

A CONSISTENCY **RESET** WORKSHOP

— SAME GOALS. A STRONGER YOU. —

Why Can't I **STICK WITH ANYTHING?**

HOW FRESH STARTS MIGHT
BE KEEPING YOU STUCK

What We're Going to *Explore Today* ♥

1



Why fresh starts feel so good

and why another reset might actually be keeping you stuck.

2



What really happens when you hit "the middle"

and why losing motivation doesn't mean you've failed.

3



How your thoughts, beliefs + old stories influence consistency

and how reflection (like journaling) can help you question them.

4



The moments where consistency is actually decided

and how to Catch → Choose → Create instead of automatically starting over.

5



How to create new beliefs + build self-trust

by taking intentional action and collecting evidence for the woman you're becoming.

Want the
RECORDING?



Scan to receive the
workshop recording.

*I'll send it straight
to your inbox. ♥*

We love *a fresh start.* ♥



Monday.



A new
month.



January 1.



A new
plan.



A new
program.

There's something exciting about a clean slate...
a chance to do it differently.

SAME GOALS. A STRONGER YOU.



Karen Durbin

“THIS time *I'm really doing it.*”

A fresh start gives us a rush of possibility.
It feels exciting, hopeful, and certain.

- ✓ A new plan
- ✓ New motivation
- ✓ A clean slate
- ✓ Big dreams
- ✓ Renewed confidence
- ✓ A chance to be different

SAME GOALS. A STRONGER YOU.



Karen Durbin

But what if *our love of fresh starts* is part of what keeps us **stuck**?



Every goal

**asks you to become
someone you haven't
been before.**

SAME GOALS. A STRONGER YOU.



At the beginning, *becoming her feels easy.*

The plan is new. Motivation is high.
We're excited, energized, and collecting
evidence that "this time is different."



A new
plan



Fresh
habits



Big
motivation



So much
possibility



And then...

we hit the middle.

SAME GOALS. A STRONGER YOU.



Karen Durbin

The Middle

gets hard, doesn't it?

- ✓ The excitement wears off.
- ✓ Dopamine hits are few and far between.
- ✓ Boredom sets in.
- ✓ Our results haven't shown up yet.
- ✓ It feels like a hamster wheel.
- ✓ Life shows up.

And somewhere in the middle, we start to question if we're even the kind of person who can actually stick with it.

SAME GOALS. A STRONGER YOU.



*Same Woman.
Bigger Purpose.*

♡

Karen Durbin

The Real Question *isn't about motivation...*

It's about **identity**.

Who do you believe you are?

What do you believe is possible for you?

What kind of woman do you want to become?

Every goal asks you to become
someone you haven't been before.



The Truth?

You're Not Broken.

You're not lazy. You're not unmotivated.

You're just human.

And you're trying to do something hard...
become someone new while still holding
all the pieces of who you've been.



MORE
AWARENESS



MORE
SELF-COMPASSION



MORE
PATIENCE



MORE
INTENTION



MORE
PROGRESS

SAME GOALS. A STRONGER YOU.



HEALTHIER

HAPPIER

STRONGER

MORE YOU ♡

*You're not
behind...
you're becoming.*



So, *now what?*

You don't need more motivation.

You need a different approach.

It's time to stop starting over and start building a new you.

GET CLEAR

Identify what you really want and who you want to become.

CATCH

Learn to notice the tiny moments where you get to choose differently.

CHOOSE

Build new thoughts, habits, and actions that align with your future self.

KEEP GOING

Create consistency through identity so you don't have to keep starting over again.

Same goals. A stronger you.

SAME GOALS. A STRONGER YOU.

A more consistent you is possible. ♥



Karen Durbin

The Framework

Catch → Choose → Create

A simple, powerful process to break the start/stop cycle and build a new you.



CATCH

Notice the moment.
Become aware of the
thoughts, feelings, and
old patterns.



CHOOSE

Choose a new thought.
Decide who you want
to be in this moment.
Make a different choice.



CREATE

Create consistent action.
Repeat the new choice.
Build evidence. Become
the woman who follows
through.

*It's not about willpower.
It's about who you believe you are. ♥*

SAME GOALS. A STRONGER YOU.



*Small
Choices
Big
Change.*



*New Thoughts
Better Choices
A Brighter Me
♥*

Karen Durbin

Let's Rethink *Consistency*

We often have a very narrow (and unrealistic) idea of what consistency means.
Let's take a closer look.

We tend to think consistency means...

- ✗ Being perfect.
- ✗ Never missing a day.
- ✗ Sticking to the plan no matter what.
- ✗ Always feeling motivated.
- ✗ Doing it all (or not at all).
- ✗ Getting it right the first time.
- ✗ Proving we have discipline.



But consistency actually is...

- ✓ Continually taking action until you've reached your goal.
- ✓ Doing the next right thing, even when it's messy or imperfect.
- ✓ Progress over perfection.
- ✓ Adjusting when life happens and getting back to it.
- ✓ A 10-minute workout still counts.
- ✓ Choosing again tomorrow if today was a hard day.
- ✓ Building a new normal through repeated, intentional action.

*Consistency
is a series
of choices,
not a single
perfect day.*



Step 1: *Catch*

Notice when the fresh start pattern shows up.

The first step is to catch the specific thoughts, feelings, and patterns that pull you toward starting over instead of staying the course.



CATCH THE THOUGHT

*"Maybe I just
need to start over."*



CATCH THE FEELING

*The excitement
of a new beginning
(feels good!).*



CATCH THE PATTERN

*You get inspired,
start strong, then
lose momentum.*



PAUSE BEFORE YOU REACT

*Notice it. Name it.
You have a choice
in this moment.*

You can't change what you don't notice. ♡

*Awareness
creates
choice. ♡*

*Here we go
again... ♡*

*A new plan
sounds so
good! ♡*

*I always
do this. ♡*

*But what if
I just start
over? ♡*

Step 2: *Choose*!

Choose differently in the middle.

When the excitement wears off, you get to choose how to respond. You can go back to the starting line—or you can choose a thought, a feeling, and an action that keeps you on the path. This is where you strengthen the you who follows through.



CHOOSE A NEW THOUGHT

"This feels hard
because I'm in the middle—
not because I need
to start over."



CHOOSE A FEELING YOU'RE WILLING TO HAVE

Bored. Uncertain.
Unmotivated. Impatient.
You can keep going
with all of them."



CHOOSE THE NEXT ACTION

"What would
continuing look like
today?"

You don't have to feel like beginning again to keep going. ♡



Step 3: *Create*!

Create evidence for the woman you're becoming.

Every choice you make is a chance to show yourself who you are. You don't need perfection. You just need intentional action, a shift in what you believe, and a willingness to keep going.



TAKE THE NEXT ACTION

What would the woman you're becoming do *today*? Take that step—even if it's small.



BUILD THE NEW BELIEF

Use reflection or journaling to notice the old story, question it, and intentionally practice what you want to believe instead.



COLLECT EVIDENCE

Every time you think, choose, or act differently, notice it. You're creating proof that the old story isn't the whole story.

This is how you become HER. ♥



Your Next Chapter *Starts with One Choice*

You don't have to wait for the perfect time, motivation, or circumstances. You just have to choose — and then keep choosing.

PICK A START

Choose one area of your life to focus on right now.

MAKE A PLAN

Decide what the next right step is and when you'll do it.

BACK YOURSELF

Expect the middle to be hard and plan for it.

KEEP GOING

Every choice builds the evidence that you can.

You are capable of more than you think. ♥

Key Takeaways *from Today*

Let's recap what we covered and what you get to take with you.

AWARENESS

You can't change what you don't notice.

CHOICE

You have the power to choose a new thought, feeling, or action.

CONSISTENT ACTION

Small, repeated choices create big results.

IDENTITY SHIFT

Every consistent choice proves to yourself who you are becoming.

IT'S POSSIBLE

You don't have to be perfect. You just have to keep choosing.

Same goals. A stronger you. ♥



YOU'RE NOT STARTING OVER... *You're Starting Forward.*

You don't have to go back to the beginning.



Catch the moment.



Choose who you want to be.



Create the next piece of evidence.

And then keep going.

Small, consistent choices create a powerful life. 



Thank You! ♥

I'M SO GLAD YOU'RE HERE.

You showed up. You got curious.
And hopefully you're leaving with a new
way of thinking about consistency.

Want to keep the conversation going?
Scan the QR code to schedule a
complimentary coaching call.



Scan Here
♥

Same goals. | A stronger you. | Let's talk. ♥

