



Catch Your Code – Awareness Challenge Worksheet

Welcome to the 3-Day Awareness Challenge.

This worksheet is designed to help you observe your subconscious programming in real time. By catching your reactions and reflecting on them, you begin to reclaim your inner power.

Instructions:

Each day, aim to log at least 3 moments where you catch yourself reacting automatically. Use the questions below to reflect on each moment. You can write in short notes or full reflections.

Day 1

Moment 1:

- What triggered this response?
- Where did I learn to respond this way?
- Does this reflect who I truly am or is it an old script?
- Notes or Insights:

Moment 2:

- What triggered this response?
- Where did I learn to respond this way?
- Does this reflect who I truly am or is it an old script?
- Notes or Insights:

Moment 3:

- What triggered this response?
- Where did I learn to respond this way?
- Does this reflect who I truly am or is it an old script?
- Notes or Insights:

DAMANIAM

Day 2

Moment 1:

- What triggered this response?
- Where did I learn to respond this way?
- Does this reflect who I truly am or is it an old script?
- Notes or Insights:

Moment 2:

- What triggered this response?
- Where did I learn to respond this way?
- Does this reflect who I truly am or is it an old script?
- Notes or Insights:

Moment 3:

- What triggered this response?
- Where did I learn to respond this way?
- Does this reflect who I truly am or is it an old script?
- Notes or Insights:

DAMANIAM

Day 3

Moment 1:

- What triggered this response?
- Where did I learn to respond this way?
- Does this reflect who I truly am or is it an old script?
- Notes or Insights:

Moment 2:

- What triggered this response?
- Where did I learn to respond this way?
- Does this reflect who I truly am or is it an old script?
- Notes or Insights:

Moment 3:

- What triggered this response?
- Where did I learn to respond this way?
- Does this reflect who I truly am or is it an old script?
- Notes or Insights:

Final Reflection

After completing the challenge, reflect on what you discovered:

- What patterns did you notice?
- Which old scripts surprised you the most?
- How do you feel now compared to Day 1?
- What do you want to rewrite moving forward?

Share a discovery inside the [IAM Infinite Community](#) or tag [@Da8IAM](#) using #CatchYourCode.