

LifeRise Academy

Jenson M.E

Life Transformation Mentor

Creator of The Inner World Transformation Framework



The Inner Pattern Reset Workbook

Discover the hidden thoughts, emotions, and inner patterns that may be silently blocking your goals, happiness, lifestyle, wealth, health, career, and relationships.

What inner pattern may be blocking the life I truly want?

Most people want bigger goals, more peace, better health, stronger relationships, career growth, more money flow, confidence, clarity, and a happier lifestyle. But even after trying hard, many people still feel stuck.

This workbook is your first awareness step.

Inside, you will quickly discover:

- ✦ Where your life is asking for a shift
- ✦ Which pattern may be affecting your goals
- ✦ What old inner script may be shaping your choices
- ✦ Which emotional state may be influencing your results

This is not about blaming yourself. It is about understanding yourself - so you arrive at the masterclass already curious, aware, and ready for deeper change.

ACTIVITY 1

Four Pillars Goal Audit

Where is my life asking for a shift?

Your goals usually show up through four major areas. These areas shape your lifestyle, happiness, confidence, and overall sense of success.

Life Area	Now	Desired	What result do I truly want?
Wealth	___ / 10	___ / 10	_____
Health	___ / 10	___ / 10	_____
Career	___ / 10	___ / 10	_____
Relationships	___ / 10	___ / 10	_____

Quick Reflection

The area where I feel most stuck right now is:

The result I deeply want to achieve is:

This matters to my happiness/lifestyle because:

One inner pattern that may be affecting this area is:

Possible Inner Pattern

- | | |
|---|---|
| ☐ Fear | ☐ Overthinking |
| ☐ Procrastination | ☐ Self-doubt |
| ☐ Emotional reaction | ☐ Avoidance |
| ☐ People pleasing | ☐ Negative self-talk |

To create a better result in my life, I may need to first become aware of...

ACTIVITY 2

Repeating Pattern Check

What keeps happening again and again?

Life often repeats patterns: the same emotional reactions, money pressure, relationship triggers, career blocks, unfinished goals, or lifestyle frustration.

Identify the Pattern

One situation that keeps repeating in my life is:

This usually affects my:

- | | | | |
|-------------------------------------|------------------------------------|------------------------------------|---|
| ☐ Wealth | ☐ Health | ☐ Career | ☐ Relationships |
| ☐ Confidence | ☐ Happiness | ☐ Lifestyle | ☐ Goal achievement |

I usually feel

- | | |
|-----------------------------------|------------------------------------|
| ☐ Fear | ☐ Anger |
| ☐ Anxiety | ☐ Pressure |
| ☐ Sadness | ☐ Rejection |
| ☐ Unworthy | ☐ Confused |

I usually react by

- | | |
|--|--|
| ☐ Overthinking | ☐ Avoiding |
| ☐ Blaming myself | ☐ Getting angry |
| ☐ Procrastinating | ☐ Controlling |
| ☐ Giving up | ☐ Distracting |

The Cost of This Pattern

Because of this pattern, one goal I have not fully achieved is:

One part of my lifestyle or happiness that feels affected is:

If this pattern continues for 1 year, it could cost me:

This is not just a problem. This is a pattern. And patterns can be changed.

ACTIVITY 3

Old Inner Script Decoder

What is the old script running inside you?

An inner script is the repeated thought, belief, or emotional story that quietly runs in the background of your mind and influences your choices, goals, money, health, career, relationships, and future.

Common old scripts

I am not enough

Money is hard

I always fail

People reject me

I cannot change

I do not finish things

Discover Your Old Script

The thought I repeat most often is:

The fear that holds me back from my goals is:

The belief I may have learned from childhood is:

The emotional pattern I want to change is:

The old identity I am ready to grow beyond is:

The old script that may be blocking my next level is...

I can observe this script without obeying it.

Curiosity for the masterclass: If this script has been running for years, what could become possible when you learn how to change it from the inside?



ACTIVITY 4

Emotional Pattern & Goal Gap Check

What feeling may be blocking the result I want?

Many people focus only on the goal. Very few ask: What emotional state am I trying to achieve this goal from? This is where many goals silently get blocked.

My Familiar Emotional State

- | | | |
|------------------------------------|---------------------------------------|------------------------------------|
| ☐ Stress | ☐ Fear | ☐ Anger |
| ☐ Sadness | ☐ Guilt | ☐ Shame |
| ☐ Pressure | ☐ Lack | ☐ Rejection |
| ☐ Overwhelm | ☐ Hopelessness | ☐ Confusion |

How This Emotion Affects My Life

When I feel this emotion, I usually think:

When I think this way, I usually act like this:

The result this creates in my life is:

The goal this emotional pattern may be affecting is:

The lifestyle or happiness outcome this may be affecting is:

When I feel _____, I usually think _____, and then I behave _____.

Is this pattern helping me create the life I truly want? [] Yes [] No [] Not sure

The Goal Gap Question

The life outcome I want is:

The inner shift I am curious to learn more about is:

Student Shift Wall

Real learning experiences from the inner transformation journey

Real transformation begins when a person starts seeing the inner pattern behind repeated life results.



Varun

Awareness Breakthrough

" I realized I was not only dealing with outer problems, but repeating an old inner pattern. This helped me become more aware, calm, and clear.

Awareness creates calm and clarity.

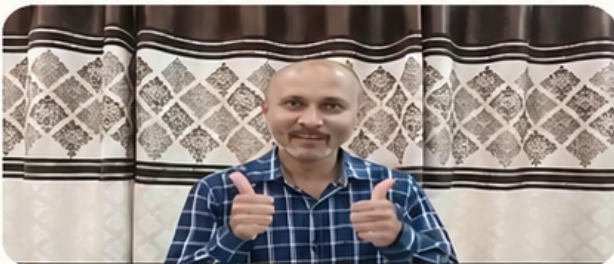


Kajal

Inner Script Shift

" The biggest shift was understanding that my thoughts and emotions were shaping my decisions every day. I started observing my old script instead of blindly following it.

Observing the script opens better choices.



Arvind

Career & Confidence

" This framework helped me see the emotional pattern behind my hesitation and gave me a new way to think, feel, and act.

Inner shifts support outer growth.



Nilesh

Goals & Happiness Clarity

" The exercises were simple but powerful. I could clearly see which area of my life needed attention and what inner pattern may be affecting my goals and happiness.

Clarity reveals where change begins.

In the masterclass, you will go deeper into how inner patterns influence goals, emotions, lifestyle, happiness, and life outcomes.

My Inner Pattern Reset Commitment

Prepare yourself for the One To One Clarity call

Before the One To One Clarity call begins, bring everything together.

My biggest realization from this workbook:

The goal or life outcome I truly want to achieve:

The old pattern I am now aware of:

The emotion I no longer want to live from:

The area of my life that needs an inner shift:

☐ Wealth

☐ Health

☐ Career

☐ Relationships

☐ Happiness

☐ Lifestyle

☐ Confidence

☐ Emotional peace

One small action I will take today:

My Commitment

I understand that real transformation begins with awareness. I am willing to observe my old thoughts without becoming them, notice my emotional patterns without judging myself, and learn how to create change from the inside out.

My new beginning starts now.

Before life changes on the outside, something must shift inside.

Bring this workbook to the One To One Clarity call. We will go deeper into why old patterns repeat, how thoughts create emotion, and how to create a new inner pattern.