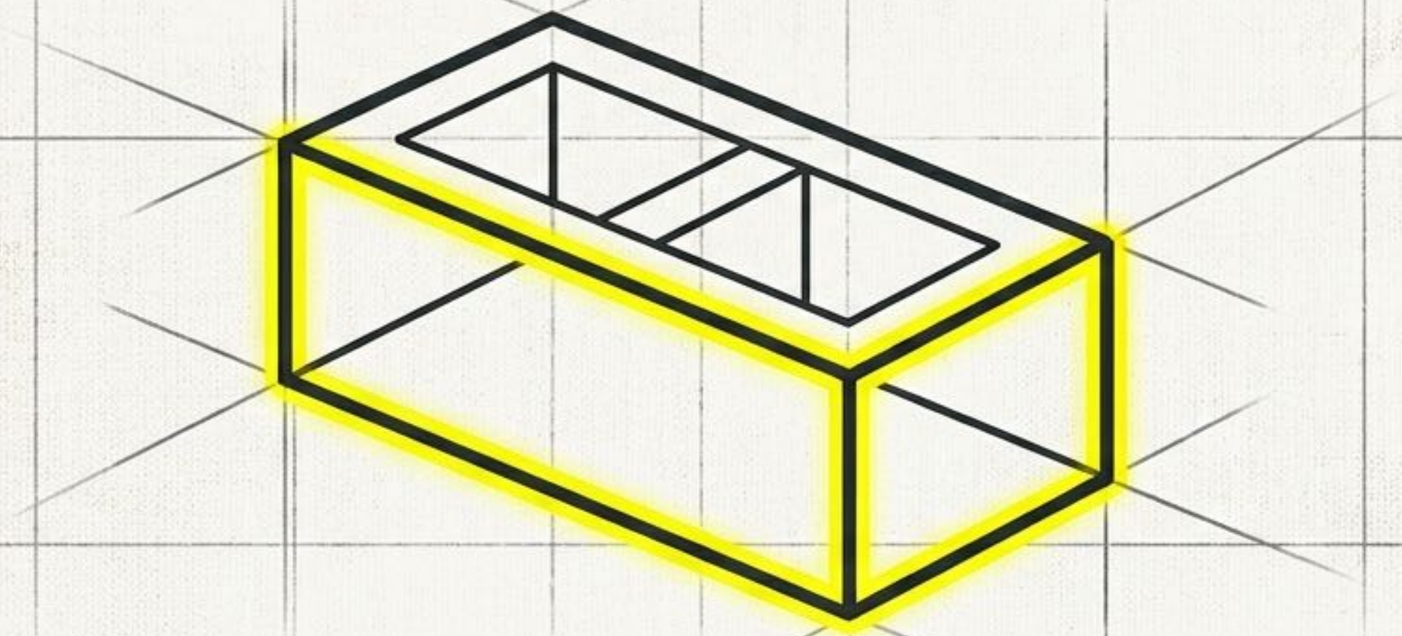
FITNESS FOR THE FACES

The Blueprint for Preparedness

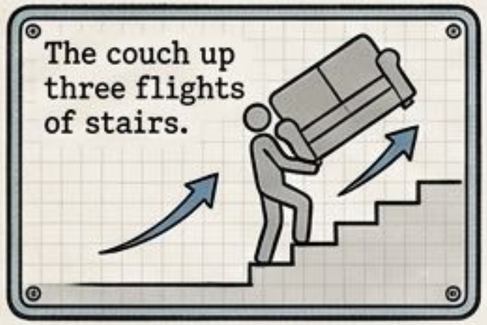


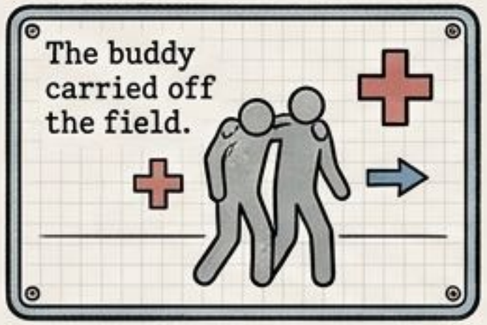
Be strong to be useful. — Georges Hébert

Gemini Notebook

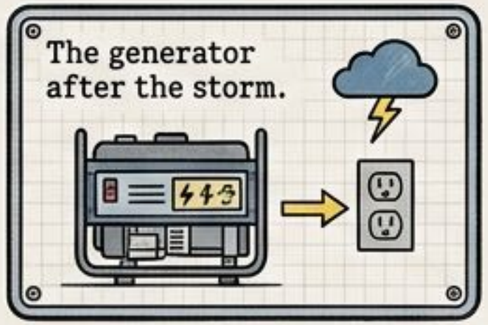
You don’t get a week’s notice.

In 1902, Mount Pelée erupted in Martinique. Naval officer Georges Hébert coordinated the rescue of 700 people.
He walked away with one defining observation: there were not enough strong men when the people needed them.

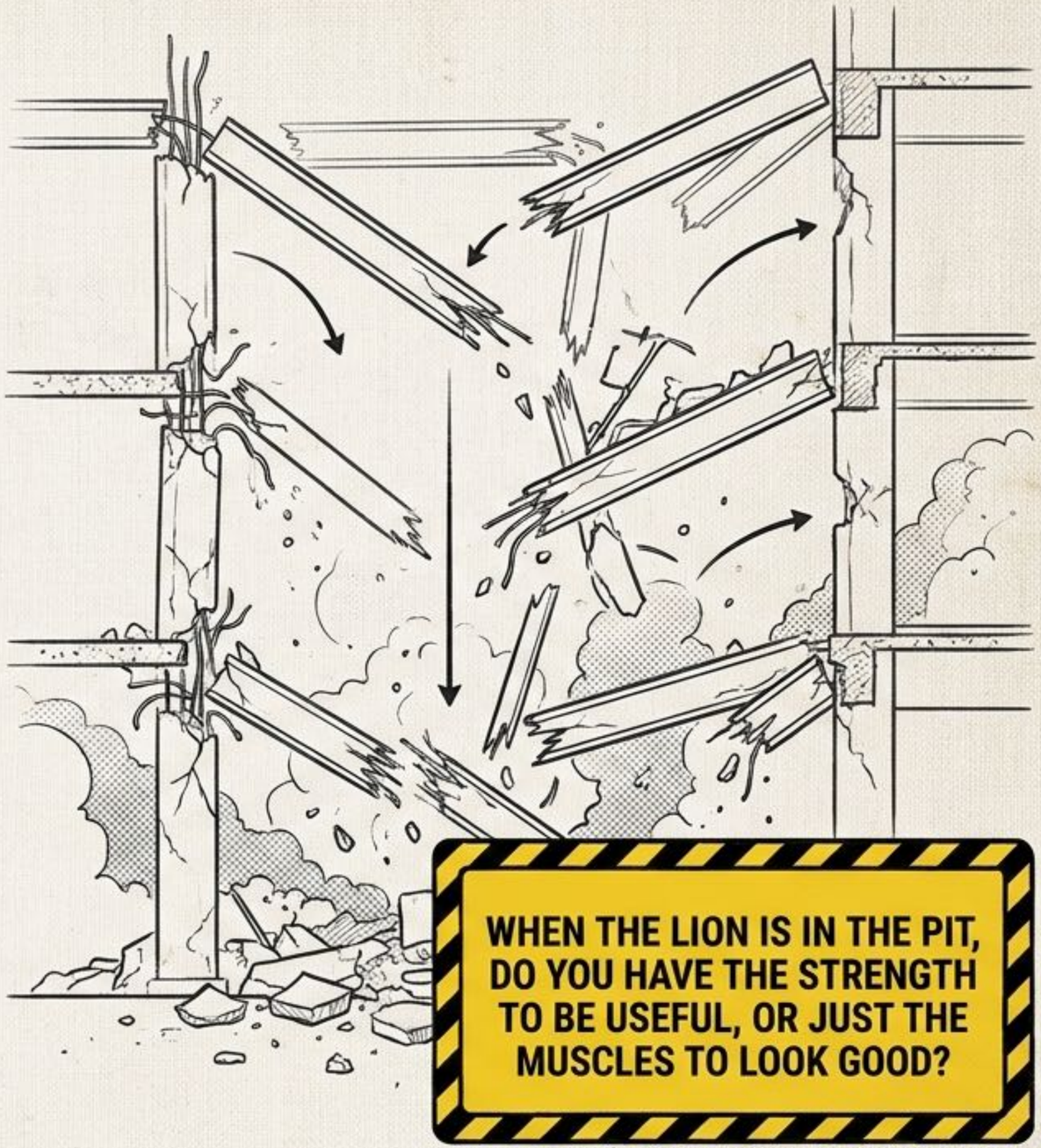








The moment almost never announces itself.



Gemini Notebook

THE MIRROR VS. THE FACES

	THE MIRROR	THE FACES
THE GOAL	Aesthetics, PRs, a goal weight.	Preparedness, usefulness, longevity.
THE ALARM CLOCK	Ambition and willpower.	Love and responsibility.
THE HORIZON	This summer / next month.	Twenty years from now.
THE FAILURE STATE	Shame and giving up.	The people in your boat sink with you.

A number won't get you out of bed in January. A face will.

Gemini Notebook

The King is a Stewardship, Not a Scorecard

The Stewardship Flow

How do you view your body?

It is OWNED.

- **SPOIL it** (gluttony/sloth)
- **WORSHIP it** (vanity/idolatry)

→ **Strength spent on yourself is wasted.**

It is BOUGHT.

You are not your own, for you were bought with a price. – 1 Cor 6:19

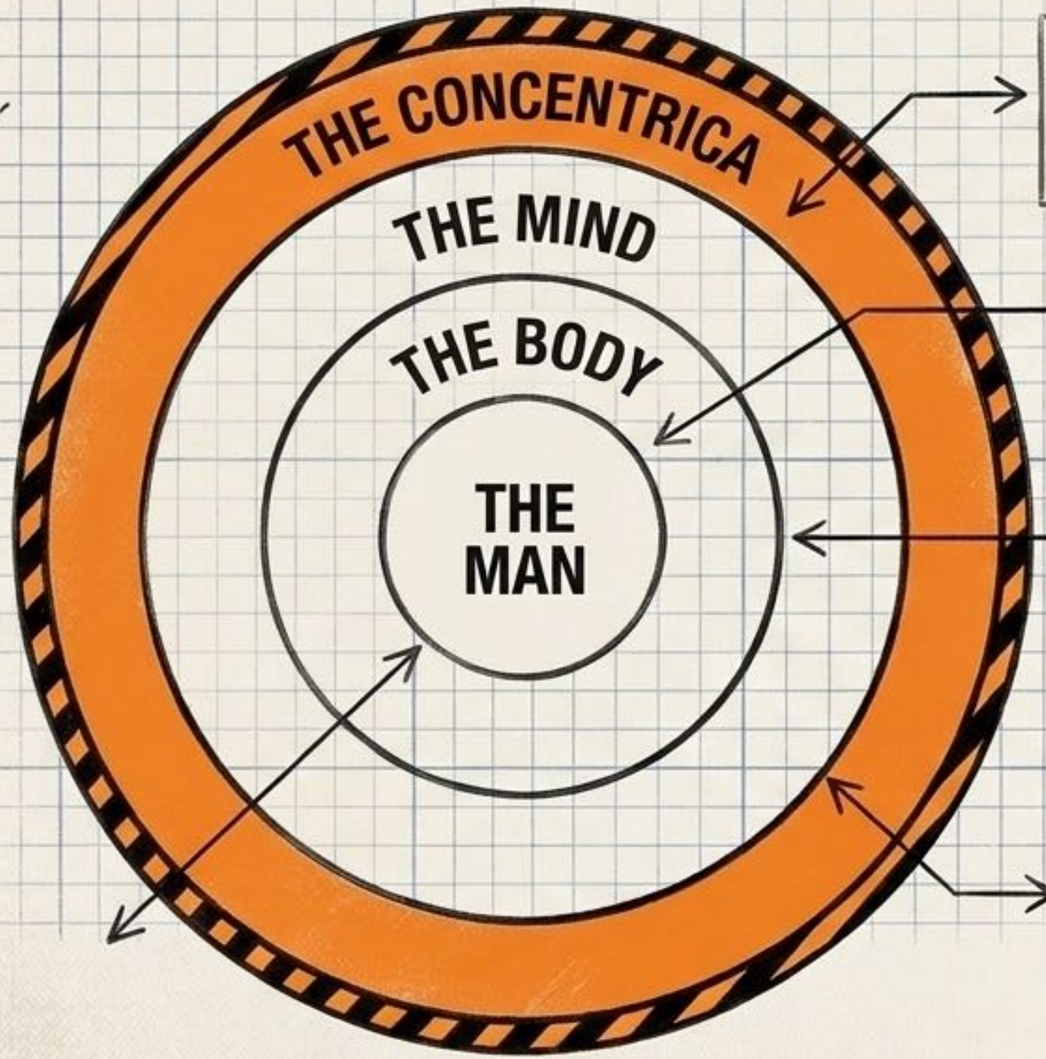
→ **STEWARDSHIP**

→ **A living sacrifice to serve others.**

If your body is yours, you'll either spoil it or neglect it.
If it was given to you, you take care of it for someone else.

Gemini Notebook

THE COST OF THE SLIDE



The wife, the kids, the crew. They are the ones who actually pay the price.

Energy drops, sleep degrades.

Patience thins, presence disappears.

The wife, the kids, the crew. They are the ones who actually pay the price.

An unfit man is a slave to his lack of self-control.

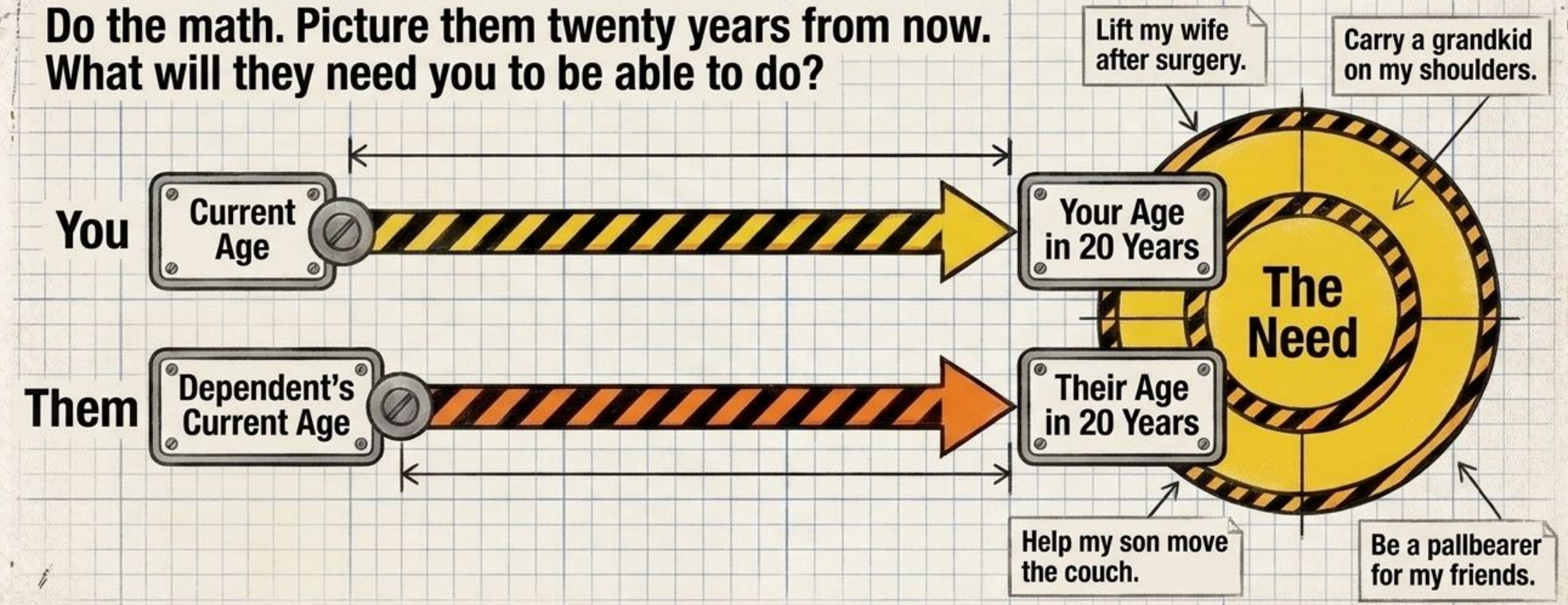
When your boat capsizes, the people in it don't just watch—they end up in the water with you.

The warning light isn't the problem; ignoring it is.

Gemini Notebook

The 20-Year Horizon

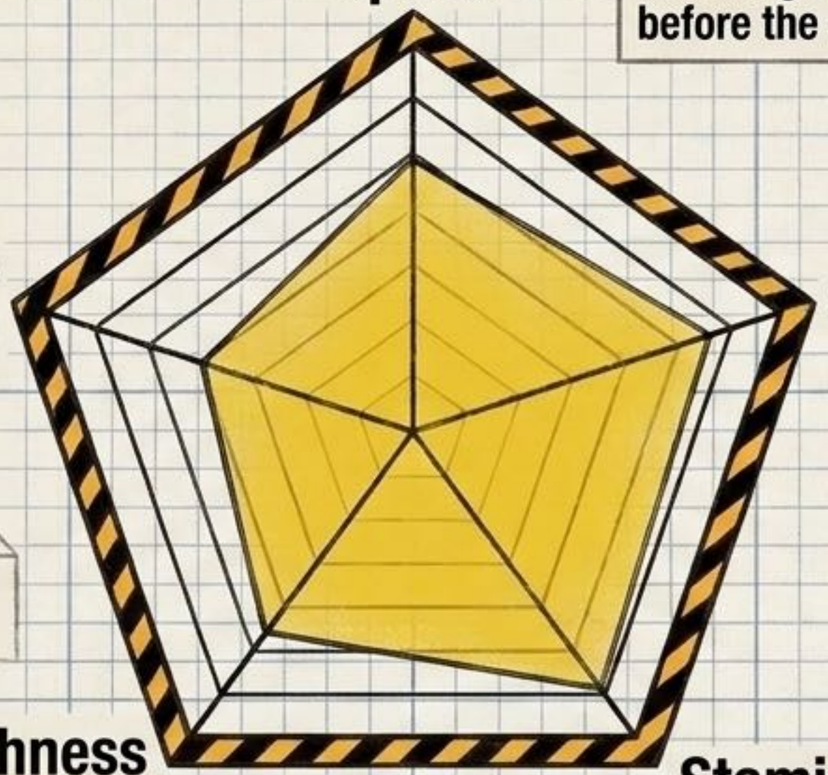
Do the math. Picture them twenty years from now. What will they need you to be able to do?



The strength they will need from you at 70 is being built or lost right now.

Gemini Notebook

The Architecture of Preparedness (3S2T)



Speed ← Grabbing a toddler before the street.

Strength ← Lifting a parent who has fallen.

Stamina ← A twelve-hour moving day / week of hospital nights.

Toughness (Physical) ← Working through discomfort without quitting.

Toughness (Mental) ← The long caregiving season nobody sees.

Which of the five will your people need most from you in twenty years? Which is your weakest pillar right now? You cannot train everything at once. Train the one they need that you don't have yet.

Gemini Notebook

The Amateur

Relies on willpower.

Decides at 4:45 AM if he will work out.

Views discipline as a restriction.

Willpower runs out exactly when needed most.

The Pro

Relies on Bricks (fixed habits).

Decides once beforehand.

Views discipline as freedom.

Continually accelerating preparedness.

The man who decides at 4:45 AM whether he'll work out has already lost half the mornings.

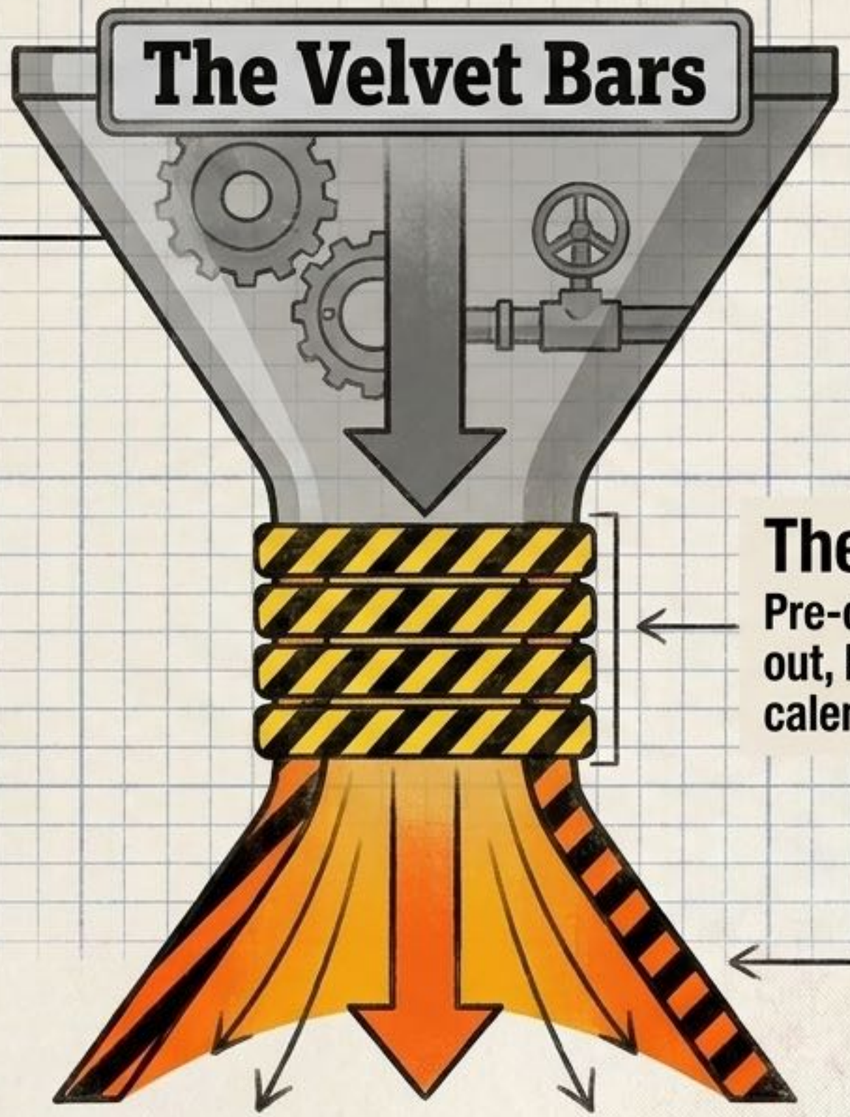
Gemini Notebook

Discipline Equals Freedom

Infinite Morning Micro-Decisions

(Snooze? What to wear? Which workout?)

Leads to decision fatigue and failure.



Once a Brick is set, the discretion to remove it is gone. The stronger the guardrails, the faster you can drive.

The Velvet Bars

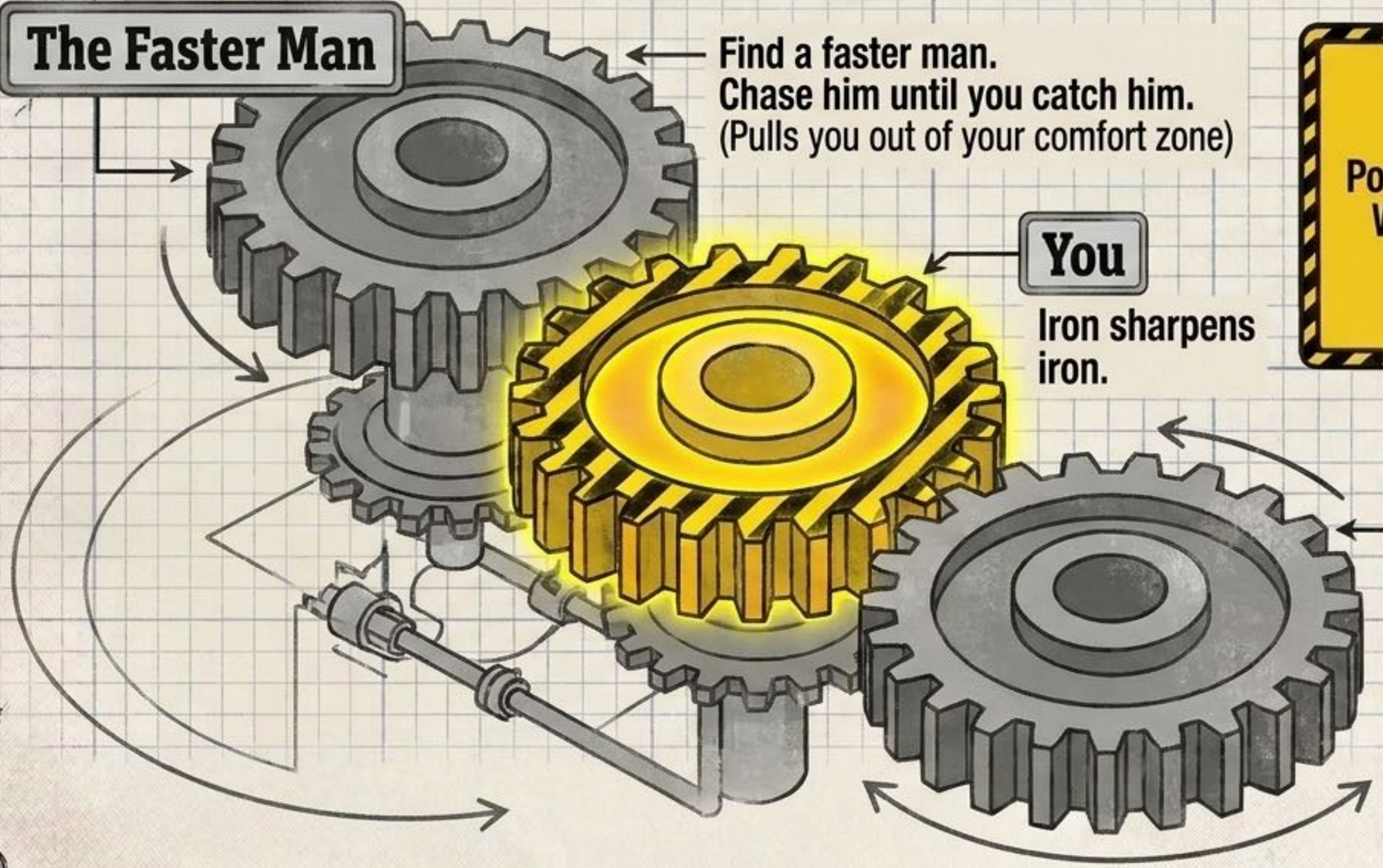
Pre-determined What (Clothes laid out, out, buddy waiting, workout on calendar). The choice is removed.

True Freedom

Full focus on the How. Results in expanded health, time, energy, and options.

Gemini Notebook

The Shield Lock



The Faster Man

Find a faster man.
Chase him until you catch him.
(Pulls you out of your comfort zone)

You

Iron sharpens iron.

Alone, you will settle for your own pace.

Pool your collective knowledge. Whose workout can you join this week? Who are you inviting to yours?

The Chaser

Somebody is already following you—your kids, the new guy, the younger man at work.
(Holds you accountable because they are watching)

Gemini Notebook

The Blueprint in Practice

The Young Dad



Faces: Sons, 6 & 9.

20-Year Need: Help them move into their first house; carry the couch, don't supervise from the truck.

The Brick: Ruck with them on Saturday.

The Aging Parent



Faces: 78-yr-old Mom.

20-Year Need: Lift a loved one out of a chair or off the floor.

The Brick: Heavy carries and squats twice a week.

The Respect (Older Man)

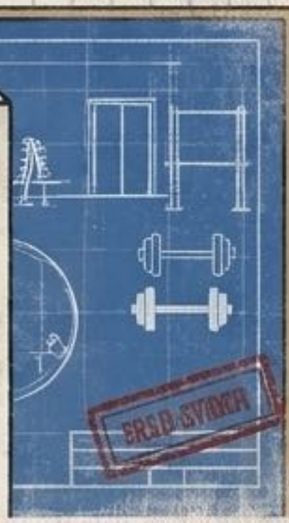


Faces: 2-yr-old Granddaughter.

20-Year Need: At 81, be the grandpa who still walks the trail with her at 22.

The Brick: 30-minute daily walk, no weather excuses.

The Single Man



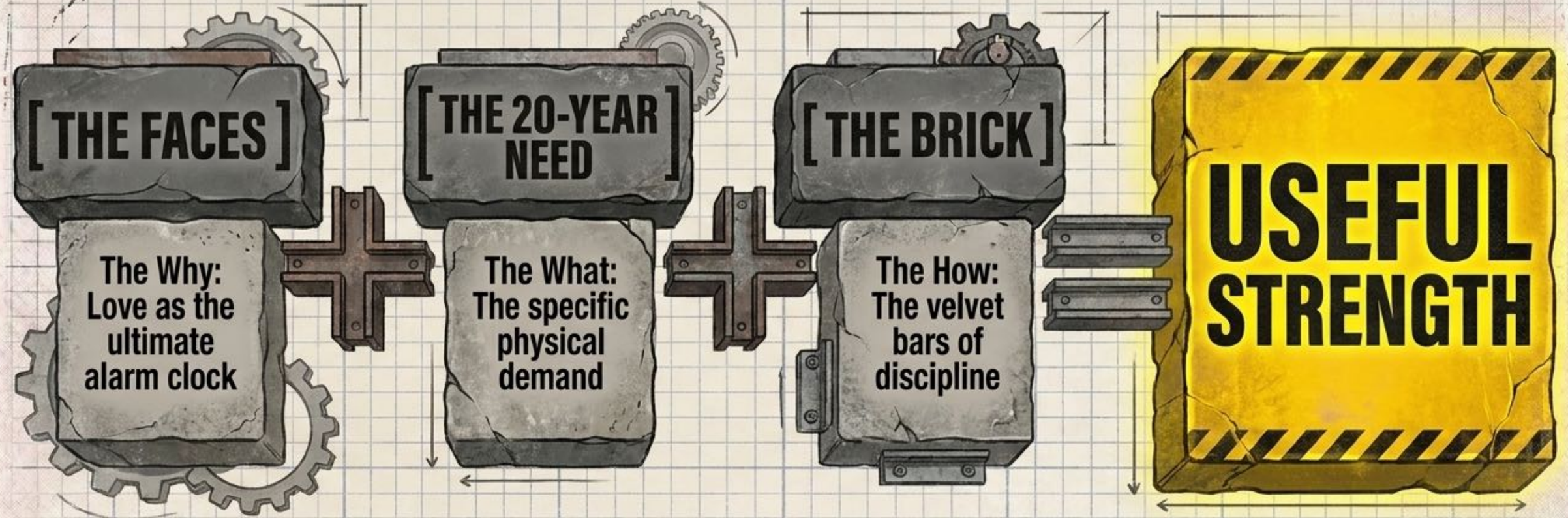
Faces: Sister's boys, the men in the circle.

20-Year Need: Be the uncle who shows up on moving day; the man who can lead a workout at 50.

The Brick: Post four days a week, invite the nephew.

Gemini Notebook

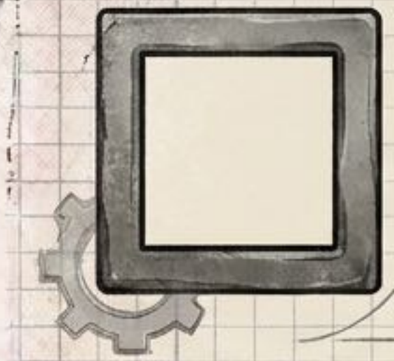
THE USEFUL STRENGTH EQUATION



Discipline equals freedom, and the freedom is being able to show up for them.
You don't have to fix twenty years this week. You only have to lay one Brick.

Gemini Notebook

The Field Directive (This Week)



Step 1: Put the faces on the clock.

Make a photo of the people you named your lock screen or tape it to the alarm. You'll quit on yourself; it's a lot harder to quit on a face.



Step 2: Write the 20-Year Need down.

One sentence: "In twenty years, _____ will need me to be able to _____." Put it where you'll see it daily.



Step 3: Lay the Brick & Tell a Man.

Aim at least one workout straight at what your faces will need. Text one man your faces and your Brick, and give him permission to check on you.

Gemini Notebook

Every PR you set will be broken, mostly by time.

Athletes train to receive a perishable wreath, but we train for an imperishable one. What you build in the people you serve will outlast the body you built it with.

TRAIN FOR THEM, NOT THE MIRROR.

Gemini Notebook