WEEK 1

Defining Real Adulthood

Most people don't become adults. They just get older. There's a difference, and nobody ever explains it — so this is where we start.

By the end of this week you'll know exactly what separates a real adult from a grown-up kid, and which parts of your life you've been avoiding.

THE SHIFT THAT CHANGES EVERYTHING

Being an adult isn't an age — it's a decision. The decision to take full ownership of your life. No one's coming to fix it, fund it, or clean it up. The day you stop waiting for someone else and start owning the outcome is the day you actually grow up.

THE SIX DOMAINS YOU'RE NOW RESPONSIBLE FOR

Adult life runs on six systems. Most people are solid in one or two and quietly avoid the rest:

- **Money** — earning it, keeping it, not drowning in it
- **Time** — running your day instead of reacting to it
- **Health** — the body and mind you have to live in for 80 years
- **Housing** — a place you can run and afford
- **Career** — work that funds the life you want
- **Relationships** — the people you keep and the boundaries you hold

Over this program we build each one. This week, you just get honest about where you actually stand.

THE MINDSET: FULL OWNERSHIP

The people who win at life — Marcus Aurelius, Ben Franklin, anyone you admire — share one trait: radical ownership. They didn't blame and they didn't wait. They looked at their life and said, "this is mine to fix." Skills come later. Ownership comes first.

> **CORE PRINCIPLE**
>
> *Real adulthood begins with accurate self-awareness and full ownership of your life.*

DO THIS NOW

Rate yourself honestly, 1–10, in each of the six domains. Don't inflate it. Circle the two lowest — those are the ones you've been avoiding, and the ones we're going to fix. Then write one sentence: what would "taking ownership" of your lowest domain actually look like this week?