



# ***PATIENCE WITH A PLAN***

## *Reset Your Life, Health, and Routines*

A reflective, "step-by step" guide  
from Buddah Argue



# *Welcome*

This guide is not about numbers.  
It's not about weight, speed, or how  
much.

It's about how you feel and what you  
do to get there.

It's about building awareness of your  
daily actions and tuning into what  
works for your body and your life. It's  
not just following a plan, but creating  
one with patience and intention.

Let this guide help you reconnect with  
yourself through small changes.  
Start slowly. Be consistent. Trust the  
process.

*Movement*

*Mobility*

*Hydration*

*Fuel*

*Sleep/Rest*

*Environment*

*Routines*

*Trust the Process*

# *Movement*

## **Reflection:**

**What kind of movement feels energizing or calming to you?**

What to explore:

- Daily walks, stretching, dancing, strength, or play
- Movement doesn't need to be a workout: it just needs to feel good
- Consistency beats intensity
- Focus on how your body feels, not how it looks
- Some movement is better than none





# *Mobility*

## **Reflection:**

**What part of your body feels like it needs more attention or care?**

What to explore:

- Loosen stiff areas with gentle movement, not force
- Morning and evening are great check-in times
- Explore foam rolling, breathwork, or light stretching
- Range of motion is strength, too



# Hydration

## **Reflection:**

**How does hydration affect your energy and mood?**

What to explore:

- Notice how your body feels when you're hydrated vs. dehydrated
- Start your day with a glass of water before caffeine
- Try flavoring water with fruit, herbs, or citrus
- Keep a bottle nearby so hydration is always an option



# *Fuel*

## **Reflection:**

**What kinds of meals leave you feeling steady and strong?**

What to explore:

- Focus on how meals feel: heavy, light, energizing, satisfying
- Eat slowly enough to notice fullness
- No need for rules or diets. Instead observe and adjust
- Give your stomach space to communicate



# *Sleep/Rest*

## **Reflection:**

**What helps you feel more rested?**

What to explore:

- Create a wind-down routine (same time, fewer screens, slower pace)
- Notice how different sleep lengths affect your focus and stress
- Try to wake and sleep at the same time daily
- Don't stress over perfect sleep. Focus on restful habits





# *Environment*

## **Reflection:**

**What's one space that could feel better with just a little care?**

What to explore:

- Tidy spaces help clear mental clutter. Even 5 minutes of cleaning can shift your mood
- Decluttering doesn't mean perfection; it means creating calm
- Light a candle, open a window, play music. Your space should support how you want to feel
- Clean one small area at a time (your desk, your car, your fridge)





# *Routines*

## **Reflection:**

**What's one habit you could add or shift this week?**

What to explore:

- Stack healthy habits onto something you already do (like stretching after brushing your teeth)
- Morning and evening rituals can shape your whole day
- Keep it simple. Try one small routine at a time
- Flexibility is part of sustainability



# *Trust the Process*

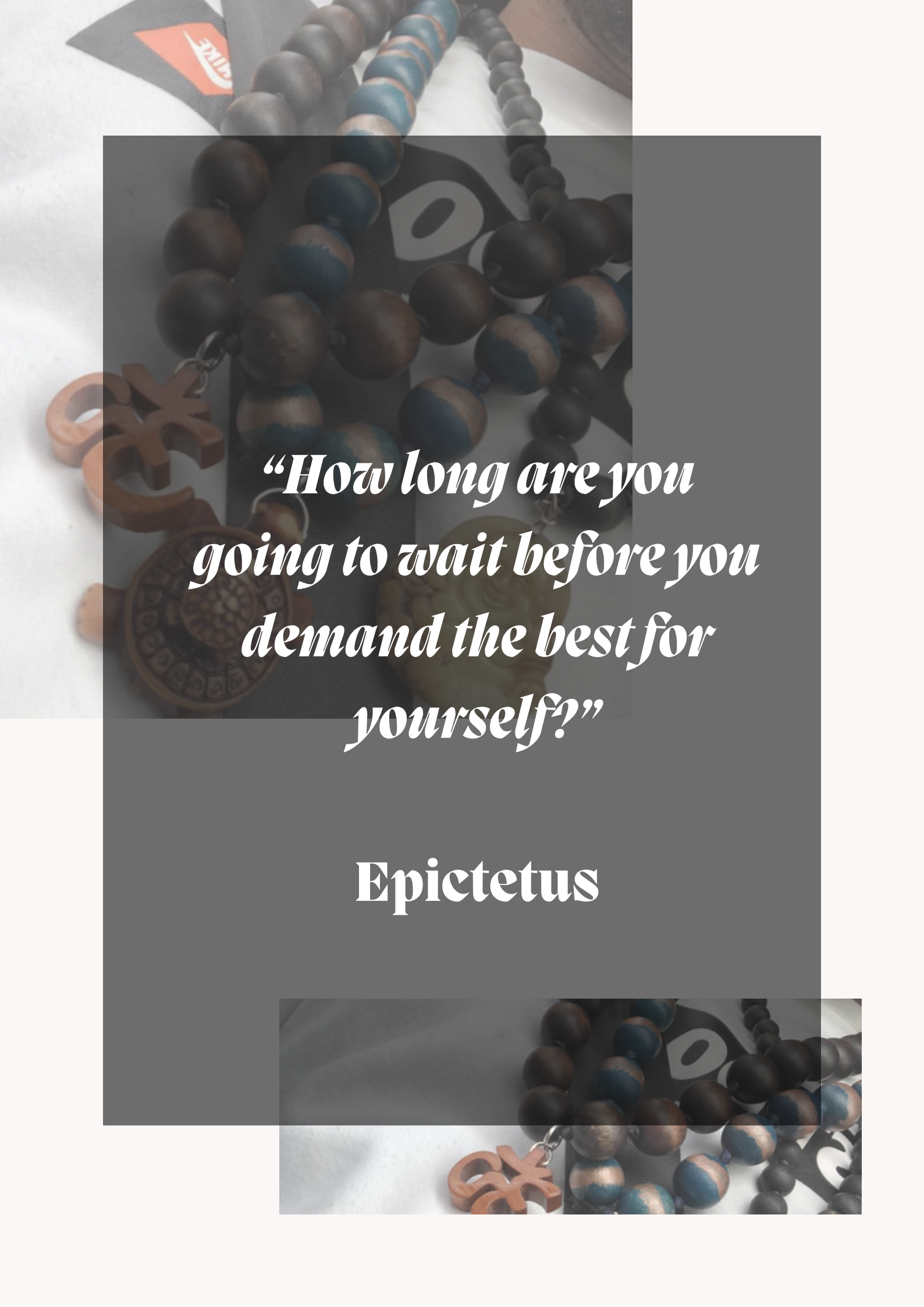
## **Reflection:**

**How do you want to feel? What do you want to be able to do? Where can you find gratitude? What are the natural results of the work you are doing?**

What to explore:

- Start small
- Stay curious
- Build momentum
- Let go of expectations
- Continue to reflect



A necklace with wooden and blue beads and a wooden Om symbol pendant. The necklace is made of dark brown wooden beads and blue and white striped beads. A wooden Om symbol pendant is attached to the necklace. The background is a white surface with a black and white pattern.

*“How long are you  
going to wait before you  
demand the best for  
yourself?”*

**Epictetus**

# About Me

Meet BuddahKhris, certified personal trainer, recovery therapist and your guide to real transformation. His approach blends movement, mindfulness, and motivation, all tailored to you.

Whether you're just starting out or leveling up, every workout is designed to challenge your body and connect you to your purpose. No judgment, just growth, with a supportive community and a coach who's got your back.

Let's build strength, inside and out.



*Buddah*





# Join me!

You're ready for the Reset! This guide was just the beginning.

Keep tuning in. Keep showing up. Keep trusting the process.

You already have what it takes. Awareness is the first step.

Then each step after that builds to real, sustainable, and meaningful change and growth.

Book a session or contact me at:  
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Visit [patiencewithaplan.com](http://patiencewithaplan.com)

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