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5 MINUTE P A T T E R N Check-in Card

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What pattern am I repeating right now?

Sometimes the people or situations change, but the feeling—or our reaction—stays the same.

Use this quick check-in to pause and notice what may be repeating.

- What is happening right now?

Briefly describe the situation.

- What am I feeling?

What emotion is coming up for me?

- Does this feel familiar?

Have I experienced a similar situation,
feeling or reaction before?

- What do I usually do when this happens?

Do I avoid? Overthink? People-please?

Shut down? Try to control? React quickly?

- What do I need in this moment?
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- What could I choose differently this
time?
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Pause & Reflect

The pattern is not who you are.
It is something you learned—and awareness
gives you the chance to respond
differently.

Ready to explore it more deeply?

If you've noticed a pattern that keeps
repeating, the Break Free Workbook can
help you understand what may be keeping it
in place, uncover the beliefs behind it and
begin making more conscious choices.

Explore the Break Free Workbook →
<https://raniamezraani.com/>