

You Are Not Broken. You May Simply Be Running Outdated Software.

A short, private reflection to go with the talk. No one sees this but you, unless you choose to share it.

Some of the beliefs that help us survive, compete, and succeed can eventually become the same beliefs that quietly damage us. This isn't about tearing down what you've built. It's about noticing which instructions are still running in the background — and asking if they still deserve the authority you've given them.

Five Warning Signs Worth Sitting With

Circle, underline, or simply notice which of these feel familiar. There's no scoring here.

1. You write off exhaustion, weight gain, or constant low-grade sickness as “the price of success” instead of a signal.
2. When people ask how you feel, your honest answer is “numb” — not good, not bad, just turned off.
3. You're running on more — more coffee, more drinks, more hours, more acceleration — and calling it ambition.
4. You've started pulling back from the people and commitments that once meant everything, because you don't trust yourself anymore.
5. Something that looks like rest — sleep, a quiet moment, a dream — turns out to be your mind telling you it can't keep going like this.

Five Lessons From the Talk

1. A formula that rescues you once can quietly start running your life without your permission, long after the rescue is over.
2. Geography, success, and a fresh start can all change at once — and the software underneath can stay exactly the same.
3. Real strength was learning to read at 21, going two nights a week, doing the homework — not refusing to admit something was hard.

4. If a doctor offers to “fix you” without ever asking about your sleep, your stress, or your life, that’s a warning sign, not a solution.
5. “Don’t waste a perfectly good crisis.” Pick one thing to change. The next thing becomes available once you do.

Three Questions for You

Take a few minutes. Write by hand if you can — it slows the mind down in a useful way.

What’s the “formula” that once rescued you — and where in your life is it still running unchecked today?

Where did you learn that rule? Who handed it to you, and what were they trying to protect you from?

What is the one thing you could change first — the thing that, once handled, might make the next thing possible?

Keep this somewhere you’ll actually see it again — not as a task to finish, but as a question to keep asking.
