



MICRO-SHIFT WORKSHEET

Ready for a quick shift?

Welcome to our low-key space for high-impact shifts!

1. What's one small shift you'd like to make today?

My small shift:

Examples: I want to...

- be more present and less in my head.
- say hi to someone new.
- speak honestly without apologizing.
- sit with discomfort instead of avoiding it.
- listen more than I talk.
- slow down.

**2. What's the usual pattern?
(What do you usually do instead?)**

My usual pattern:

Examples:

- I hide in my phone.
- I fill silence with talking.
- I wait for someone else to go first.
- I play it cool instead of being curious.

**3. What's one thing I could try instead—
just for this moment?
(Make it small and doable.)**

My mini experiment:

Examples:

- Ask someone a real question, no small talk.
- Sit alone without my phone for 5 minutes.
- Say something out loud that scares me a little.
- Tell someone what I appreciate about them.

**4. What did you notice?
(Even a small thing counts. Especially
small things!)**

My observation:

When you shift something small, it creates ripples.

Wanna share it?

You're invited to share what shift you made, what you noticed, or what came up.
Drop us an email! andreaandjeremieking@gmail.com

HI, WE'RE ANDREA + JEREMIE KING.

We help transform spaces and people so everything feels better!
Whether you're looking for a quick shifts or a deep transformation we have a solution.

Some people come to one workshop.
Others hang with us and change their whole life. You choose.



We create an easy space to practice something new, meet cool humans,
and maybe laugh at yourself (in a good way).



1:1 COACHING OPTIONS WITH ONE OF US OR BOTH TOGETHER

Breakthrough Coaching Session (60 min – \$300)

Get clarity, shift stuck patterns, balance your time and life. We'll shift it fast.

12-Week Transformation Journey (\$4997)

Our complete shift experience !

Personalized weekly support, guided shifts, deep inner & outer change.

Know yourself, figure out your why, and decide how you want to feel.

Then get everything else out of the way. Payment plans available.

EVENTS & COMMUNITY

Pattern Breaking Workshops (in-person + online):

Break habits - Disrupt burnout - Experience new ways of being

Connect with others doing the work

Shift Happens Weekly Meetups On Zoom (FREE):

STAY IN TOUCH:

Email: andreaandjeremieking@gmail.com

Learn More: andreaandjeremieking.com

Keep in touch!

Andrea and Jeremie King