

Flexible Habits Starter Kit

Simple, Flexible Tools for High-Performing Professionals



Amy Lamb

Master Certified Health & Wellness Coach

Founder @ [Here Is To My Health](#)

Hi there!



Amy Lamb

Master, Certified Health & Wellness Coach

Founder @ [Here Is To My Health](https://www.hereistomyhealth.com)

Flexible Habits Starter Kit

Hi, I'm Amy Lamb. This starter kit is designed for busy leaders and professionals who want sustainable energy, stronger self-trust, and real personal freedom — without rigid plans that break the moment life shifts.

Everything here is short, adaptable, and built from what actually works in demanding seasons. I've led high-visibility organizational transformations while protecting my own health and growth.

Pick **one** thing to start.
That's it.

Flexible Habits Starter Kit

What you'll *find* inside:

Life doesn't slow down — your habits should move with it.



Core Mindset Shift: Flexible Consistency Over Perfection



Flexible Anchor Habits



Bookend Reset



Meal Anchor



Movement Anchor



Energy Return vs. Energy Drain Experiment



Quick-Start 7-Day Challenge



Bonus: 7-Day Flexible Habits Challenge Template



Long-Term View (6-12 Months)

Have a question?

Email me at info@hereistomyhealth.com



Amy Lamb
Master Certified Health &
Wellness Coach

Core Mindset Shift

Flexible Consistency Over Perfection

- Rigid plans die at the first travel day, deadline crunch or family need.
- Flexible habits **compound** because you actually keep them.

Goal: Progress, not perfection.

Miss a day?

Return to your anchor the next time life allows.

This builds self-trust instead of guilt.

Flexible Anchor Habits

Flexible Anchor Habits are your “anytime” toolkit.

An **Anchor Habit** is a simple, short practice you return to regularly — flexible enough to move with your real life (travel, meetings, family responsibilities, changing schedules).

Choose **one** to start. Make it ridiculously simple so it actually sticks.

Examples of **Flexible Anchor Habits**

- Morning Bookend Reset (5 minutes)
- Evening Bookend Reset (5 minutes)
- Meal Anchor
- 15-Minute Anytime Movement

Bookend Reset

A **Bookend Reset** is a quick 5-minute activity you can do at the start and/or end of your day – just like a bookends that hold a row of books upright and organized. It frames your day with intention and reflection so you stay steady when life shifts.

Morning Bookend Reset (~5 Minutes)

- 2 Minutes - Deep-breathing or gentle stretch (in bed, hotel or between meetings)
- 2 Minutes - Note one thing you're carrying into today (or one win from yesterday)

Why it Works: Sets steady energy and prevents morning autopilot drain.

Evening Bookend Reset (~5 Minutes)

- Note one thing that went well.
- One tiny adjustment for tomorrow (no-judgement)

Why it Works: Builds self-tryst through honest reflection and protects tomorrow's energy.

Meal Anchor

Meal Anchor*

(Flexible Protein + Fiber + Healthy Fat Pairing)

At your main meals: Pair protein + fiber + healthy fat.

Examples:

- Greek yogurt + berries + almonds
- Grilled chicken + veggies + avocado
- Protein shake + apple + peanut butter

For simple visual reference to help you customize balanced plates that actually fit your life and needs, check out www.MyPlate.gov

*Disclaimer: As a health & wellness coach, I focus on building flexible habits and lifestyle strategies that support energy and self-trust —I am not a registered dietitian and do not provide personalized nutrition advice. This is a general framework only. Please adapt it to your own needs, listen to your body, and consult a registered dietitian or healthcare provider for individualized dietary recommendations.

Movement Anchor

Movement Anchor

(15-Minute “Anytime” Options)

- Hotel Room Circuit
 - Pack travel-friendly resistance bands for your trip
- Post-Meeting Walk
- After-Dinner Stretch

No fixed time — just move when you can.

Why it Works: Keeps momentum without killing your calendar.

Pro Tip: Don’t let your calendar run back-to-back. Leave 10-15 minutes of buffer space between meetings or tasks. This creates natural room for your Movement Anchor (and gives your energy space to breathe).

Energy Return vs. Drain

An Experiment to Build Self-Trust

High performers may rely on wearable health devices to track performance, but often overlook the signals to modify habits that improve health.

Run this simple 7-day test, notice what gives you energy vs. drains you.

1. Pick one daily habit (sleep, movement, meals or screen time).
2. Each evening, note: What gave me steady energy today? What quietly drained me?
3. Protect one energy-return habit. Gently adjust one drain.

No apps needed — just honest notes in your phone or journal.

From my experience, small personal experiments create more lasting results than any external plan.

7-Day Challenge

Quick Start 7-Day Flexible Habits Challenge

Day 1-2: Choose one anchor habit and complete the full tracker (Bookend Reset + Energy Observation).

Day 3-4: Keep your anchor habit and add the Meal Anchor (protein + fiber + healthy fat pairing at one main meal). Use the [MyPlate Guidelines](#) as your flexible reference.

Day 5-7: Continue the full tracker for 7-days – notice what's compounding and what's working for you.

Miss days? No Problem – restart when life allows. That's flexible consistency.

Expected outcomes after 7 days: More steady energy, clearer sense of what works for you, and growing self-trust.

7-Day Challenge Template

Date: _____

My Anchor Habit Today: *(Circle One)*

Morning Bookend Reset
Meal Anchor

Evening Bookend Reset
Movement Anchor

Morning

(if chosen)

Breathing or Gentle
Movement?

Intention or Carry-In
Note:

-

Evening

(if chosen)

What Went Well Today:

One Small Adjustment
for Tomorrow:

Energy Observation

Energy Givers (what gave
me steady energy today):

Energy Drainers (what
quietly drained me):

Quick Notes / How I Felt:

Long-Term View (6-12 Months)

Small, flexible habits practiced over time deliver:

- Sustained energy that matches your pace.
- Self-trust that compounds into personal agency
- Freedom from trends, guilt, and burnout
- Ability to keep growing with your health intact

So, What's Next?

This kit is yours to adapt. Start small, stay flexible, and watch the freedom grow.

For more personalized support and to build habits that truly last in your real life, visit www.hereistomyhealth.com and book a discovery call.

I'm Amy Lamb — Master Certified Health & Wellness Coach helping high-performing professionals build simple, flexible habits that sustain energy, strengthen self-trust, and create personal freedom — so you can keep growing with your health intact.



Legal Disclaimer: Always consult a licensed healthcare provider before making changes to your health, medication, diet, or exercise. The authors, developers and publisher are not liable for any outcomes resulting from the use or misuse of this guide.