeated over time

## **The shift**

You don't need more discipline.

You need to see the pattern.

## **Try this**

Ask yourself:

**What do I keep doing... even when I don't want to?**

## **Write it down**

What pattern keeps showing up in my life?

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Where do I see this most clearly?

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### **Pattern principle**

What you don't see...  
you can't change.

### **Next step**

Complete your Pattern Score.

This will show you what's actually driving your behaviour.