

The Practice

Become Unpredictable

Your old patterns know you incredibly well. They know exactly what you'll say. Exactly what you'll tolerate. Exactly what you'll avoid. Exactly when you'll give in. This week, I want you to become completely unpredictable.

Every day, surprise your old pattern.

- ♥ If it expects you to apologise, don't.
- ♥ If it expects you to stay silent, speak up.
- ♥ If it expects you to avoid, show up.
- ♥ If it expects you to shrink, take up space.
- ♥ If it expects you to criticise yourself, encourage yourself instead.
- ♥ If it expects you to quit because you had one bad day...continue anyway.

Give examples of how and where you challenged your pattern's expectations:

Your old patterns should finish this week thoroughly confused. It should no longer be able to predict what you'll do next. Why? Because predictability is how patterns survive. Unpredictability is how they begin to lose their grip and begin to fade away.

Every day this week, ask just one question: **if my old pattern had written today's script... what would it expect me to do?**

Then rewrite the ending.

Your old pattern has been writing your story for years. This week, take the pen back.