

The Well-Worn Path

A free little workbook for noticing the patterns that move you before you've decided anything.

Most of us are creatures of pattern before anything else. We walk the same routes through our days and our minds — not because we're broken, but because those routes worked, once.

The trouble isn't that the path exists. It's when you can't choose whether to walk it — when your feet are already moving before you've decided anything. This is for noticing where one of yours runs.

WHY THIS HAPPENS

Most of what we call "habits" aren't decisions — they're grooves. Every time a response gets you through a hard moment safely, the nervous system remembers it, faster than conscious thought does. Next time something similar happens, your body reaches for that same response before you've decided anything.

Knowing why you do something is different from being able to do something else in the moment. The pattern isn't a belief you can argue with — it's a learned response, faster than thought. Change tends to come from noticing the moment, again and again, not from one realisation alone.

Reflection Prompts

1. Name two or three of your own well-worn paths — routes you walk without quite deciding to, in your days or your relationships.

2. Pick the one that feels most alive right now. What was happening in your life when this path was first walked?

3. What is this path costing you now, that it didn't used to cost you?

*This is yours to keep. Come back to
it whenever you need to remember
there's a choice in the pattern.*



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*This workbook is a reflective tool, not a replacement for
professional support. If it helped, free 30-minute Clarity
Sessions are running now, and the longer Returning to Yourself
workbook is at soulfulhorizons.co.uk.*

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