GLADIUS

THE FORGE CONTRACT

A covenant between you and yourself.

DIFFERENT ARENAS.
SAME BATTLE.

FORGE YOURSELF.

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.
And we begin with the simplest training ground we could find:

YOUR BODY. THE FLOOR. ONE ACTION.

The push-up is not the destination.
It is the first promise.

Simple. Repeatable. Verifiable.

Nobody is making you do this. That's the point.
You have your body, the floor, and a few minutes.
The decision is yours.

**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 your word means something.

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.
If I fall, I will return.
I will 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.
We will never fight your battles for you.

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 useful discomfort. Never pain for its own sake.

IV — NEVER CHEAT YOURSELF

Nobody else needs to know. You know.

V — IF YOU FALL, RETURN

Fall. Learn. Adapt. Return.

VI — BUILD EVIDENCE

Self-trust 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 not be perfect.
If I fall, I will return.

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.

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FORGE YOURSELF.