



too often i see people defiant in the face of information.

criticism rejected because we don't like the source. opportunities to grow turned away as being borne of jealousy or some sort of attack. friendship tossed away over misunderstanding and ego.

we live in a disposable world.

we live in such excess that it can be difficult to differentiate discerning from dismissive. be it business partners or personal relationships, we are all, on some level, replaceable. we can classify whole swaths of people as not my problem, in fact we have to - simply to stay sane. the problem arises when wielding that knife comes so easily that we risk using it without regard of the consequences. personal growth is constantly at war with personal preservation. it is simpler to cut away those with which we don't agree, or who we feel wronged us in some way. we can go to another bar, move to another block, find new employees and new friends. growth is not linear. the process of investing involves setbacks, challenges, and finding a way to incorporate new information.

aggression is too frequently mistaken for power, threats stand in for control and impotence is wielded like some sort of weapon. in an attempt to be seen as powerful we give up the only true power we have. to control ourselves. to direct our action. to exercise agency. we cannot change what happened before this moment, but we can influence what happens next, and through that - what happens **after** what happens next. training, for me, is an exercise. it is an exercise in patience. in managing small things. in managing myself throughout the process.

i wish to be an agent of change. of progress. and the first step is to understand the material. the tool with which i have to work. to ask questions and seek out information. to seek out leverage. to practice influence deftly, applying all that i have, all that i am to the situation. and with luck, making whatever it is better for me being there.

ultimately, agency is understanding and the will to act.

it is as simple and as complicated as that.

good luck.