



Decision Pattern Analysis

Identity Recode Planner

To analyze recurring decision habits and identify whether choices are made from identity, impulse, avoidance, or alignment.

Identity Recode Planner
A Tamkinly Transformation System

Instructions

- Log one meaningful decision per day.
- Focus on decisions that affected behavior, time, energy, or consistency.
- Do not record trivial choices.
- The purpose is pattern recognition, not self-judgment.

Section 1: Decision Log Entry

Date and Time:

Decision made:

Situation/context:

What options were available?

What did you choose?

What happened next?

Section 2: Internal Conditions

Rate each statement from 1 to 10:

Statement	1	2	3	4	5	6	7	8	9	10
I was clear-headed when I made this decision.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I was emotionally stable when I made this decision.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I had enough time to think.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I felt pressure or urgency.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I was acting from values rather than impulse.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I felt internally conflicted.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I knew what I was doing and why.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I could have chosen differently if I had paused.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

What emotional or mental state most influenced this decision?

Section 3: Decision Quality Matrix

Value alignment (1-10):

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Future usefulness (1-10):

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Clarity of reasoning (1-10):

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Emotional regulation at the moment (1-10):

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Resistance to impulse (1-10):

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Consistency with identity goal (1-10):

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Consequence awareness (1-10):

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Overall decision quality (1-10):

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Section 4: Pattern Recognition

What pattern appears across this decision and previous decisions?

What type of situations most often produce weak decisions?

What type of situations most often produce strong decisions?

What recurring excuse, assumption, or shortcut appears?

Pattern Label (give this pattern a name):

Section 5: Decision Improvement Rule

What should you do differently next time?

If the same situation happens again, your rule is:

One pause you should insert before acting is:

One question you should ask before deciding is:

One boundary you should use to protect future decisions is:

Section 6: Decision Summary

Metric	Score
Clarity	_____
Emotional Stability	_____
Value Alignment	_____
Future Alignment	_____
Self-Control	_____
Overall Decision Quality	_____

What decision pattern is becoming visible?

What is one decision habit you need to stop reinforcing?

What is one decision habit you need to strengthen?

Final Decision Statement: My decisions are currently teaching me that...
