

KARMA CODE

FROM LOOP TO LIBERATION IN 21 DAYS

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DAY 3 Worksheet: The Exhaustion Loop

ENGLISH





DAY 3 WORKSHEET: THE EXHAUSTION LOOP

Title: Break the Exhaustion Loop - 100% Me, 0% Them

Purpose: This immersive worksheet is designed to help you stop outer-world reactivity, identify hidden karmic loops, and take radical responsibility in a compassionate, practical way. Use it as a daily tool: reflect, practice, act, and integrate.

How to use this worksheet:

- Read the short instructions for each section, then complete the exercises in a quiet space.
- Be honest and gentle with yourself - this is discovery, not judgement.
- Use a dedicated notebook or print this worksheet. Revisit weekly and at the end of 7/21/63 days to measure progress.

Quick Warm-Up: Grounding & Breath (2-3 minutes)

1. Sit comfortably. Place one hand on your heart. Close your eyes.
2. Inhale slowly through your nose for 4 counts. Pause 1 count. Exhale through your mouth for 6 counts.
3. Repeat 3 rounds. Say silently: I am here. I am responsible for my frequency.

SECTION A: External Mirror Audit (Discover what's showing up)

Goal: Map out the repeating patterns across your life domains so you can see the mirror clearly.

Instruction: For each domain below, list the top 3 repeating themes (people, problems, feelings, outcomes). Be specific.

Domains

Domain	Repeating Situations / People / Stories (Be specific)	Where this shows in daily life (examples)
Relationship	1. _____ 2. _____ 3. _____	e.g. frequent breakups, codependency, partner who avoids intimacy
Money & Work	1. _____ 2. _____ 3. _____	e.g. late payments, job loss, undercharging clients
Health & Body	1. _____ 2. _____ 3. _____	e.g. chronic fatigue, digestive issues, body image shame
Self & Identity	1. _____ 2. _____ 3. _____	e.g. people-pleasing, perfectionism, victim identity

Reflection Questions:

- Which theme appears in more than one domain?

- Which pattern feels the oldest (when did you first notice it)? _____
- What small headline would you give your current life story? (one sentence) _____

SECTION B — The "Three Fingers" Mirror Exercise (What you judge, you carry)

Goal: Move from projection/blame to recognition and ownership.

Instruction: Name one person (or group) you judge the most. Write their name or role below, then answer the prompts.

Who I judge most: _____

1. What I judge them for (exact words):

- _____

2. Three fingers point to me - how this shows in my life:

- Finger 1 (anger/annoyance): What in me responds the same way?

- Finger 2 (fear/avoidance): Where do I avoid similarly?

- Finger 3 (need for validation/control): Where do I seek/force control?
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3. A compassionate ownership sentence:

- I notice I judge X for Y. I recognize that I hold Z inside me.
- Fill: I judge _____ because I have _____, and I will start healing it by _____.

4. Action step (Kriyamana response):

- Today I will do ONE small action to shift this energy:

- (Example: If I judge for abandonment, action could be - call a friend and ask for support, or practice 5 minutes of inner-reassurance mantra.)

SECTION C: Emotion → Story → Vibration Mapping (Your inner signalboard)

Goal: Identify root emotions and the stories that maintain your loop.

Instruction: Take 4 - 6 repeating emotions from the last month and map them.

Emotion	Trigger (where/how it shows)	Body Sensation	Typical Thought/Story	Belief it points to	Intensity (0-10)
e.g. Shame	Looking in mirror / social media	Tight throat / slump	"I'm not enough"	I must earn my worth	8
1. _____	_____	_____	_____	_____	--
2. _____	_____	_____	_____	_____	--
3. _____	_____	_____	_____	_____	--
4. _____	_____	_____	_____	_____	--

Reflection:

- Which belief repeats most?

- Which emotion do you feel is the primary fuel for your exhaustion loop? _____

SECTION D: The "I Care, But I Don't Care" Boundary Practice (Script & Integration)

Goal: Create a clean pause between external trigger and inner reaction; build boundary without shutting down compassion..

Quick practice (use when triggered):

1. Ground: 3 slow breath cycles (nose in 4, out 6).
2. Place hand on heart. Speak aloud or in your mind: "I care, but I don't care."
 - Expand: "I care about healing and solutions. I do not care about problems I cannot change for others."
3. Take 3 slow breaths and choose ONE responsible action you can take right now.



Integration journaling (after practicing):

- Trigger: _____
- How I felt before (emotion & body): _____
- I said: "I care, but I don't care" (yes / no) _____
- Action I took instead of reacting: _____
- Outcome: _____

SECTION E: The White Ball / Black Ball Reframe (Practical Rewiring)

Goal: Replace knee-jerk reactivity with conscious energetic giving.

Explanation: Black balls = automatic, negative energy you might be tempted to throw back (anger, blame, gossip). White balls = conscious positive choices and boundary-based responses.

Practice Grid:

- When XYZ happens (example trigger), I will NOT (black ball) _____, I WILL (white ball) _____.

Trigger	Black Ball (old reflex)	White Ball (new choice)	Small practice to prepare
e.g. Partner cancels plans	Blow up / punish	Ask for clarity / reschedule kindly	Practice 5 deep breaths + "I care but I don't care"
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____

SECTION F: Micro Kriyamana Action Plan (Daily Toolbox to Change Frequency)

Goal: Create a simple, repeatable set of actions (3 - 7 minutes each) that change your vibration.

Daily Must-Do (choose 3 every day):

- Morning: 2 min Soham / 3 rounds of breathing (inhale "so", exhale "ham")
- Midday: 1 minute check: name emotion, place hand on heart, 3 breaths
- Evening: 5 min journaling — one trigger, one white ball response, one gratitude
- Movement: 5-10 minutes somatic movement or walk barefoot
- Boundary check: write one line when you said "I care, but I don't care"

Weekly Deep Action (choose one per week):

- EFT tapping session on the most intense repeating theme
- Ho'oponopono ritual (forgiveness to memory field)
- Cord-cutting meditation for repeated person/situation



SECTION G: Somatic Reset: Short Practices

Body Check (1 minute): Scan from toes to head and name sensations without change.

Breath of Fire Primer (30-60 seconds): Quick energy reset only if you have no heart/lung issues. 1: Sit tall. Rapid nasal breathing, belly pumping, 30-60 counts. Slow down and inhale deeply after.

Grounding Mini Routine (2 minutes): Stand barefoot, feel feet, breathe, imagine roots into the earth; whisper: I release into the ground.



SECTION H: Integration Tracking & Measurement (7-day snapshot)

Goal: Collect data so you can spot real shifts.

Use this table each day for 7 days.

Day	Energy Level 0-10	Triggers Noticed (1-2)	Reacted? (Y/N)	White Ball Action	Notes/Insight
Day 1	-----	-----	-----	-----	-----
Day 2	-----	-----	-----	-----	-----
Day 3	-----	-----	-----	-----	-----
Day 4	-----	-----	-----	-----	-----
Day 5	-----	-----	-----	-----	-----
Day 6	-----	-----	-----	-----	-----
Day 7	-----	-----	-----	-----	-----



Weekly Review Questions:

- Biggest small win this week:

- Most frequent trigger:

- One belief that softened:

SECTION I: 7-Day Tiny Habits Plan (Suggested)

- **Day 1:** Mirror audit + pick one repeating theme
- **Day 2:** Complete Three Fingers Mirror for that theme
- **Day 3:** Practice "I care, but I don't care" three times when triggered
- **Day 4:** Map emotions and beliefs (Section C) and choose one belief to reframe
- **Day 5:** Implement 1 white ball replacement for your top trigger
- **Day 6:** Somatic reset + breath of fire (short) + gratitude ritual
- **Day 7:** Integration Tracking — complete weekly review and set next week's intention

SECTION J: Prompts for Deep Reflection (Use weekly)

- When did this pattern first feel real to me? Describe that memory.
- What am I afraid will happen if I drop this identity? (safety, belonging, meaning)
- What would my life look like if I practiced "I care, but I don't care" consistently for 30 days?
- What are three small rituals that would help my nervous system feel safe? (list them)

SECTION K: Affirmations & Mantras (Use daily)

- I care about my healing, but I don't care about the blame.
- 100% me, 0% them — I choose energy, not reaction.
- I choose the white ball. I am the creator of my frequency.
- Short daily mantra to repeat: I am responsible. I am free.

SECTION L: Notes, discoveries & commitments

- Today's date: _____
- Biggest discovery: _____
- Commitment for tomorrow (one tangible step):

- If I slip, my immediate recovery step is:



Final Invitation

Keep this worksheet with you for the next 7-21 days. Revisit sections A-H weekly. Small consistent choices are what collapse karmic repetition. You are not to blame - you are the alchemist of your frequency. Take one white ball today.