

The Becoming *Framework.*

Three stages, in order. Trying to get moving before you're clear is why most change doesn't stick.



01 Get clear

Cut through the noise and name what actually matters to you — underneath the shoulds.

YOU'RE IN THIS STAGE IF

- ✦ You're busy, but you couldn't say what it's all for
- ✦ Your goals sound suspiciously like someone else's
- ✦ You feel a vague dissatisfaction you can't quite name

WHERE IT GOES WRONG

Endless reflection. Clarity is a starting line, not a destination. At some point you stop journaling about the fog and name one true thing.

Try it this week: map the gap between the life you're performing and the one you actually want, then name one true thing you've been avoiding saying out loud.

02 Get unstuck

Find the patterns keeping you in place and build the leverage to break them.

YOU'RE IN THIS STAGE IF

- ✦ You know what you want and still don't move
- ✦ You keep re-planning the same first step
- ✦ Every "almost" has the same quiet excuse underneath

WHERE IT GOES WRONG

Mistaking motion for progress: new plans, new research, new tools, same loop. The loop doesn't need more input. It needs to be seen.

Try it this week: identify your specific stuck-pattern and design the smallest possible action that breaks it this week.

03 Get moving

Weekly accountability and doable steps that compound into a different life.

YOU'RE IN THIS STAGE IF

- ✦ You start strong and fade by week three
- ✦ You negotiate with your own commitments
- ✦ One setback can cost you a month

WHERE IT GOES WRONG

Betting on intensity. Willpower is a sprinter; cadence is a marathoner. If the plan only works on your best weeks, it isn't a plan.

Try it this week: set a weekly cadence of small, specific commitments, plus one person who'll know whether you kept them.

The order is the method. Grinding on willpower (stage three) when you were never clear (stage one) is why change keeps failing — and why it isn't your fault. Get the sequence right and change stops feeling like force. It starts feeling like gravity.