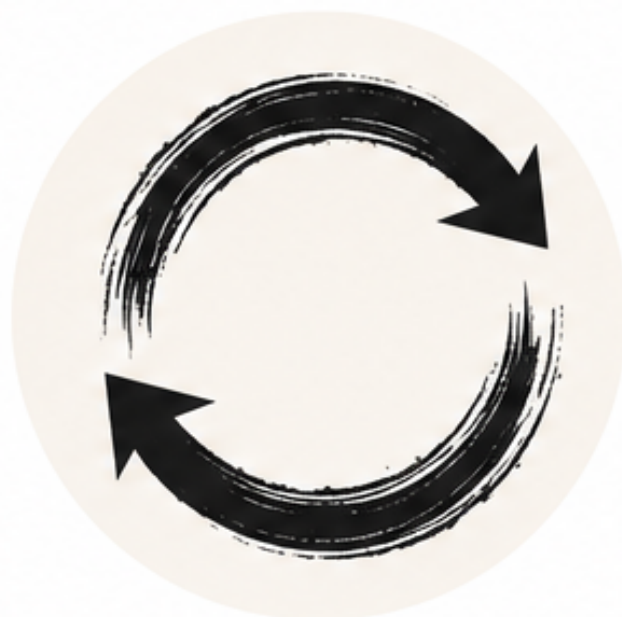


# YOU KNOW WHAT TO DO. BUT YOU KEEP GOING ROUND IN THE SAME LOOP.



You reflect. You learn. You make plans.  
But when it matters, you fall back into the same reactions, habits and patterns.

**It's not a lack of self-awareness.**

**It's a lack of change that sticks.**

## 5 SIGNS YOU MIGHT BE IN THE REPLAY



**01**

You keep having the same conversations (or avoiding them).



**02**

You overanalyse instead of taking action.



**03**

You start strong, but lose momentum.



**04**

You go back to old habits when pressure hits.



**05**

You feel frustrated because you know better by now.



## THE HIDDEN COST OF THE REPLAY

- Growth feels slow, or non-existent.
- You lose confidence in yourself.
- You waste time and energy starting over.
- You miss opportunities that never come back.
- Life becomes a cycle of frustration and intention.



## THE TRUTH

You don't need more knowledge.  
You need a way to break the loop and build new patterns that last.

# WHY IT HAPPENS

Your brain is wired for familiarity and safety. So it replays what it knows, even when it doesn't serve you anymore. Until a new pattern is learned, practiced and reinforced, the old one will always win the replay.



## OLD PATTERN

Automatic and familiar.



## FEELS SAFE

So your brain chooses it.



## KEEPS REPEATING

Until you change the pattern.

## A SMALL EXPERIMENT

Think back to recent times, and ask yourself:



How much of your time and energy was spent wishing something had played-out differently?

Don't judge the answer. Just notice.

**Awareness creates choice.**  
**Choice creates change.**

## LIFE OUT OF THE REPLAY

- ✓ You take action and follow through.
- ✓ You build momentum and confidence.
- ✓ You respond intentionally, not reactively.
- ✓ You create progress that compounds.
- ✓ You feel proud of who you are becoming.



## SOMETHING WORTH REMEMBERING

A new pattern feels awkward at first. But with repetition, it becomes your new normal.

## YOU DON'T HAVE TO BREAK THE LOOP ALONE.

You need support, feedback and accountability to help you catch the replay and choose differently in the moment.

The Living Room is where we help each other build patterns that create the life we want.



- ✓ Live coaching & workshops
- ✓ Practical tools & frameworks
- ✓ Accountability & support
- ✓ A community of like-minded people

**This is where new patterns become your new normal.**



**YOU'VE TAKEN THE FIRST STEP. WHAT HAPPENS NEXT IS UP TO YOU.**  
**JOIN THE LIVING ROOM AND BUILD A LIFE THAT STICKS.**



*Let's do this.*