

FOR THE ONES IN TRANSITION.

THE GAP IS WHERE YOU LIVE NOW

The gap isn't a flaw; it's the space where growth actually lives

THE STOIC PRINCIPLE

There is a version of you you are trying to become. The version you currently are is not a failure to be that. It is the only ground you can build from. Welcome to the gap. Long-term residents only.

THE STOIC SUPPORT

"You have to assemble your life yourself, action by action. If you accept the obstacle and work with what you're given, an alternative will present itself."

MARCUS AURELIUS | MEDITATIONS

STOIC STEPS FOR RADICAL RESILIENCE

Five moves for closing the distance one rep at a time.

01 DESCRIBE FUTURE-YOU IN CONCRETE BEHAVIOR

Not 'more disciplined.' What does that person actually do at 7am, at 2pm, at 9pm? Until it is behavior, it is a wish.

02 FIND ONE CURRENT BEHAVIOR THAT'S ALREADY ALIGNED

You are not zero. There is already evidence of future-you in your week. Catch it. Mark it. Build from it. Identity grows from existing roots.

03 PICK ONE BEHAVIOR TO RETIRE

Not all of them. One. The one that is most clearly the old you. Replace it with the future-you version. Repeat until something else becomes the obvious next replacement.

04 STOP ANNOUNCING, START DOING

Public announcements about who you are becoming are dopamine dressed as commitment. The work is quieter. Do it for 90 days. Then maybe say something.

05 TRACK THE STREAK, FORGIVE THE BREAKS

You are going to slip. The gap does not widen because you slipped. It widens because you used the slip as proof you cannot change. Do not.

THE REFRAME

Become who you are by learning who you are. The gap is the discovery, not the verdict.