



## The Compass: **A Life of Gratitude**

***Gratitude starts in the chest and spine - not on your knees.***

It builds. Always builds.



## The Stool: **Three Pillars That Hold You Steady**

No straight lines in life—just zigs and zags.

This three-legged stool tightens the path. Sit. Breathe. Stand stronger.

1. ***Accountable*** – Own what you broke.

No shrugs. No ghosting.

Yelled at the kid? Kneel: “I was tired. That’s on me.”

Dropped a promise? “I let you down. Let me fix it.”

Mirror looking lazy? “Today I move.”

***Pain is the fertilizer.*** Own it — the stool stays straight.

2. ***Assimilated*** – Fit where you fit, without losing your teeth.

Be *with* them where it works. Dress clean. Talk straight. Learn the jokes. Eat the food.

Connect without friction. Torque, not surrender.

Room smells poison? Step out.

3. ***Allegiant*** – Don’t burn the bridge you crossed.

Protect it—because you remember the hand that pulled you.

Family needs cash? Send it.

Neighborhood needs quiet? Hush.

Country calls? Answer.

Balance, not chains.

Three Quiet Questions – Ask Daily

- *Am I owning what I broke?*
- *Am I fitting where I fit?*
- *Am I standing for what lifted me?*

**P.S.** Ask them yourself. If you don't, somebody inevitably will — your spouse, boss, kid, life itself.

***Works better when you do.***

That's circumspection.

LIVE GRATEFUL 🙏🇺🇸