

FOR THE JUST-BROKEN-THE-STREAK.

# ONE BREAK IS NOT THE WHOLE CHAIN

*One break in the chain doesn't ruin the chain; it's how you restart that matters*

## THE STOIC PRINCIPLE

You missed the workout. Skipped the writing. Had the drink. Did not journal. The shame about the break is more dangerous than the break itself. The brain wants to declare 'you are not actually disciplined.' The brain is wrong.

## THE STOIC SUPPORT

*"Get back up when you fail, celebrate behaving like an imperfect human and fully embrace the pursuit that you've embarked on."*

MARCUS AURELIUS | MEDITATIONS

# STOIC STEPS FOR RADICAL RESILIENCE

Five moves for the day after, which is the only one that matters.

## 01 DON'T COMPOUND THE MISSED DAY

Two missed days in a row is a pattern. One missed day is an event. The day-after is the whole game. Show up for it.

## 02 MAKE THE COMEBACK REP SMALL

The 5-minute version. The one push-up. The 100 words. Do not punish yourself by making the comeback heroic. Heroic does not show up tomorrow.

## 03 AUDIT WHAT ACTUALLY BROKE THE STREAK

Tired? Stressed? Travel? Boredom with the routine? The break has a cause. Naming it lets you adjust the next round. (Sometimes the answer is 'the routine got stale, change it.')

## 04 STOP THE EXPLANATION TOUR

You do not need to tell anyone you broke the streak. The energy is better spent restarting than confessing. Quiet comebacks are stronger than loud ones.

## 05 TRACK THE COMEBACK

Write down: missed Tuesday, restarted Wednesday. Make the comeback the headline, not the miss. Identity follows the headline.

### THE REFRAME

*Get back up when you fail. Celebrate behaving like an imperfect human. The pursuit, not the streak, is the thing.*