

Why You'll Never Break the Cycle

HAS LIFE EVER felt like it's just happening *to* you?

Apply to a job, get rejected.
Apply to a job, get rejected.
Apply to a job, get an interview! ... get rejected.
Apply to a job, get ... *hired*?

Now you've been at that job for 2 years and you're starting to wonder:

"How did I end up here? How much longer do I have to stay here? Why am I stuck in this loop?"

Well, life is a loop. Winter turns into spring, spring into summer, summer into fall, and then... Surprise! winter again. The moon wanes, then waxes, then wanes again. Rain falls, evaporates, and then falls on the one day you planned to eat outside.

Cycles are everywhere. Societies rise, and fall, but their legacies stick around. Relationships have their cycles: best friends one year, distant acquaintances the next (after that Florida trip), then suddenly best friends again. Work has cycles: crushing it, hating it, quitting it, then crushing it at the next job. Even our energy levels have cycles: one day unstoppable, the next day wondering if we can make it out of bed.

There will be times when everything feels like it's coming together and times when the wheels are falling off. Yet, the wheels go back on, the sun comes out after the storm, and even if you're stuck in the mud right now, there's a reason for it.

Cycles aren't the enemy. They're how things grow, heal, and start fresh.

You're not stuck. You're just in the middle of the spin. The beauty of life's cycles is that they don't just teach you to weather the storm; they teach you to grow in it.

Life is not about escaping or breaking the cycle. It's about learning to move with the changes, trusting that every ending is a new beginning.

What cycle do you feel "trapped" in? What's the lesson you may be missing?

Laminar Flow: Perfecting Flow Through Structure

“WATER CAN FLOW, OR IT CAN CRASH. BE WATER, MY FRIEND.”

– Bruce Lee

FOR YEARS, I heard this quote and thought, “Yeah, be water. Be chill, hakuna matata. Got it” I figured if I kept things loose and spontaneous, I’d eventually stumble into some kind of magical, effortless rhythm.

I did not.

I thought structure was the enemy. “Organization” felt like a three piece suit buttoned up to the neck: stiff, stifling, and definitely not me. I wanted freedom, spontaneity, the ability to go wherever the wind blew me. The idea of structure felt like a cage, and I was determined to stay as far away from it as possible.

In reality **no structure meant no flow**. Imagine if a river was instantly flattened, all the water would flood in every direction. The channel the water courses through is the structure that allows the river to powerfully flow in one direction.

Without structure, I was forgetting tasks, missing deadlines, and constantly double-booking myself. My brain, just like my room, my car and every other area of my life was also cluttered, which made it almost impossible to process emotions or focus on what really mattered.

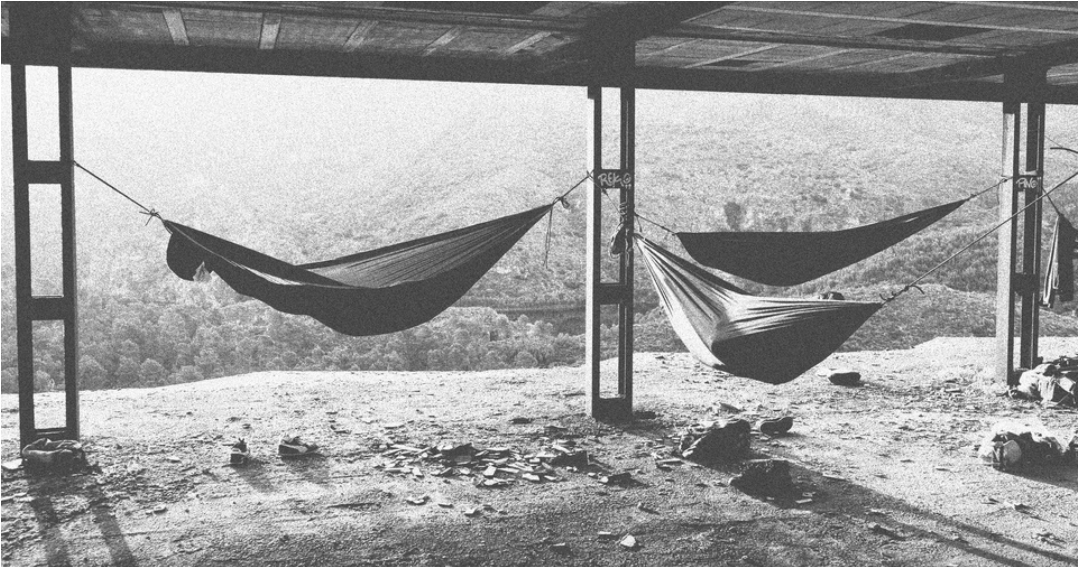
Even my basic routines were a disaster. I didn’t plan my sleep, so I’d end up burnt out and groggy. My meals were whatever was closest and easiest, which left me feeling imbalanced and stuck in unhealthy patterns.

My time management?

I was that person leaving the house at 7:58 for an 8:00 meeting, driving like Fast & Furious, and still showing up five minutes late, sweaty, stressed and unprepared. It wasn’t cute.

I had to face the truth: my lack of structure wasn’t supporting my flow, it was killing it. Structure isn’t a cage; it’s the riverbed that lets the water flow. It’s what gives direction to all your energy, so it doesn’t just spill everywhere and evaporate. When you have structure, things get done, creativity has space to flourish. And life starts to feel... manageable.

For me, I started small. I scheduled important tasks so they didn’t slip through the cracks, I decluttered my workspace so my brain had room to breathe, and I set clear goals so I wasn’t wandering aimlessly through life like a lost puppy.



BALANCE BETWEEN STRUCTURE AND FREEDOM

Structure, it turns out, doesn't stifle freedom, it makes it possible. When you know where you're going and you've got a plan to get there, you can actually relax. You're not constantly scrambling to catch up. You've got the time and space to enjoy the ride.

This balance between structure and freedom is what the FKV framework is all about. Having structure will give you the space to process your emotions then move on (Feel), it gives you room to understand what's actually true (Know), and gives you the clarity to start making your dreams and goals become your reality (Vision).

Life's cycles aren't random chaos. They have patterns, rhythms, and flows. When you align with those rhythms and embrace structure you will find a state of flow that feels natural, less draining, and incredibly powerful.

Are you a more spontaneous person or more of a planner?

If spontaneous, where might some structure help?

If you're a planner, where could you add some flexibility?

The Journey is the Destination

Life isn't a straight road with neat little mile markers and a big finish line at the end. No trophy for "Best at Life" is waiting for you. Instead, life is a series of loops, cycles, and spirals. You grow, you stumble, you learn (hopefully), and then you go through it all again.

"Time is like a circle, where all the points are so linked that one cannot say where it begins or ends, for all points precede and follow one another forever."

-Thoth, The Hermetica

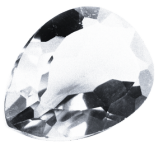
There's no point where you get to say, "I've made it! I'm done now." Even when you achieve a big goal, life keeps moving forward, ready to hand you a new challenge or opportunity. It's a constant ebb and flow.

You're either spiraling upward (learning, growing, evolving) or you're spiraling downward, (stuck in patterns that hold you back). There's no such thing as standing still. That's the nature of Time. It's always moving, whether you're ready or not. The key to navigating it is learning how to move with the current, not fight it.

FKVs are meant to be an intentional way of moving through life's cycles. They won't make you reach some mythical endpoint where everything is perfect and you have all the answers. They will, however, point you towards the answers and start you on your path towards your dreams.



NON-EXISTENT IN LIFE



FKV Gem 1: Raft Building



Sometimes life feels like an over-powering river and we're being tossed about with no sense of control. The first step to turn that river from fearful to fun?
Get a raft.

Step 1: Find the River (One area of your life that feels overwhelming):
It could be your time, sleep, goals, or even emotions.

Write here!
↓

Step 2: Identify the Current State:

Where is the "turbulence"? What's making it feel so overwhelming or chaotic?

Step 3: Make a Raft (Structure) Define the structure you'll be using here:

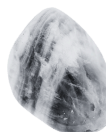
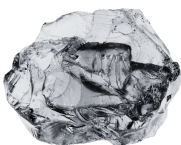
If time is chaotic, block out a 1 hour uninterrupted session weekly for key tasks. If sleep is unstructured, commit to a consistent bedtime. If overwhelmed, journal for 5 minutes each night to clear mental clutter.

Step 4: STAY ON YOUR RAFT:

Try out your structure for TWO WEEKS. Stay on your raft no matter what. If you fall off, start the two weeks from the beginning. Notice how it feels. Does it make life smoother or help you move with more intention?

Remember

Structure isn't meant to limit you, so adjust your raft after that first week if need be. Your raft is designed to allow the water (your energy) to flow freely, guiding you toward clarity, and having fun while doing so.



CHAPTER TWO

THE ART OF FEELING

THIS CHAPTER:

Part I:

Emotions Are Energy

Part II:

Why You Avoid Feeling

Part III:

The Science of Scribbles:
Releasing Emotions Through Movement

Emotions are Energy

Emotions are chemical experiments happening in our bodies in real time. Each feeling comes from a unique mix of adrenaline, dopamine, cortisol, serotonin and hormones. When you're stressed, the body releases cortisol, setting off a chain reaction that affects everything from your digestion to mental focus. On the flip side, joy releases dopamine and serotonin, lighting up your brain like a Christmas tree. **Your emotions aren't just feelings, they're chemical reactions, physical sensations, and energy that moves through your entire body.**

These chemical reactions can control how we think, act and experience the world, if we allow them to.

Emotions are not just "in your head", they are real, biochemical experiences. Think of emotions like electricity. They can power your dreams and creativity or short-circuit your day if they're not handled properly.

The problem is most of us are never taught how to handle our emotions. We're told to "stop crying", "look on the bright side" or "calm down" (which has never once in human history calmed anyone down). We're told these things as if we can magically flip a switch and fix everything.

Emotions, however, aren't something to control or suppress. They're something to understand. When you ignore them, like your neglected to-do list, they create stress and tension that shows up in your body, your mood, and your life. That tight jaw, the constant exhaustion, the misplaced outburst, the tears that don't know why you're crying - all signs of unprocessed emotions. So why does this matter?

When you work *with* your emotions instead of against them, they stop being roadblocks and start being road signs.

Your emotions can guide you. They can help you understand where you're stuck, where you're aligned, and what's next. Emotions are also the single most powerful tool you can use to make your dreams come true, and in a couple seconds, I'll show you how.

FEEL is the first step for a reason:

Your dreams will only come true when you give your emotions permission to exist.

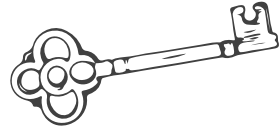
No judgment. No overthinking. Just feeling. It's not easy, but it's essential.

After you go through the first step of Feeling, Know helps you anchor yourself. Once you've let the emotion move through, you remind yourself of what's true: who you are, what you're capable of, and what you're working toward.

Finally, Vision is where you take all that energy and direct it toward creating the future you want.

The big takeaway?

Your emotions aren't the problem. They are the key.



Emotions are not something to fear or avoid; they're your superpower. When you feel them, know yourself, and channel that energy into your vision, you start thriving and stop just surviving.

Emotions are energy, and you're the one who decides how to use that energy. So, what are you going to do with it?

Free Space for Notes/Drawings
