

Why You Keep Repeating the Same Patterns (And How to Start Changing Them)

The Truth

**You don't attract what you want...
you repeat what your body believes is familiar.**

**THE
SAME
OLD
THINKING**

**THE
SAME
OLD
RESULTS**

Step 1: Identify Your Pattern

- What keeps repeating in your life?
- Relationships?
- Stress?
- Financial cycles?

Awareness = interruption

Step 2: Understand the Root Patterns often come from:

- Childhood identity roles
- Learned behaviour
- Nervous system conditioning
- Emotional memory

You're not “failing” — you're repeating

Step 3: Shift the Pattern

Real change requires:

- **Nervous system safety**
- **Identity shifts**
- **Daily embodiment**
-

Not thinking — becoming

If you're ready to stop repeating and start becoming...

The Frequency Recode guides you step by step.

The Frequency Recode is a 2-part transformation process that helps you shift your identity at the root — and begin living it in real life.

Module 6 Part I
Module 7 Part II