

THE **effectology**[™]
M E T H O D

TRANSFORM INTO THE MOST
PROSPEROUS & ABUNDANT
VERSION OF YOU

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LIFE ON PURPOSE



THE effectology™
O D

2.2

PATTERN INTERRUPTS

Hack The Cycle

The Process:

- list the some patterns of words & actions that aren't serving you
- pick 2-3 you want to start deconstructing
(choose at least 1 verbal & 1 physical)
- brainstorm pattern interrupts for each one & try them out
- choose 1 each as your 'go-to' pattern interrupt

Share in group:

- Your pattern interrupts
- When you'll use them
- How you went

#patterninterrupt

Live Call:

- Lesson review
- Brainstorm pattern interrupts
- Bring your manifesting questions