

The Rotten Fencepost™ Training 001

FREE BEGINNING Why Do I Keep Starting Over? Find What Keeps Undoing Your Progress

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START HERE

Choose one recurring problem. Not your whole life. One place where you repeatedly start, stop, repair, abandon, or promise to change.

There are no grades and nothing to submit. This guide belongs to you. Use it to observe one real pattern and take one useful action.

SESSION 1 — WHY DO I KEEP STARTING OVER?

You may already know what you are supposed to do. You may have made plans, started routines, tried harder, and begun again more times than you care to count. The question for this training is not, "How do I try harder this time?" It is, "Why do I keep having to start over in the first place?"

A repeated failure is not only discouraging. It is information. If the same place keeps failing, something may be happening before the part that gets your attention.

The thing I keep starting over with is:

I decided to change because:

What I intended to do was:

At first, things went like this:

The first noticeable disruption was:

The point where I decided I had failed was:

What I did after that was:

Do not judge the map yet. Gather evidence first.

SESSION 2 — THE PART THAT FELL MAY NOT BE THE PART THAT FAILED

When a fence leans, the visible problem demands attention. The wire may be loose. A staple may have pulled. Tightening the wire may make the fence look right again. But if the post is rotten below the ground, tightening the wire cannot make the post sound.

The Rotten Fencepost™ Principle: Never confuse what failed with why it failed.

The missed workout, purchase, argument, abandoned project, food choice, or broken routine may matter. But if the same visible problem keeps returning, ask what it is attached to.

What is the visible problem—the part that gets my attention?

What do I normally try to repair?

If I fixed that visible problem today, what would keep it from coming back?

Maybe the part I keep repairing is not the whole problem because:

SESSION 3 — WHAT HAPPENED BEFORE THIS HAPPENED?

Most problem-solving begins after the failure is already visible. Instead, walk backward. Ask, “What happened before this?” Then ask again. Look for a pressure, condition, expectation, environment, routine, neglected responsibility, or repeated sequence that appears before the collapse.

The moment I normally call the failure:

What happened immediately before that?

And before that?

What conditions were present?

What keeps weakening the same place?

YOUR FIRST FENCE INSPECTION

The recurring problem:

The symptom I normally notice:

What I normally repair:

What seems to happen before it returns:

The pressure or condition that deserves closer inspection:

SEVEN-DAY ACTION

For the next seven days, one thing I will do differently is:

What I will watch for is:

You have completed the free beginning. Keep what you learned and use it whether or not you continue.

IF YOU CHOOSE TO CONTINUE

The complete training moves from seeing the recurring pattern into testing the suspected weak point, deciding whether to repair, replace, reinforce, or maintain, building for difficult days, recovering from setbacks without automatically starting from zero, and learning a Fence Inspection process you can use again.