

FOR WHEN THE WHEELS JUST CAME OFF.

THE PLAN BROKE.

GOOD.

A plan is a starting point not a contract with the universe

THE STOIC PRINCIPLE

A plan is a starting position, not a contract. When it breaks, you do not lose the plan. You lose one assumption. Audit which assumption. Build the next plan from what is still standing.

THE STOIC SUPPORT

"When people panic, they just react."

RYAN HOLIDAY | THE OBSTACLE IS THE WAY

STOIC STEPS FOR RADICAL RESILIENCE

Five steps for the first hour after everything went sideways.

01 STOP REACTING FOR 90 SECONDS

Holiday: when people panic, they just react. Do not. Sit. Breathe. Look at what is actually still working before deciding what to fix.

02 INVENTORY WHAT DIDN'T BREAK

Most of the plan is still intact. The relationships. The skills. The information you have learned. The surface plan failed. The substrate did not.

03 IDENTIFY THE ORIGINAL GOAL, NOT THE ORIGINAL METHOD

You wanted X. The path to X just changed. The path was always replaceable. The X might also be replaceable, actually. Worth checking.

04 PICK THE NEXT DECISION, NOT THE WHOLE NEW PLAN

Trying to draft the entire Plan B in one sitting is how panic dresses up. The next decision is enough. The whole plan emerges from a series of next decisions.

05 TELL THE PEOPLE WHO NEED TO KNOW, BRIEFLY

Email or call. 'Here is what changed. Here is what we are doing.' Short, calm, factual. People mirror your tone. Do not give them panic to mirror.

THE REFRAME

A plan is a starting point, not a contract with the universe. The pivot isn't the failure. Refusing to pivot is.