



Off the Treadmill

Come back to what matters — in the small increments you actually have.

Burnout isn't a stamina problem. It's a sign your days stopped matching what matters.

Hi — I'm Eric, a Mayo-certified health coach. I built Summit.

I know the treadmill personally. The good-at-your-job trap — the work keeps coming, you keep saying yes. The year your own health quietly drops off the list and you barely notice it go.

When I piloted Summit, what surprised me wasn't that people were tired. It was how little it took to turn it around. Five or ten minutes on you. A nudge on the day it slips. A real coach in your corner instead of another app to babysit.

The system puts you first and asks for almost nothing. It works because it's fast, it's easy, and it doesn't live in one more tab you have to keep open.

Stop optimizing the grind. Start protecting what it's for.

// **Summit helped me see what was holding me back. It gave me the tools to kickstart my path toward a more centered and healthier life.**

— Jen, Summit member

This isn't about doing more.

Here's the thing. You already know what to do. You've read the articles, tried the apps, bought the ring. The problem was never information.

The problem is that everything you tried was one more thing to manage — and the first week the work got heavy, it was the first thing to go. Headspace, Calm, Whoop, Oura, that coach in your podcast feed. Each one worked for about ten days.

You don't need another optimization project. **You need a few small things that survive a hard week** — and point back at the life the work is supposed to be for.

THIS IS HOW HABITS ACTUALLY WORK

None of this is my hunch. It's how habits really form — start small, anchor it to something you already do, add one at a time. Researchers have said it for years. They just never said it to someone with back-to-back meetings and 200 unread emails. This is that, made simple — and a way to practice it, not just read about it.

The method

1

Name what's draining you — and what you'd protect.

Pick one thing the treadmill crowded out. Sleep. A workout. Dinner without a laptop. Ten minutes that are actually yours. Just one — not the whole list. Then write **the one line you're reaching for** — what is all of this supposed to be for?

"Home for dinner, present, three nights a week." "In bed by 10, not the inbox." "Strong enough to keep up with my kids on the weekend." That line is the anchor. Keep it close.

2

Shrink it small — then anchor it to your day.

Take that one thing and make it almost too easy. Not a project — a start. Then hook it to a cue you already hit every workday — a real trigger, not "someday."

"One walk after the last meeting." "Laptop shut by 9." "Phone out of the bedroom when I plug it in." The anchor is the whole trick. A plan without a time is just a wish you keep breaking.

3

Run it a week. Small still counts.

Do the small version — on the light weeks and the brutal ones. Plan for the Thursday you actually have, not the one you keep promising yourself. A 2-minute version beats a skipped hour. The point isn't a perfect streak — it's a habit small enough that a 60-hour week can't break it.

4

Add the next one only when the last one holds.

If it stuck — even mostly — keep it and add one more. One a week, that's the pace. If it didn't, don't pile on; shrink the first one until it's easy again and run it back. It feels slow. It's supposed to. In a few months that's a stack of small things on autopilot — more real than any overhaul you'd have quit by February.

A few things for the hard weeks

Small still counts.

A blown week isn't a relapse. It's a launch that slipped. Start again at the next meeting-end, the next commute, the next evening — not next quarter.

Keep your one line close.

Put it where you'll see it before you say yes to one more thing. Motivation fades; a written line holds when the calendar doesn't.

It's built to survive the hard week.

That's the whole difference. Not a perfect run — a system small enough that your worst week can't take it down.

Off the Treadmill — worksheet

FILL IT IN

Four lines. Type them here or print and write by hand.

The one line I'm reaching for

What is all of this supposed to be for?

The one thing I'm starting with

Small enough that a brutal week can't break it

The workday cue I'll anchor it to

A real trigger you already hit — not "someday"

The small version, for a brutal week

The 2-minute version that still counts

A note: if what you're carrying is heavier than the everyday — chronic exhaustion that sleep doesn't touch, anxiety, depression — that deserves real care, not a guide. Talk to a clinician. This is for the everyday realign; that's a different, important kind of help.

That's the whole method — you can run it from this page alone.

And if you'd rather not do it alone — if you want the small nudge on the day it slips, and a real coach in your corner — that's what Summit is. Same idea, with someone walking it with you.

Come back to what matters. Start with one small thing today.

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