

This is one of 5 Checkpoint Protocols in PracticeOps – Troubleshooting Client Challenges

Pattern Recognition Protocol

(1-2 Weeks)

Purpose: Identify implementation patterns, optimize consistency

Essential Questions:

1. "When are you most/least likely to follow through?"
2. "What patterns do you notice in your successes and struggles?"
3. "How has the experience changed from day one to now?"
4. "What existing routines could we connect this to?"

Common Patterns & Solutions:

- **Inconsistent timing** → Link to established habit
- **Context-dependent success** → Identify successful environments
- **Energy-related patterns** → Adjust to optimal energy windows
- **Motivation fluctuations** → Build environmental triggers

Document: Implementation frequency, emerging patterns, consistency factors, habit connection strategy