Why you are not getting results

Where to start

If your effort is not translating into progress, take a closer look at what your days actually ask of you. You may be doing too much to recover well. Or you may be struggling to get a simple routine started. Those are different starting points.

This guide helps you choose one useful action, make it small enough for a difficult day, and practice it for seven days. You do not need to change everything this week.

Find your starting point

You are doing a lot and feel worn down

You keep adding workouts, tasks or rules, but feel depleted. Start with a quiet outdoor break or a calmer evening. Leave room in your day for the habit instead of stacking another demand on top.

You are stuck or starting again

You know you want to feel and function better, but the plan keeps falling apart. Choose an action with a clear place in your day. Start small enough that you can repeat it without waiting for the perfect week.

If both sound familiar, choose the easier starting point. You can adjust after the first week.

The goal for this week

Find one action you can repeat and learn what makes it easier. Seven days is a starting point, not a deadline for a physical transformation.

Make the basics easier

Use these five foundations as a menu. Read through them, then choose one on the next page. The smaller starting version counts.

1 Get outside and slow down

Get outside three times a day, prioritizing the morning outing. Start with three relaxed 10-minute walks for relaxation and observation. Notice your surroundings. Breathe through your nose when comfortable, without forcing it. Keep the pace easy and leave the phone alone when practical.

If 10 minutes of walking is too much, start with two minutes, one minute, or simply sit outside three times a day and relax. Choose a safe, comfortable place and adapt to your abilities. Let your breathing stay easy.

2 Make protein a regular part of meals

Use a fistful of protein as a rough starting portion at meals, choosing eggs, fish, chicken or steak. Individual needs vary, so adjust the portion to suit you. Begin with one meal rather than overhauling your whole diet at once.

Choose foods that fit your needs and any dietary guidance you have been given.

3 Lower the lights at night

Choose a point in your evening to dim the lights and reduce bright screens where practical. Give yourself a quieter transition toward bedtime instead of keeping the day running at full speed.

Start by turning down one light when you finish dinner or begin getting ready for bed. Keep enough light to move around safely.

Optional tools: InRhythm's bulb with a nighttime setting, or VivaRays blue-blocking glasses if you cannot change your evening lighting. Neither purchase is required to start. These are affiliate links; I may earn a commission if you buy through them.

4 Keep water easy to reach

Keep water easy to reach. Spring water is my preference. If you filter your water and want to add minerals back, ConcenTrace mineral drops are one option. Follow the label and any medical guidance. Added minerals are not necessary for everyone. This is an affiliate link; I may earn a commission if you buy through it.

5 Make room for connection

Prefer in-person connection when possible: have a conversation or spend a little time with someone you trust. If meeting is not practical, a call or message is a useful place to start. Keep it manageable and genuine.

Choose one habit

Pick the foundation that feels most useful and realistic right now. Do not turn this into five new daily obligations. Keep the rest of your week as simple as you can.

Give the habit a place in your day

Attach it to something you already do. Be specific enough that you will know when to start.

Examples: after lunch, sit outside for two minutes; with breakfast, include eggs; after dinner, dim one light; with lunch, have water nearby; after work, message a friend.

My one habit this week

_____

I will do it after or before

_____

Set your difficult day minimum

Write the smallest version that still keeps the habit alive. On a hard day, do that version and move on. You do not need to make up for it tomorrow.

An outdoor break might become two minutes sitting outside. A catch-up might become a short message. Choose a minimum that suits your abilities and circumstances.

On a difficult day I will

_____

Remove one obstacle

Make the action easier before you need to do it: leave comfortable shoes by the door, decide on tomorrow's protein source, or put a water glass where you eat.

One thing I will set up today

_____

If your minimum still feels too big, shrink it. You are choosing a workable starting point, not testing your willpower.

Repeat and notice

Start on any day. Check one result each day: your planned version, your minimum, or not today. Add a short note about what helped or got in the way. Missing a day is useful information, not a reason to start over.

Week starting: _____ My habit: _____

Day	What I did	What helped or got in the way
1	◻ Planned version ◻ Minimum ◻ Not today	
2	◻ Planned version ◻ Minimum ◻ Not today	
3	◻ Planned version ◻ Minimum ◻ Not today	
4	◻ Planned version ◻ Minimum ◻ Not today	
5	◻ Planned version ◻ Minimum ◻ Not today	
6	◻ Planned version ◻ Minimum ◻ Not today	
7	◻ Planned version ◻ Minimum ◻ Not today	

Before you turn the page

Circle the day that felt easiest. What was different about the timing, the size of the action, or the support you had? Keep that detail for next week.

Keep what works

At the end of the week, look at the pattern rather than grading yourself. Did the habit have a clear place in your day? Was it small enough when life got busy?

The part that worked best

_____

The obstacle I need to make smaller

_____

Choose your next week

□ Repeat the same habit. It is useful and still needs practice.
□ Make it easier. Change the timing or reduce the size.
□ Build a little. The habit feels manageable, so I will make one small change.

For an outdoor break, building a little could mean adding another short walk. Work toward three relaxed 10-minute walks a day as manageable, using shorter walks or sitting outside when needed.

Next week I will

_____

Need additional help

Burnout to Breakthrough is ready when you are. Learn about the course:
Course details or **enroll now for $97**

If you are unsure what to change or want help choosing your next step, book a call with me. We can talk about your starting point and whether coaching is a fit.

Book a call with Coach Jim Laird

Where performance and health collide

This guide is general education, not a diagnosis or personalized medical care. Feeling tired or struggling with progress can have many causes. Persistent or worsening symptoms deserve a conversation with a qualified healthcare professional. Follow any existing medical, dietary, activity or fluid guidance you have been given.