



PEOPLE IN MOTION

Go Further

*A short guide to expanding
what you can actually carry.*

PEOPLEINMOTION.COM

DISCLAIMER

This guide gives general information about habit, behaviour and motivation. It is not medical, psychological, financial or legal advice, and it isn't a substitute for advice from someone qualified to give it.

If you have a health condition, a diagnosed mental health condition, or any doubt about whether a change is safe for you, talk to a doctor or another qualified professional before you act on anything here.

Nothing in this guide guarantees a particular result. What works varies by person and circumstance, and the responsibility for what you do next is yours.

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BEFORE WE START

You're moving. You've got a direction, a rhythm, and a way of handling it when things push back or the route needs to change. All of that keeps you going. None of it, on its own, makes you able to go further.

That's a different question. Not are you moving, but how much can you actually carry while you do. Growth isn't a nicer word for effort. It's an expansion of what you're capable of in the first place, and it works by different rules than simply trying harder.

Think of it as the difference between a fuller bag and a bigger one. Effort fills the bag you've already got. Growth builds a bigger bag. Most people spend years stuffing the same small bag tighter and calling the strain progress.

Go further. Grow the capacity first.



CHAPTER ONE

Growth is capacity, not effort

Pushing harder inside the same capacity produces the same ceiling, reached slightly faster and with more exhaustion attached. That's not growth. That's just spending what you already had more urgently.

Real growth changes the ceiling itself. The amount you can lift, hold, understand, earn, or sustain expands, so the same effort that used to be near your limit becomes comfortably within it. Confusing the two is how people burn out chasing bigger results from a capacity that was never actually getting bigger, only more depleted.

Ask which one you're doing. Trying harder inside the current limit, or actually building a bigger one.