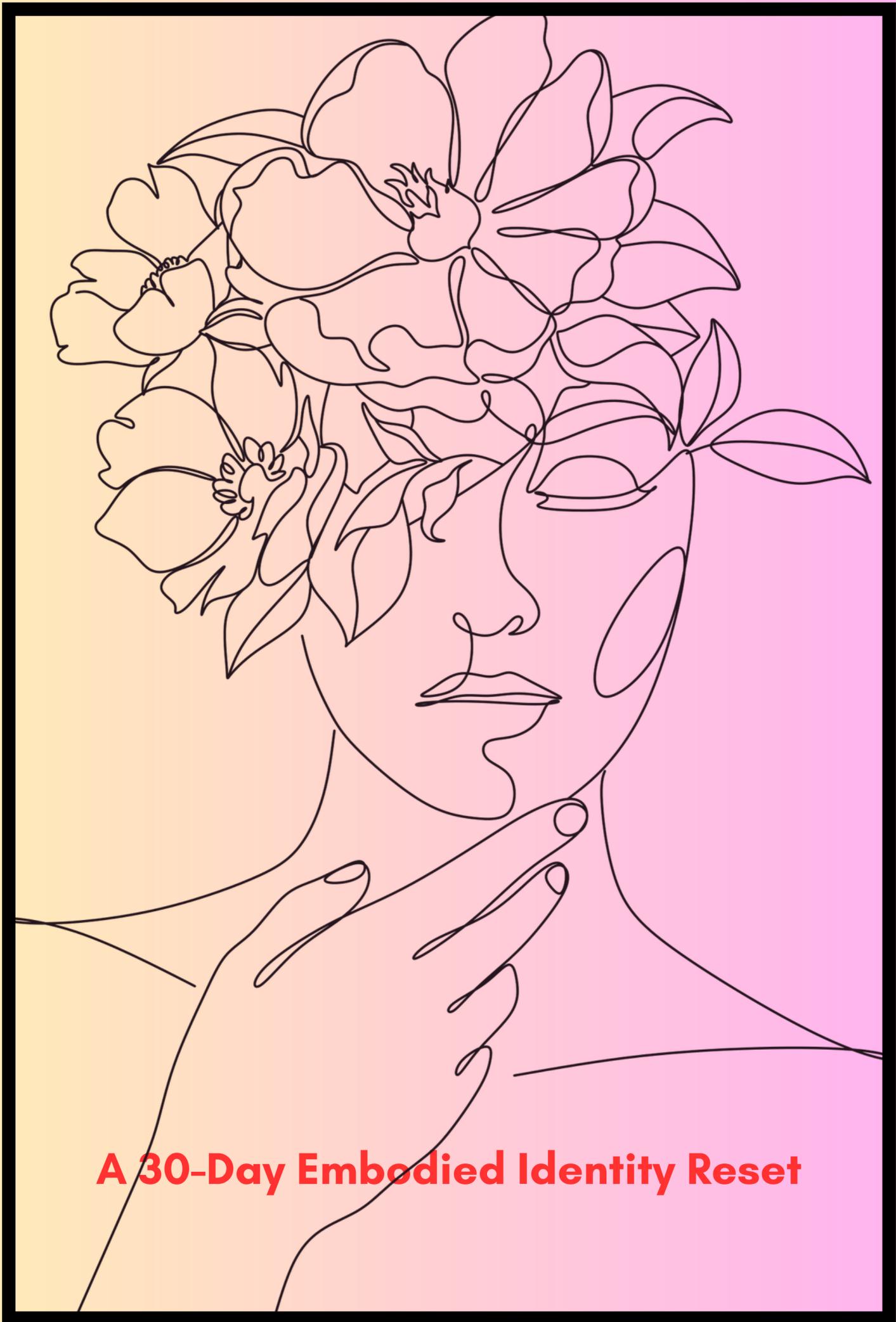


Break the Pattern



A 30-Day Embodied Identity Reset

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Welcome

This guide is a gentle beginning.
Over the next 30 days, you will move
through three phases:

Awareness, Release, and Rebuild.

Move slowly. Be honest. Let this
process be spacious.

The Pattern Loop

Most emotional patterns follow a
loop:

Trigger → Emotion → Identity Story
→ Reaction →
Reinforcement.

True change happens at the identity
and nervous system levels.

Phase 1 - Awareness (Days 1-10)

This phase invites you to courageously observe your thoughts, emotions, and patterns with honesty and compassion, allowing clarity to replace avoidance.

- ★ Day 1: Where do I feel stuck or repetitive?
- ★ Day 2: When do I feel like I'm performing?
- ★ Day 3: What triggers me emotionally?
- ★ Day 4: What beliefs did I inherit about love or success?
- ★ Day 5: What fear keeps this pattern alive?
- ★ Day 6: Where do I try to control outcomes?
- ★ Day 7: Who did I become to survive?
- ★ Day 8: Where does my body hold tension?
- ★ Day 9: Whose approval influences me most?
- ★ Day 10: What is the main pattern I am ready to break?

Phase 2 - Release (Days 11-20)

This phase asks you to intentionally let go of what no longer aligns with who you are becoming, creating space for growth, peace, and possibility.

- ★ Day 11: What truth have I been avoiding?
- ★ Day 12: What do I need to forgive myself for?
- ★ Day 13: Who am I still holding resentment toward?
- ★ Day 14: What limiting agreement have I made about myself?
- ★ Day 15: When awareness feels overwhelming, what support do I need?
- ★ Day 16: Where do I need stronger boundaries?
- ★ Day 17: Write the pattern and symbolically release it.
- ★ Day 18: What am I trying to force?
- ★ Day 19: Sit in silence for 10 minutes. What surfaces?
- ★ Day 20: Write your release declaration

Phase 3 - Rebuild (Days 21-30)

This phase empowers you to consciously choose new beliefs, habits, and standards that reflect your evolved self and the life you are ready to build.

- ★ Day 21: Who do I want to become?
- ★ Day 22: I am becoming someone who _____.
- ★ Day 23: Replace one old belief with a new one.
- ★ Day 24: What habit supports my new identity?
- ★ Day 25: Does my environment support growth?
 - ★ Day 26: Who supports my evolution?
 - ★ Day 27: Take one courageous action.
- ★ Day 28: Where have I proven I can change?
- ★ Day 29: Visualize yourself 6 months from now.
- ★ Day 30: What have I learned about myself?

Ready for Deeper Support?

Awareness is powerful, but embodied transformation often requires guidance. If you are ready to break your pattern at the root through nervous system regulation, energy recalibration, and identity integration, you are invited to apply for private coaching.

✨ Continue the Journey

Charlene Davis is the Founder of You Are Not Your Past, LLC and a New Jersey-based holistic practitioner devoted to the art of transformation, healing, and conscious evolution.

With a professional foundation in Social Work and a disciplined spiritual practice in the lineage of Paramahansa Yogananda through Self-Realization Fellowship, Charlene bridges timeless spiritual wisdom with refined, modern holistic modalities. Her approach is both grounded and elevated. Rooted in compassion, integrity, and energetic mastery.

As a Reiki Master Teacher, Sound Bowl Therapist, and author of *You Are Not Your Past, An Inspirational Journey* (2024), she curates transformative experiences designed to release stored trauma, recalibrate energetic alignment, and restore inner clarity. Her work is intentional, intimate, and deeply restorative.

Through private sessions and immersive healing experiences, Charlene offers a sanctuary for those ready to move beyond limitation and embody their next level. Each encounter is thoughtfully designed to nurture the mind, body, and spirit by empowering clients to step into confidence, alignment, and quiet strength.

Her philosophy is simple yet profound: your past may shape you, but it does not define you.

If you feel called to continue this work on a deeper, more personalized level, private sessions are available by appointment.

To begin your next chapter visit:

[YOU ARE NOT YOUR PAST](#)

