

# Understanding Repeating Cycles

**Make your cycles work for you — or find the off-ramp.**

A cycles inventory based on Chapter 25

FROM CHAPTER 25 • PAGE 86

*“We know we’re in a cycle when we find ourselves having recurring connected experiences with similar outcomes.”*

— Chris Masiello

## How to use this worksheet:

1. Inventory your cycles — helpful and unhelpful (10 minutes).
2. Map one unhelpful cycle and find its off-ramp.
3. Reinforce one helpful cycle on purpose this week.

# Your own Groundhog Day, on paper.

“Each day we live our own version of Groundhog Day if we allow it.” (p. 85) Cycles aren’t all bad: “If it’s helpful, recognize that cycle and make choices to maintain it.” (p. 86) Your tell: “Feelings are our emotional dashboard... Look for recurring feelings.” (p. 86)

| THE RECURRING EXPERIENCE | HELPFUL OR UNHELPFUL? | THE RECURRING FEELING | THE OUTCOME IT PRODUCES |
|--------------------------|-----------------------|-----------------------|-------------------------|
|                          |                       |                       |                         |
|                          |                       |                       |                         |
|                          |                       |                       |                         |
|                          |                       |                       |                         |
|                          |                       |                       |                         |
|                          |                       |                       |                         |

The cycle with the highest cost right now

FROM CHAPTER 25 • CHRIS'S OWN CYCLE (PP. 87–88)

*“Instead of exercising in the morning, I’d exercise at night... I started eating later and noticing my body being more revved up, which influenced my quality of sleep... It occurred to me that I was in a cycle that wasn’t working for me and I needed to return to my old cycle, which did work for me.”*

## Slow the loop down until you see the off-ramp.

“Once you can identify the repeating components of a cycle, then you know the off-ramp for the choice you need to make to disrupt that cycle and start a different one.” (p. 87)

Walk one loop of your highest-cost cycle. Write one honest line at each station.

|                                                                                                         |   |                                                                                                      |
|---------------------------------------------------------------------------------------------------------|---|------------------------------------------------------------------------------------------------------|
| <b>1 • THE EXPERIENCE</b><br><i>what keeps happening — the recurring situation</i><br><hr/> <hr/> <hr/> | → | <b>2 • THE FEELING</b><br><i>your dashboard reading — the recurring feeling</i><br><hr/> <hr/> <hr/> |
| ↑                                                                                                       |   | ↓                                                                                                    |
| <b>4 • THE OUTCOME</b><br><i>the same result, one more time</i><br><hr/> <hr/> <hr/>                    | ← | <b>3 • THE CHOICE</b><br><i>the choice that keeps the loop turning</i><br><hr/> <hr/> <hr/>          |

**THE OFF-RAMP**    The different choice I'll make when the loop next comes around:  

---

---

---

## Break one. Reinforce one.

The chapter's path is experience → observation → wisdom: move away from cycles that “don't feel in alignment with your goals” and “move closer to ones that are.” (p. 88)

**A helpful cycle I'll deliberately maintain this week — and the choice that feeds it**

---

---

---

**My off-ramp moment: when the unhelpful loop starts, I will...**

---

---

---

**01 “Were you happier in past cycles? More fulfilled in current ones?” (p. 88) What does the comparison tell you?**

---

---

### FROM THE CHAPTER • KEY POINTS (P. 88)

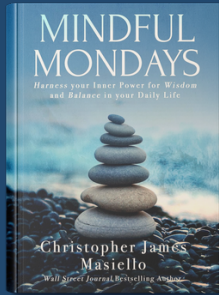
1. We have cycles as learning experiences.
2. What cycles have been the most and least rewarding for you?
3. To break current unwanted cycles, find the ones that don't feel in alignment with your goals and move away from them. Move closer to ones that are in alignment with your goals.

KEEP GROWING

# This is Chapter 25. There are 27 more.

---

Each chapter of Mindful Mondays comes with a video and a practice tool like this one. Work through them at your own pace — one Monday at a time.



GET THE FULL BOOK

## Mindful Mondays

Harness Your Inner Power for Wisdom and Balance in Your Daily Life

→ [amzn.to/47mUtMv](https://amzn.to/47mUtMv)

Available on Amazon

WSJ Bestselling Author • Chris Masiello