



## Routine Reset mini-experience

*Building sustainable routines  
through alignment, acceptance,  
and design.*

**1. FIND**  
your “why” for this  
routine

**4. SUSTAIN**  
your routine



**2. ALLOW**  
the discomfort

**3. DESIGN**  
a realistic routine

### 1. FIND your “why” for this routine

- What concerns you about not changing?
- When you act in this way, what kind of human are you being?

### 2. ALLOW the discomfort

- Explore a language shift: "I'm having a thought that..." (vs. blending with "I need/should...").
- Pause on these ideas:
  - You can think/feel this and still do what is in your best interest (what is aligned with your values).
  - You don't have to act on every thought or feeling that arises. You can choose to just acknowledge them and pick the ones to act on.

### 3. DESIGN a realistic routine

- Formulate the smallest observable action.
- What helps you keep showing up? Name at least 3 factors.
- Shift your focus to the present (process today vs. result in the future).

### 4. SUSTAIN your routine

- Re-frame: setbacks are learnings, signals to pause and make adjustments.
- Sprinkle curiosity into your process of getting into routine: observe with openness, as an experiment → more engagement, less attachment to a specific outcome/consistency level.

## Want to go deeper?

Book your free intro call on my  
website.

*Looking forward to meeting you.*

<https://treelinecoaching.com/>



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