

NOT THE EPILOGUE: THE CRAFT STARTER

“The second half of your working life is not the epilogue. It can be the main event.” (Introduction)

The book is built on the CRAFT method: five qualities that together let you redesign your working life from the middle of it. Here are the method, a 90-day plan to get you moving, and a scorecard to see where you stand.

THE CRAFT METHOD ON ONE PAGE

- **C — Clarity.** Getting honest about what actually matters to you now: “from having to, toward wanting to” (Part I). *Start with* the Clarity Matrix (chapter 1, addition): sort your regular tasks by energy and meaning into keep, reshape, delegate and drop.
- **R — Rest.** Protecting your calm and your energy, because “calm is not the opposite of performance; it is the foundation of it” (Part II). *Start with:* turn off every push notification except calls for three days (chapter 7, substitution).
- **A — Awareness.** Being genuinely present with yourself and with others. “Calm is the foundation. Awareness is how it reaches other people.” (Part III) *Start with:* go into one conversation wearing your giraffe ears: listen, paraphrase, name one feeling (chapter 10, substitution).
- **F — Focus.** Doing the work that counts. “Focus is not about doing more, faster. It is about doing less, on purpose.” (Part IV) *Start with:* give one piece of work that matters ninety uninterrupted minutes (chapter 16, addition).
- **T — Transformation.** Designing the future on your own terms. “Transformation is the move from driven to designer.” (Part V) *Start with:* sketch three possible second curves and pick one small action to test one of them (chapter 23, addition).

NO HOUR TO MOVE? SUBSTITUTE (CHAPTER 16)

Ask of any change whether it is an addition or a substitution: something you already do, done differently at no extra cost. “Addition needs a resource you do not have. Substitution doesn’t.” Act on the substitutions first.

YOUR 90-DAY STARTER PLAN (CRAFT TOOLKIT)

The 90-Day Focus Plan has three phases of roughly a month each. Don’t rush ahead; the sequence is the point.

Days 1–30 — Eliminate. For two weeks, write down the tasks that fill your days. Sort them into *must do myself*, *can delegate* and *can drop*. Write a “no-longer” list of the meetings, reports and habits you are choosing to stop.

Days 31–60 — Structure. Schedule one deep-work block of about 90 minutes a day and guard it like a meeting you can’t move. Reserve short, deliberate pauses for awareness. Push email and meetings to the afternoon.

Days 61–90 — Deepen. Run a weekly review, ideally on Friday: what worked, what drained you, what to adjust. Take one silent day a month. Reward yourself at the 90-day mark.

THE CRAFT SCORECARD (CRAFT TOOLKIT)

Rate each statement from 1 (not true at all) to 10 (completely true). Be honest rather than kind.

Pillar	Self-assessment question	Score (1–10)
C — Clarity	I know what I truly want, and what no longer fits me.	
R — Rest	I have routines that help me settle and recover my calm.	
A — Awareness	I notice what stresses me — and can respond deliberately rather than react.	
F — Focus	I work with concentration and prioritize consistently.	
T — Transformation	I actually put changes into practice, and I stay with them.	

Your lowest-scoring pillar is usually where a small, deliberate step will give you the most back. Retake it in 90 days and watch the shape change.

From *Not the Epilogue* by Sage Voss. Free to read, print or save — no signup.