



# The SETTLER

## A Quick-Reference Guide

### Core Pattern

Accepting “good enough” as good enough.  
You’ve adapted to surviving on very little.

<p><i>How it Shows Up</i></p>	<ul style="list-style-type: none"> <li>⇒ Saying “it’s fine” when it’s not</li> <li>⇒ Talking yourself out of what you really want’</li> <li>⇒ Feeling guilty for desiring more</li> <li>⇒ Convincing yourself you should just be grateful</li> <li>⇒ Lowering your expectations before anyone else can</li> <li>⇒ Not bothering to dream anymore</li> <li>⇒ Accepting treatment that doesn’t feel good</li> <li>⇒ Numbing to avoid feeling disappointed, sad, etc.</li> </ul>	<p style="text-align: center;"><b><u>Actions to Practice</u></b></p> <ol style="list-style-type: none"> <li>1. Make decisions that you would normally defer (dinner, plans with friends, etc.)</li> <li>2. Replace “it’s fine” with truth.  When you catch yourself saying it, pause to ask “is it really?”</li> <li>3. Ask for ONE thing that you want.  Don’t demand. Don’t expect – just ASK.  Don’t demand. Don’t expect – just ASK. It’s about you working the muscle, not anyone else’s response.</li> </ol> <hr style="border: 1px dashed black;"/> <p style="text-align: center; font-weight: bold;">CAUTION CAUTION CAUTION CAUTION CAUTION</p> <p style="text-align: center;"><b><u>Watch Out For:</u></b></p> <ul style="list-style-type: none"> <li>⚠ The “it’s fine” default</li> <li>⚠ Numbing instead of facing</li> <li>⚠ Rationalizing your wants</li> <li>⚠ Misplaced guilt</li> <li>⚠ Preemptively diminishing your ideas</li> </ul>
<p><i>Hidden Strengths</i></p>	<ul style="list-style-type: none"> <li>✓ Resilience—you have great capacity for handling things</li> <li>✓ Gratitude and appreciation for small things</li> <li>✓ Not materialistic or superficial</li> <li>✓ Adaptable and flexible</li> <li>✓ Low-maintenance and easy to be around</li> <li>✓ Patience and long-suffering</li> <li>✓ Deep capacity for contentment/acceptance</li> </ul>	
<p><i>What Depletes Your Soil</i></p>	<ul style="list-style-type: none"> <li>✗ Anywhere you’re made to feel bad for asking for more</li> <li>✗ Relationships where your needs are “too much”</li> <li>✗ Being made to feel that wanting is selfish</li> <li>✗ Scarcity mindset in family/culture</li> <li>✗ Being told to “just be grateful”</li> <li>✗ Situations where you learned wanting = disappointment</li> </ul>	
<p><i>What Fertilizes Your Soil</i></p>	<ul style="list-style-type: none"> <li>✓ Permission to want without guilt</li> <li>✓ People who encourage your desires</li> <li>✓ Environments that reward asking for more</li> <li>✓ Regular check-ins with your true wants</li> <li>✓ Learning to receive abundance</li> <li>✓ Being celebrated for your growth and expansion</li> </ul>	

**Your Mantra:** *“I can be grateful AND want more. There is room for both.”*

**Your Takeaway:** Gratitude and desire are not opposites.

You can appreciate what you have AND reach for something greater. That’s not greedy – it’s human.