

Digital Pattern Decoder

An Awareness Tool for Tech-Intuitive Shifts

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🌙 Welcome to the Digital Pattern Decoder

A companion for those moments when your tabs are multiplying, your inbox is silently judging you, and you're not sure if you need a new tool or just a nap.

You know those days when nothing's technically "on fire," but everything feels weirdly off? When you're bouncing between Canva, your inbox, and whatever half-finished thing you swore you'd wrap up last week? That's not just chaos. It's a message.

Your tools, your tabs, your digital messes and over-automations?

They're trying to tell you something. Not in a self-help guru kind of way, but in the way your favorite playlist tells you you're spiraling before you do.

The Digital Pattern Decoder isn't a fix-it checklist.

It's a self-awareness tool disguised as a worksheet.

It's a way to pause, peek under the digital overwhelm, and ask,

"Okay, what's actually going on here?"

Let's decode.

tina marie ♥

What's Showing Up in Your Digital World?

Check all that apply (or add your own):

- ☐ 20+ unread emails staring you down
- ☐ Starred to-dos that feel like little digital guilt bombs
- ☐ Three projects open, zero getting finished
- ☐ Inbox tabs open "just in case" but you haven't checked them in days
- ☐ You keep starting new things to avoid finishing old ones
- ☐ Your desktop looks like a thrift store clearance bin
- ☐ You're doom-scrolling through tools looking for one that "feels right"
- ☐ Overusing AI to make decisions you already kind of know the answer to
- ☐ Avoiding AI because you feel like you "should" figure it out yourself
- ☐ You tell yourself Friday is for your creative work—but it never happens
- ☐ A tool or app keeps glitching and you're taking it personally
- ☐ Canva is open. So is Photoshop. So is Procreate. Why tho?
- ☐ You swear you'll organize your files this weekend. (Again.)
- ☐ Other: _____



What Might These Patterns Be Telling You?

Choose what feels true today:

- "I'm scattered because I'm trying to force clarity instead of creating space for it."
- "I'm clinging to tools or tabs because letting go feels too final."
- "I'm not stuck, I'm saturated."
- "This isn't laziness. It's misalignment."
- "I don't need to do more. I need to work when my energy is with me, not against me."
- "My brain is trying to solve things by doing more, but it actually needs a nap."
- "Everything feels important, which probably means nothing actually is right now."
- "This used to work for me, but it doesn't anymore. And that's uncomfortable."
- "I'm avoiding things that matter by getting stuck in the things that don't."
- "Maybe I'm not the problem. Maybe the system is."
- "Trying to keep up with everyone else's pace has wrecked my own rhythm."
- "I'm not behind, I'm overloaded."
- "I don't need more tools. I need more space."

Use This Prompt in ChatGPT (or Your Journal)

I've noticed these digital patterns: [insert from above].

What might they reveal about my current energy, focus, or state of mind? Ask me reflective questions to help uncover what's really going on and suggest one gentle shift I can try this week.

Gentle Shift Suggestions

- ✦ Reorder your week around your real energy peaks
- ✦ Archive that email you know you'll never respond to
- ✦ Close one open project tab with love
- ✦ Swap the "heavy" tool for a lighter one (Photoshop → Procreate, anyone?)
- ✦ Set a 15-min timer and give yourself permission to clear one corner—digital or physical
- ✦ Rename one task on your to-do list so it feels less soul-sucking (e.g., "Write newsletter" → "Share what's been on my mind")
- ✦ Switch from a blank doc to a voice note or mind map, sometimes your brain just wants a different format
- ✦ Revisit one tool you used to love but abandoned when things got busy—you might reconnect, or finally let it go without guilt

A Final Reminder

You're not lazy. You're likely overwhelmed, overcommitted, or just plain tired. Sometimes the glitch isn't in the system. It's your system asking for a reset.

You've got this.



About the Author

T. Marie Hilton is a solopreneur, tech whisperer, and advocate for building a business that doesn't chew up your life in the process. With over 17 years of experience helping small business owners and women entrepreneurs untangle tech overwhelm, she creates tools and strategies that prioritize clarity, balance, and creativity. Through her blog *Tips from Marie*, her newsletter *Shift Notes*, and workshops like *Banish Your Inner Critic*, she shares no-nonsense advice, a little intuition, and just enough tech savvy to make running a business feel lighter—and maybe even fun again.