Name Your Demon:

Type of Pattern:

- ❑ The Guard
  Shield: The Growth Pattern
- ❑ The Mirror
  Shield: The Self-Efficacy Pattern
- ❑ The Weight
  Shield: The Presence Pattern

Your Shield and Counter Melody:

Your Pattern Is A Superpower:

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BREAK THE PATTERN

SHIELDS/COUNTER MELODIES

The Growth Pattern
Offsets: The Guard
- Intellectual Humility
- Iterative Mindset
- Adaptive Agility

The Self-Efficacy Pattern
Offsets: The Mirror
- Evidence-Based Confidence
- Self-Compassion
- Internal Validation

The Presence Pattern
Offsets: The Weight
- Radical Acceptance
- Abundance Mindset
- Proactive Gratitude

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