

FOR THE UNWITNESSED.

NO ONE'S WATCHING. THAT'S THE GIFT.

Recognition is a bonus not a requirement; the work itself is the point

THE STOIC PRINCIPLE

You wanted recognition because the work felt small without it. The work is not small. Recognition is the parade. You do not need the parade. You need the work.

THE STOIC SUPPORT

"You don't need the third thing. A horse at the end of the race. A dog when the hunt is over. A bee when its honey is stored. And a human being after helping others. Just do it and it is done. No need for thanks, reward, or appreciation."

MARCUS AURELIUS | MEDITATIONS

STOIC STEPS FOR RADICAL RESILIENCE

Five moves for when the work matters and the spotlight does not show up.

01 DEFINE WHAT 'GOOD' LOOKS LIKE TO YOU

Forget what 'they' would call good. What does YOU calling it good look like? Most of us never bothered to write that down. Write it down.

02 BUILD A WORK-ONLY METRIC

Track something your audience cannot see: deep work hours, number of reps, finished drafts. The metric stays honest because no one is grading it. You are.

03 AUDIT WHO YOU ARE PERFORMING FOR

If you started keeping score, who is the scorekeeper in your head? A boss? A parent? A college friend? Names matter. Most of them are not even watching.

04 GET A PRO AUDIENCE OF ONE

You do not need a thousand fans. You need one person who knows the work and tells you the truth. (Not your spouse. Sorry.)

05 MAKE PEACE WITH THE LAG

Quality work compounds slowly. Recognition arrives later, if it arrives. The bee makes honey. The honey gets stored. The honey is the point.

THE REFRAME

*You don't need the third thing. The horse runs the race. The bee makes the honey.
You do the work.*