

The Life Pattern Decoder

Why Does This Keep Happening?

**A 7-Minute Self-Diagnosis for
Intuitive, Sensitive, and
Purpose-Driven People**

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BEFORE YOU BEGIN

If you've ever thought:

- “Why do I keep attracting the same situation?”
- “Why do I outgrow things so quickly?”
- “Why do I feel meant for more... but stuck?”
- “Why do I know things intuitively... but still doubt myself?”

This is not random.

“Patterns repeat when your energy is trying to teach you something, your mind keeps overriding.”

This simple decoder will help you identify which Life Pattern Loop you're currently operating from. Be honest. Go with your first instinct.



The Pattern Checklist

Check all that apply:

- I attract emotionally unavailable partners
 - I feel responsible for everyone's emotions
 - I over-give and end up resentful
 - I feel called to something bigger, but can't fully define it
 - I oscillate between visibility and hiding
 - I start strong and lose momentum
 - I doubt myself even when I "know."
 - I outgrow jobs, roles, or friend groups quickly
 - I avoid conflict and then feel unseen
 - I feel drained but don't know why
 - I people-please and then feel irritated
 - I crave purpose but fear making the wrong move
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Now count how many times you checked each type of statement. Then continue.

The Over-Giver Loop

You are intuitive and emotionally intelligent.
You sense what others need before they say it.

But you:

- Take on responsibility that isn't yours
- Confuse empathy with obligation
- Feel resentful, but don't set boundaries

Core Fear:

“If I stop giving, I'll lose connection.”

Truth:

Your Life Path likely requires leadership — not self-sacrifice.

The Hidden Leader Loop

You know you're capable of more.

You:

- Downplay your authority
- Hide your ideas
- Wait to be chosen
- Pull back when visibility increases

Core Fear:

“If I'm fully seen, I'll be judged or rejected.”

Truth:

Your Life Path may involve visibility and influence — but only when you trust yourself.

The Spiritual Avoider Loop

You are deeply intuitive.

But you:

- Stay in learning mode
- Wait for signs instead of deciding
- Say “I’m trusting divine timing” when you’re actually afraid
- Avoid grounded action

Core Fear:

“What if I choose wrong?”

Truth:

Your Life Path requires embodiment — not endless seeking.

The Comfort Trap Loop

You crave growth.

But you:

- Stay in roles that feel safe
- Numb your dissatisfaction
- Rationalize staying small
- Feel restless but don’t move

Core Fear:

“What if I fail?”

Truth:

Your Life Path is asking you to expand beyond comfort.

The Reality

If you identified your loop, here's what matters:

***Patterns are not punishments.
They are unfinished lessons in your
energetic blueprint.***

Until the root is understood:

- The same partner appears
- The same boss appears
- The same internal doubt appears

Your Life Path is not about repeating cycles.

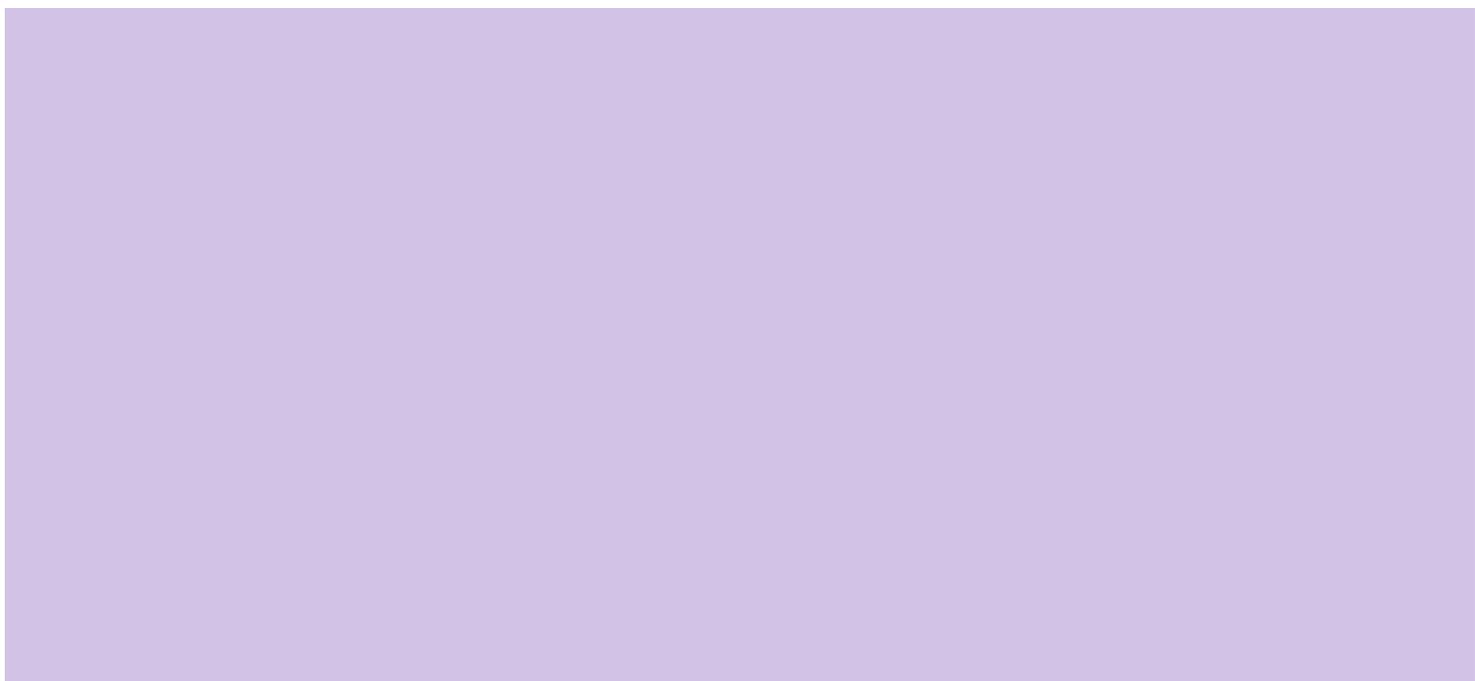
It's about breaking them consciously.



The Shift Question

Answer this:

If I fully trusted myself, I would _____.



Notice where your body softened while writing

The hesitation you feel after writing that?

That's your next growth edge.

And this is exactly what a Life Path Reading reveals:

- Why your loop formed
- What your blueprint actually requires
- How your emotional processing works
- The pattern-breaking decision is available now

***If this felt accurate, your Life Path Reading
will go deeper.***

You didn't find this by accident.

This private 50-minute session reveals:

- ✓ Your Life Path Number + blueprint
- ✓ Your repeating energetic themes
- ✓ Your emotional processing style
- ✓ Where you're aligned vs misaligned
- ✓ The next aligned decision available to you

Book your Life Path Reading.

Clarity isn't magic.

It's alignment.

— K. Elizabeth Green

