

STILL RISING – YOUR SECOND CURVE STARTER

A one-page summary of the RESET method and a simple 90-day starter plan, condensed from *Still Rising*.

THE MAP AND THE METHOD (FROM THE INTRODUCTION)

The Four Pillars: Body, Mind, Relationships, Purpose. They hold each other up. Neglect one and the others start to sag.

RESET — five moves from drift to direction:

- **Recognize** — see and name what has actually shifted.
- **Examine** — look honestly at the causes instead of chasing one villain.
- **Strengthen** — rebuild the foundations, starting with the body that funds everything else.
- **Engage** — turn back toward the people and the inner life you've quietly drifted from.
- **Transform** — redesign the next chapter around meaning, not just momentum.

THE 90-DAY STARTER PLAN (FROM PART VI, CHAPTERS 29-31)

Three phases of roughly a month each. Go slow, one thing at a time. A missed day is data, not a verdict. Check the box each week you show up.

Phase 1 · Awareness (Days 1–30) — Recognize and Examine · from chapter 29

Weeks: ☐ ☐ ☐ ☐ — The rule: **observe, don't overhaul.**

- Do the RESET scorecard once, now — your honest before-photo.
- Start the two-minute nightly log: sleep, energy, mood, symptoms.
- Book the checkup and bring your notes.
- Change nothing else on purpose.

Phase 2 · Rebuild (Days 31–60) — Strengthen and Engage · from chapter 30

Weeks: ☐ ☐ ☐ ☐ — You **layer**: pick one, make it stick, add the next.

- **Sleep anchor first** — phone out of the bedroom, same bedtime window seven nights a week.
- **Movement** — a brisk walk most days; then two short strength sessions a week.
- **One eating shift** — for most men, protein at every meal.
- **One relationship move**, aimed at someone specific.
- **One stress practice** — such as five minutes of slow breathing before bed.

Phase 3 · Reinvent (Days 61–90) — Transform · from chapter 31

<https://sage-voss.com/starter/still-rising>

Weeks: ☐ ☐ ☐ ☐

- Run two or three purpose experiments — contribution, mastery, connection, meaning — and notice which give energy.
- Sketch a direction, not a five-year plan.
- Keep what stuck. Drop what didn't — without guilt.

THE RESET SCORECARD (FROM THE TOOLKIT)

Two quick reads, each scored 1 (needs real attention) to 10 (strong). Do this today, then again in 90 days.

Read	Day 1	Day 90
Body		
Mind		
Relationships		
Purpose		
<i>The pillars, out of 40</i>		
Recognize — Am I honestly naming what's changed?		
Examine — Do I understand the causes, not just the symptoms?		
Strengthen — Am I building my body and steadiness?		
Engage — Am I turning toward the people who matter?		
Transform — Am I designing the next chapter on purpose?		
<i>The moves, out of 50</i>		

AFTER DAY 90 (FROM CHAPTER 32)

Ninety days is a lap, not a summit: take what stuck and run it again. When you slip — not if, when — notice it early, name the one anchor that matters most (almost always sleep), and restart small, today. Re-run the scorecard every quarter or so, and ask: *which of these went first?*

General information, not medical advice. Symptoms like fatigue, low libido, and low mood have many possible causes; let a professional help you sort them out. If you are struggling badly, or having thoughts of harming yourself, please turn to *If You Need Help* in *Still Rising*, or call a crisis line in your country now.

From *Still Rising* by Sage Voss. Free to read, print or save — no signup.