Write a JavaScript program that utilizes for loops. The program takes a number as input and prints a pattern as follows:

```
const num = 5;

// Your solution here...
// ...
// ...
```

After running this code, the output should look like this:

Another example:

```
const num = 7;

// Your solution here...

// ..
```

After running this code, the output should look like this:

Hint: Search & learn about "Nested for loops"