

FOR THE GOING-THROUGH-THE-MOTIONS-ERS.

AUTOPILOT IS **A** SIGNAL

Autopilot isn't a personality flaw; it's a sign that something needs recalibrating

THE STOIC PRINCIPLE

The numb feeling is not a personality flaw. It is a system telling you the alignment is off. Maintaining a life is different from living one. Both are needed. Right now you are heavy on maintenance.

THE STOIC SUPPORT

"Winning for a true master isn't something to use as fuel for a depleted ego or to gloat about with cries of "number one". It's simply part of a process that began long ago that will continue as long as life goes on."

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STOIC STEPS FOR RADICAL RESILIENCE

Five steps for getting back in the driver's seat of your own week.

01 AUDIT YOUR WEEK HONESTLY

How many hours went to maintenance (laundry, email, errands)? How many to the life you would actually claim? The ratio tells the story.

02 FIND ONE THING YOU USED TO WANT

Something the current you stopped pursuing. A hobby. A friendship. A skill. The current schedule has crowded it out. Reintroduce one hour of it this week.

03 DO SOMETHING THAT SCARES YOU SLIGHTLY

Not skydiving. A meeting you have been avoiding. A conversation you have been delaying. A draft you have been afraid to share. The aliveness is on the other side of the small dare.

04 REDUCE THE INPUT VOLUME

Constant feed. Constant noise. Numbness is partly the brain's defense against overstimulation. Cut the inputs by half for a week. See what comes back online.

05 MAKE A TINY COMMITMENT TO THE FUTURE

Plant something. Sign up for the class. Buy the ticket. The future-self is offline because you stopped sending the future-self letters. Start writing.

THE REFRAME

Winning, for a true master, is part of a process. Not a flag to wave. The motions become the process when you start aiming the motions on purpose. Aim today.