

# THE CONSISTENCY RESET

*A simple way to keep taking care of yourself  
when life doesn't go to plan*



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**Before we talk about getting back on track, let's rethink what “on track” actually means.**

Many people confuse consistency with perfection, with doing things the ideal way all the time. But consistency is really about continuing in a similar or predictable way over time.

*And that means consistency doesn't always have to look the same.*

| A good week                                                     | A difficult week                                            |
|-----------------------------------------------------------------|-------------------------------------------------------------|
| A planned workout, balanced home-cooked meals, an early bedtime | A 10-minute walk, one balanced meal, bed 20 minutes earlier |

Both are ways of taking care of yourself.

***When life gets difficult, change the size of the habit, not the intention.***

I learned this when back pain and muscle spasms regularly disrupted my routine. When pain flared up, I worried about losing progress and felt unsure how to begin again.

Over time, I started asking: **“What can I still do today?”**

That led to simple stretches and short walks around my living room. They were not my usual workouts, but they helped me keep taking care of myself.

The goal was not to do the ideal version. It was to find a version that worked for the day I was having.

## YOUR SMALLER VERSION

Think of **one health habit** you want to continue.

It could be movement, eating well, sleep, drinking water, planning your meals, or anything else that helps you take care of yourself.

You don't need to choose everything. Just one habit.

The habit I want to continue:

### **My usual version**

*What would I normally like to do when my day is going reasonably well?*

### **My smaller version**

*What could I do when I have less time or energy, but still want to show up?*

### **My difficult-day version**

*What is the smallest thing I could do on a genuinely difficult day?*

**Now think about what might get in the way.**

*What might make this difficult?*

*If that happens, what will I do instead?*

Remember, these aren't three different goals.

***They are three ways of continuing the same habit when your circumstances change.***

In practice, this means:

You may have days when you do your usual version.

You may have days when you do something much smaller.

And you may have days when things don't happen at all.

**None of these needs to become a reason to start over.**

***Consistency is the ability to adapt without abandoning yourself.***

If you've been off track for a while, it can be very easy to feel like you're back at the beginning.

You may think:

*"I've lost all the progress I made."*

*"I need to start again."*

*"I just can't seem to stay consistent."*

But remember you now have experience. There is an opportunity to be curious and learn from what happened.

***What changed? What became difficult? What didn't work well anymore?***

You don't need to start over. You need to take the next supportive step from where you are.

Decide when will you do your habit, and link it to something you already do.

*"I will move more this week"* is easy to lose. *"After I brush my teeth tomorrow morning, I will stretch for five minutes"* is much harder to forget.

**Make it specific.**

After I , I will

## WANT SUPPORT BEYOND THE RESET?

A guide like this can help you pause and look at what is happening.

But sometimes, the harder part is understanding **why you keep getting stuck in the same patterns** and figuring out what will actually work for you and your life.

That's the work we can do together.

Through 1:1 health coaching, I work with people who want to take better care of their health but find themselves **starting over, struggling to stay consistent, or finding that the plans they've tried don't fit their real life anymore.**

Together, we look beyond just what you need to eat or how much you need to exercise. We look at the habits, routines, mindset and circumstances that influence how you actually show up for yourself.

The goal isn't to find another perfect plan. **It's to build an approach to your health that you can continue with.**

If this sounds like where you are right now:

**[Explore 1:1 Health Coaching with me](#)**

You can learn more about how I work and decide whether it feels like the right fit for you.

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