

# GLADIUS



## THE FORGE CONTRACT

A covenant between you and yourself.

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**DIFFERENT ARENAS.  
SAME BATTLE.**

**FORGE YOURSELF.**

# THE FORGE CONTRACT

This is not a terms and conditions document.

This is a contract between **you and yourself**, witnessed by GLADIUS, held by no one but your own word.

An athlete. A fighter. A founder. An artist. A craftsman. A father. Or something only you understand. **Your arena is yours.**

Different goals, abilities and starting points. But the same battle: doubt, slow progress, the temptation to choose what feels easier, the failures, the times you stopped. **And the decision to return.**

## DIFFERENT ARENAS. SAME BATTLE.

Mastery looks different everywhere.

**But discipline is a language we all recognize.**

That is what GLADIUS exists to forge.

And we begin with the simplest arena we could find:

## YOUR BODY. THE FLOOR. ONE ACTION.

**Most of your day comes with consequences.**

You go to work because you have to.

You meet obligations because life requires them.

**This is different.**

**Nobody is making you do this. That's the point.**

Nothing happens if you don't.

You have your body, the floor, and a few minutes.

**You can do it. You simply may not want to.**

And that is the decision we want you to face.

**Who decides - your immediate impulse,  
or the person you chose to become?**

The stakes are small. **The pattern is not.**

**Show up. Do the work. Don't cheat yourself. Return when you fail.**

Build evidence that you can command yourself.

Then take that person into whatever arena you choose.

## WHAT YOU COMMIT TO

I will show up, act without waiting for motivation, choose purposeful discomfort and measure honestly. I will not cheat myself. I will return after failure and build evidence through action.

## WHAT GLADIUS COMMITS TO YOU

**You bring the action. We build the Forge.**

We will build the best tools we can and keep improving them. Learn from the Legion. Tell you the truth: what we know, what we believe and what we are still trying to understand. Recognize the work. Build a community around shared respect for it. Never pretend we can do it for you.

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## THE 7 LAWS OF GLADIUS

### **I DISCIPLINE FORGES EXCELLENCE**

Whatever your arena, mastery requires repeated work.

### **II ACTION BEFORE MOTIVATION**

Do not wait to feel ready. Act.

### **III CHOOSE PURPOSEFUL DISCOMFORT**

Choose purpose over immediate impulse.

### **IV NEVER CHEAT THE WORK**

Nobody else needs to know. You know.

### **V FAILURE BECOMES DATA**

Fall. Learn. Adapt. Return.

### **VI BUILD EVIDENCE**

Confidence grows when you give yourself reasons to believe.

### **VII FORGE YOURSELF**

Others can guide you, support you and stand beside you.  
But no one can do the work for you.

# YOUR OATH

I understand that this contract is not between GLADIUS and me.  
**It is between me and myself.**

**My arena is mine. My ambition is mine. My work is mine.**

I accept that I will not always feel motivated.  
I accept that I will fail. I accept that I may stop.  
**And I commit to returning.**

I will build evidence through action.  
I will respect the work required by whatever I choose to pursue.

GLADIUS will continue building the Forge.  
**I will bring the action.**

FULL NAME

SIGNATURE

DATE

I enter willingly. I hold myself to this standard.

**DIFFERENT ARENAS. SAME BATTLE.**  
**FORGE YOURSELF.**