

Life Coach Challenges New Year's Resolution Culture with Pattern Recognition Method

Best Life Coach California 2025 says motivation is useless — pattern recognition is what changes lives.

LOS ANGELES, CA, UNITED STATES, January 1, 2026 /EINPresswire.com/ -- While millions make resolutions that will be abandoned by February, Arthur Palyan has a different message for 2026: stop trying to motivate yourself. "Resolutions fail because they rely on motivation," said Palyan, founder of Level Up and Best Life Coach California 2025. "Motivation is useless. Pattern recognition is what actually changes lives."

Instead of setting goals, Palyan suggests identifying the patterns that keep people stuck — the same relationship mistakes, career loops, and inherited family behaviors that repeat year after year.

"A goal isn't what is needed. Identifying patterns that keep us trapped is," said Palyan.

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Arthur Palyan

The Level Up platform offers several entry points:

1-minute quick assessment:

<https://selfcheck.100levelup.com/quick.html>

Comprehensive assessment:

<https://selfcheck.100levelup.com/assessment.html>

The game with 3,500+ scenarios: <https://100levelup.com>

The methodology behind the framework: <https://levelsofself.com>

The platform requires no cost, no in-app purchases, and no sign-ups.



LEVELS of SELF
— TRANSFORMATIONAL TRAINING —

Levels Of Self Transformational Training

About Arthur Palyan

Arthur Palyan is the founder of Level Up and creator of the 7 Levels of Self framework. Named Best Life Coach California 2025, his work has been featured on AP News, Google News, Yahoo, Bloomberg Terminal, and 100+ media outlets worldwide. For more information, visit levelsofself.com.

Start 2026 differently.

Arthur Palyan

Levels Of Self

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Founder Of Levels of Self & 100LevelUp.com



Arthur Palyan on stage in Hollywood, CA

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