

FOR THE PERPETUALLY PARALYZED.

# LIMBO IS ALSO **A** DECISION

*Fear of choosing wrong is keeping you stuck in limbo*

## THE STOIC PRINCIPLE

Fear of choosing wrong feels like caution. It is not. It is a slow vote for the option you are already in, which by the way also has consequences you have not audited. Pick the door that teaches you the most.

## THE STOIC SUPPORT

*"Uncertainty and fear are relieved by authority.  
Training is authority."*

RYAN HOLIDAY | THE OBSTACLE IS THE WAY

# STOIC STEPS FOR RADICAL RESILIENCE

Five moves for when 'wait and see' has become a personality trait.

## 01 AUDIT THE NO-DECISION

The path you are on if you do not pick is also a path. List its costs honestly. Most people skip this and pretend 'wait' is neutral. It is not. Waiting has a price tag. You are paying it now.

## 02 DEFINE THE ACTUALLY-IRREVERSIBLE PARTS

Ask: which of these consequences can I actually undo if I pick wrong? Most of them, more than you think. The fear is treating reversible decisions like tattoos. They are not. Most are pencil, not ink.

## 03 PICK THE PATH THAT TEACHES YOU THE MOST

When in doubt, choose the option that produces the most real-world signal. Even a 'wrong' choice that gives you data beats six more weeks of mental modeling at the kitchen table.

## 04 CALENDAR THE DECISION

'I will decide by Friday at 5pm.' The brain treats deadlines as reality. (This is also why taxes get done.) An open-ended decision will stay open-ended. Pin it.

## 05 TRAIN THE MUSCLE FOR THE NEXT ONE

Holiday says training is authority. Every decision builds the next. The first one is hard. The hundredth is automatic. Start counting reps. The reps are the point.

### THE REFRAME

*Not deciding is also deciding. Pick the door that teaches you the most, then walk through it. The lock is not even on.*