

**The Possibility Path Program**  
A Life Coaching Program based on  
*Book One: A Field of Possibilities* through Jeannine Proulx  
In tune with The WORLD Collective Consciousness

*“Bringing Possibilities to Reality”*

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**WEEK TWENTY- ONE**

**Topic: Routines**

**Read:** Chapter 21: Systems for Routine

**Guided Visual Meditation Short Cut:**  
New Routines

*For your Guided Visual Meditation, find a quiet space.*

*Play some quiet background music if you choose. And listen.*

*Have pen and paper or discussion questions handy to write down your insights as they are fresh in your mind. You may receive more insights as your mind continues to process the information, so keep an eye on your dreams, the changes in your life, and how you are feeling.*

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This chapter begins with the idea of the routines that have been placed within our psyche rule our daily lives without us even knowing it sometimes! Becoming aware of these routines, how they have set up in our lives to keep us in check, whether it be clothing, health, social behaviors, eating habits, or even extremes like OCD anxiety coping mechanisms, is the first step. Using the A.R.E. system of change allows us to let on our train of life the new routines that are better for where we are in life, and letting off the old worn out routines that no longer serve us.

As you read the chapter and do the meditation, consider the positive and negative routines in your life. Some are fantastic that keep us healthy, well, and alive! Some used to suit us and our lives, but are now no longer right for where we are in life.

(Aka: Are you still getting potty training stickers? I hope not! ;)

Some are unhealthy ones that we just need to clean out of our closet and update our life wardrobe. Knowing that we can use routines to help us through any stage of our life gives us confidence to create the worlds we want to live in, with, and around!

Here's to the routine of possibility in our lives!

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A Field Possibilities  
**The Possibility Path Program**

**CHAPTER 21**  
**SYSTEMS FOR ROUTINE**

What do you do first thing in the morning? What do you do to prepare yourself for bed? What do you do before a big test or presentation? Before meeting someone new? How about paying bills? Setting the table for dinner? Is there a set way you do things? Is there a routine?

Routines become built into the fabric of our lives to create some consistency in a world otherwise seemingly chaotic. Every day the earth changes, the weather changes, your body changes. Other people change. Everyday is new.

Every moment brings a chance of something different. We create routines to give us some consistency throughout all the changes. It is a survival technique. It helps us feel safe and grounded in a world that otherwise is chaotic and confusing. It helps our minds and bodies feel safe believing that we have some control over what happens with our days. It is a way to connect the past with the present and the present with the future, a consistency that is critical to proper healthy human psychological and physical development.

“Brush your teeth before you go to bed.” Your mother would say. Why? So your teeth don’t rot, cause illness, and kill you.

“Wash your hands before you eat.” Why? So you don’t eat germs off your hands which can make you sick and kill you.

Safety, health, and well being routines have been rooted in us since childhood.

Some routines are less obvious. Putting on tribal appropriate clothing for who and where we are living or keeping our yard nice and neat are tribal routines created so that we are allowed into society and others protect, care, like, and accept us.

Fit in and you won’t be ostracized, cast out, and left to fend for yourself where, once again, yup! You could get sick and die with no one to help you.

All the basic routines of the day are set in motion at a very young age to ensure or at least give you a better chance at survival whether you know it or not.

What happens is that sometimes these routines get so set in stone that it feels almost dangerous to change them. It can feel as though the world is crashing around us. Sometimes it can cause our worlds to crash around us. Sometimes it can cause very real danger.

Let's say you were brought up in an extremely religious family and town. You decided you didn't like the religion and wanted to leave it. Your family and town then cast you out, shunned you, saw you as different, or even worse saw you as dangerous or evil or threatened you with bodily harm. Your life is in danger!

Everyone you ever knew is no longer talking to you. You can't get work. You can't find a place to live. No one will feed you. You are at great risk for bodily harm from starvation, homelessness, not to mention the emotional and psychological damage. It is dangerous to break up that routine, to question the system that you were born into. It is dangerous indeed.

Now maybe your upbringing wasn't as extreme as that. But do not doubt. There are routines, things that we do, think, or say, everyday that were instilled to keep us safe when we were young.

From calling your mother every Sunday like a good boy does, to how you wear your hair, to what clothes you choose to wear, your spiritual or religious beliefs, your reactions to crisis, all these were set in place with routines.

"But I'm the rebel in my family!" You say.

Well, good for you. Rebelling is one way to step out of the control. It is sometimes the only way to start moving out of the routines and systems that have been built within you over the course of your life. But, it is only a first step.

Rebelling simply means we do the opposite routine of the original routine we are rebelling against. We are still caught in a reactionary routine structure formed from previous events. We are still tied to the person, place, or thing that we are rebelling against. It is a new routine. It is a new dance. But it is still a dance. It is still a reaction. It is still part of the game.

So how do we change? How do we create new routines? We do it consciously. Becoming aware of the daily habits that we do so routinely is the first step. To build conscious routines, one must be, well, conscious!

Not all the routines you learned early on are bad. Brushing your teeth is very, very good, for your teeth and for the ones who have to smell your breath! Rebelling kind of throws the baby out with the bath water.

One of the tenements of creating change and developing a life that you love and feeling satisfied with that life is getting rid of bad routines while creating new ones to replace them.

Take a look at your life from morning until night. What routines have you set in place?

Do you grab a bag of cookies or potato chips when you sit down to watch TV at night? Do you want to lose weight? Then you must let go of the old routine of potato chips and replace it with a

new routine, say popcorn or a veggie platter. You could even stop the routine of TV watching and start the routine of going for a walk or read a book before bed to unwind instead.

Just like the train of life, whatever pattern, whatever routine we'd like to get rid of must be replaced with a new pattern, routine, in order to create a new life. Otherwise the old routine still has a place to exist. It thinks it's there for your survival, remember? So, getting rid of it can be difficult. But it is possible. Time, discipline, (sticking to it) and creating new routines are all a part of the process of change.

You are responsible for you. No one else is in charge of your own happiness. No health coach or diet or business planner can make changes for you if you aren't ready.

You must be ready. You must be conscious and ready to change. But when you are, knowing how to change your routines to set up new sustainable systems in your world that work for you instead of against you is critical.

Once we are aware of the routines and notice them in our lives, then we can use systems to let go of the old routine and start new ones.

A.R.E. is here to help! First step? Become Aware of the routine. Simple.

Then ask who the Ruler is that told you this was good for you. Is it your mother's voice telling you to brush your teeth? What about unhealthy habits. What part of you or who is in charge when you sit down in front of the TV with a bag of chips? The soothing part of you? The wounded part of you? The hungry part of you?

Then ask what the Enforcer is. Sometimes this is not punishment. Sometimes the enforcer is reward. We feel good when we eat sugar, fats, and other drugs. That is positive reinforcement. We gain weight, however, when we eat too much of these things. That is negative enforcer. To create a new routine with a positive motivator use a positive part of your personality as your ruler that rewards good behavior.

How to use both to reward ourselves and give ourselves consequences for our behaviors can become part of a new routine that is critical to self-regulation when it comes to change!

Routines are a part of daily life. They make life easier by giving us a blueprint for the day. We don't have to think about why we brush our teeth, we just do it. The dentist check ups say we are good and we go on our merry way.

To change or add routines takes time, dedication, and perseverance. It does not happen overnight, so be gentle with yourself! It all begins with consciously looking at the routines set in place and choosing which works and what don't.

However, if we are able to see the patterns and systems of routine that govern our lives and understand that they are flexible and able to change, we can have hope that we are not victims of

our bodies, our emotions, our selves, or the world. Conscious living is taking back the reigns and understanding we are now our own rulers, our own enforcers, and our own bearers of change.

We are the captain of our ships! It can start with systems. After all, changing routines changes your systems which can open up to your own world of possibility!

A Field Possibilities  
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**Chapter 21: Systems for Routine**

**Group Discussion or Personal Journaling Questions:**

Go around the room and share one at a time your experiences as you wish to share them. Questions are just starting points. Just share what you experienced and the insights you are receiving about yourself on this subject. Make sure each person gets a turn. After each person gets a turn you can then open it up for a general discussion. Write here or in a journal.

Questions are just suggestions to get the ball rolling. You might get new insights you never thought of that have nothing to do with the topic at hand, or realize things about yourself that are not in the questions. Allow. It is your meditative time. It is your program. It is your inner wise self. Go where the journey takes you!

Chapter 21: Systems for Routine

What do you feel about the routines in your life? In your world?

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What routine appeared for you that is outdated or no longer useful to your life today?

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What solution to change this routine came to mind?

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How are you to implement this new routine in your life?

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Questions to look at where your routines affect your life, good or bad.

What routines do you do because someone told you to do?

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What ones do you do because you created them to achieve or accomplish things?

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Which ones make you feel good, accomplished?

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Which ones make you feel bad, about yourself? About the world?

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Did you have other insights on this chapter’s topic?

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## The Possibility Path Program

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*Feel free to share the insights, ideas, and growth you have experienced with people you trust and who care about you, including family, friends, coworkers, therapists, doctors, etc. and of course the group that you are working with on the **Possibility Path**.*

*Please direct any professional questions to Jeannine at [jeannine\\_proulx@yahoo.com](mailto:jeannine_proulx@yahoo.com)*