

The **Repatterning 26/52 Challenge**

MY CHECK LIST

Track your progress and Integrate the Transformations!



OCTOBER 26, 2014

OZARDIS
JOURNEYS WITH OZ

The Repatterning 26/52 Challenge

What is your overall intention you would like to have repatterned with the 26/52 Challenge? This is something you intend to achieve within a year or less and can be any aspect of your life. Write out your intention. Also consider adding collage items to illustrate and help you visualize your intention.

MY OVERALL INTENTION

Signed /Date

As you complete each Repatterning check them off on the checklist below. Add one or two statements of insight you achieved or a statement from the session that spoke to you and your intention. How did the session help you move towards your overall intention?

The

Repatterning 26/52 Challenge

TRANSFORMING PRIMARY PATTERNS WITH RESONANCE REPATTERNING	
<input type="checkbox"/> BELIEF REPATTERNING	INSIGHTS
<input type="checkbox"/> SEEING REPATTERNING	INSIGHTS
<input type="checkbox"/> HEARING REPATTERNING	INSIGHTS
<input type="checkbox"/> WRITING REPATTERNING	INSIGHTS

The

Repatterning 26/52 Challenge

<input type="checkbox"/> THE APPRECIATION REPATTERNING	INSIGHTS
<input type="checkbox"/> THE COMMITMENT REPATTERNING	INSIGHTS
<input type="checkbox"/> THE CREATIVE EXPRESSION REPATTERNING	INSIGHTS
<input type="checkbox"/> THE NEGATIVE THOUGHTS REPATTERNING	INSIGHTS
<input type="checkbox"/> THE SELF-IMAGE REPATTERNING	INSIGHTS

TRANSFORMING UNCONSCIOUS PATTERNS WITH RESONANCE REPATTERNING	
<input type="checkbox"/> THE LIMBIC REPTILIAN BRAIN REPATTERNING	INSIGHTS
<input type="checkbox"/> THE BREATH FOR LIFE REPATTERNING	INSIGHTS
<input type="checkbox"/> THE EARLIER EXPERIENCE REPATTERNING	INSIGHTS
<input type="checkbox"/> THE PARENTAL REPATTERNING	INSIGHTS
<input type="checkbox"/> THE COMPENSATION REPATTERNING	INSIGHTS
<input type="checkbox"/> INTEGRATION FOR GROWTH REPATTERNING	INSIGHTS

The

Repatterning 26/52 Challenge

TRANSFORMING CHAKRA PATTERNS WITH RESONANCE REPATTERNING

THE CHAKRA REPATTERNING

INSIGHTS

THE DISRUPTED ENERGY REPATTERNING

INSIGHTS

THE SOUND FREQUENCY REPATTERNING

INSIGHTS

THE LIFE CYCLE REPATTERNING

INSIGHTS

TRANSFORMING FIVE ELEMENT AND MERIDIAN PATTERNS THE MERIDIAN AND FIVE ELEMENT REPATTERNING

INSIGHTS

 THE SEASONAL REPATTERNING

INSIGHTS

 THE 24-HOUR TIME CYCLE REPATTERNING

INSIGHTS

 THE MU POINT REPATTERNING

INSIGHTS

 THE DECISION MAKING REPATTERNING

INSIGHTS

 THE FIVE ELEMENT QUALITIES REPATTERNING

INSIGHTS