

FOR THE RECENTLY-NUMB.

THE FIRE WENT OUT. RELIGHT IT.

Meaning isn't found; it's made and then maintained

THE STOIC PRINCIPLE

Meaning is not something you discover lying around. It is something you build by deciding what you will be responsible for. The blackout is not a verdict on your life. It is a prompt to choose again.

THE STOIC SUPPORT

"Life ultimately means taking responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual. "

VICTOR FRANKL | MAN'S SEARCH FOR MEANING

STOIC STEPS FOR RADICAL RESILIENCE

Five steps for when nothing feels like it matters and you cannot remember why it ever did.

01 STOP WAITING FOR THE SPARK

Inspiration is a result, not a precondition. Most days you start cold and warm up while moving. The fire follows the friction. Not the other way around.

02 PICK A SMALL OBLIGATION TO KEEP

Not 'find your purpose.' Take a meal to someone. Finish the chapter. Show up to the thing. Meaning shows up while you are keeping a small promise.

03 ASK: WHAT'S STILL EXPECTING SOMETHING FROM ME?

Frankl's question. A kid? A book? A friend who needs you to call? The answer is rarely abstract. It is specific and waiting.

04 MOVE YOUR BODY BEFORE YOU DEBATE THE DAY

Numbness hates motion. 20 minutes of walking, lifting, stretching. Decide nothing big until the body has been used.

05 TALK TO ONE HUMAN ABOUT SOMETHING REAL

The screen is not it. One conversation, eyes on eyes. Coffee or a phone call where the other person hears you. Meaning is a relational thing.

THE REFRAME

*Life is still expecting something from you. The list is shorter than you think.
Start with one thing. The fire follows.*