



FOR THE CHRONIC GRINDERS. (YES, YOU.)

THE BAR YOU CHASE DOESN'T EXIST

You're measuring yourself against an imaginary standard that keeps moving

THE STOIC PRINCIPLE

Tranquility is not a finish line you cross. It's a decision you make. Probably while sitting in traffic, or watching your kid not eat dinner. Right there. That moment. Stop running someone else's race, especially when that someone else is just a more anxious version of you from three years ago.

THE STOIC SUPPORT

"If you seek tranquility, do what is essential. Do fewer things, better."

MARCUS AURELIUS | MEDITATIONS

STOIC STEPS FOR RADICAL RESILIENCE

Five things that work better than another self-flagellation session at 11pm.

01 NAME THE INVISIBLE BAR

Pause and ask: whose voice is in your head when you call your work 'not enough'? A real boss? A LinkedIn ghost? Past-you with an attitude problem? If you can't put a name on the voice, the bar is a ghost. Ghosts are notoriously bad at performance reviews.

02 SHRINK THE LIST TO THREE

Marcus Aurelius (yes, the Roman emperor, no, he didn't have email) said: do fewer things, better. Pick three things this week. Just three. The other 47 'priorities' on your list are theater for an audience that, spoiler, isn't watching.

03 DEFINE WHAT ENOUGH WOULD ACTUALLY LOOK LIKE

If you woke up tomorrow and were 'enough,' what would your day look like? Same coffee? Same job? Same kids screaming in the back of the car at school dropoff? If you can't picture it, you've been chasing a finish line that doesn't exist on any map.

04 KEEP A DONE LIST, NOT JUST A TO-DO LIST

Forget the to-do for a second. Keep a done list. Read it Friday afternoon with a beverage of your choosing. The brain is a horrible historian. It rewrites every week as 'meh, could've done more.' Receipts are the only argument it respects.

05 CHECK THE SCOREBOARD QUARTERLY, NOT HOURLY

Constant self-review is just anxiety wearing a clipboard. Pick the date you'll check the scoreboard. Quarterly is fine. Hourly is a great way to lose a year. Live until then.

THE REFRAME

If you can't define enough, you can't reach it. So define it. On paper. Today. And let the rest of the week off the hook.