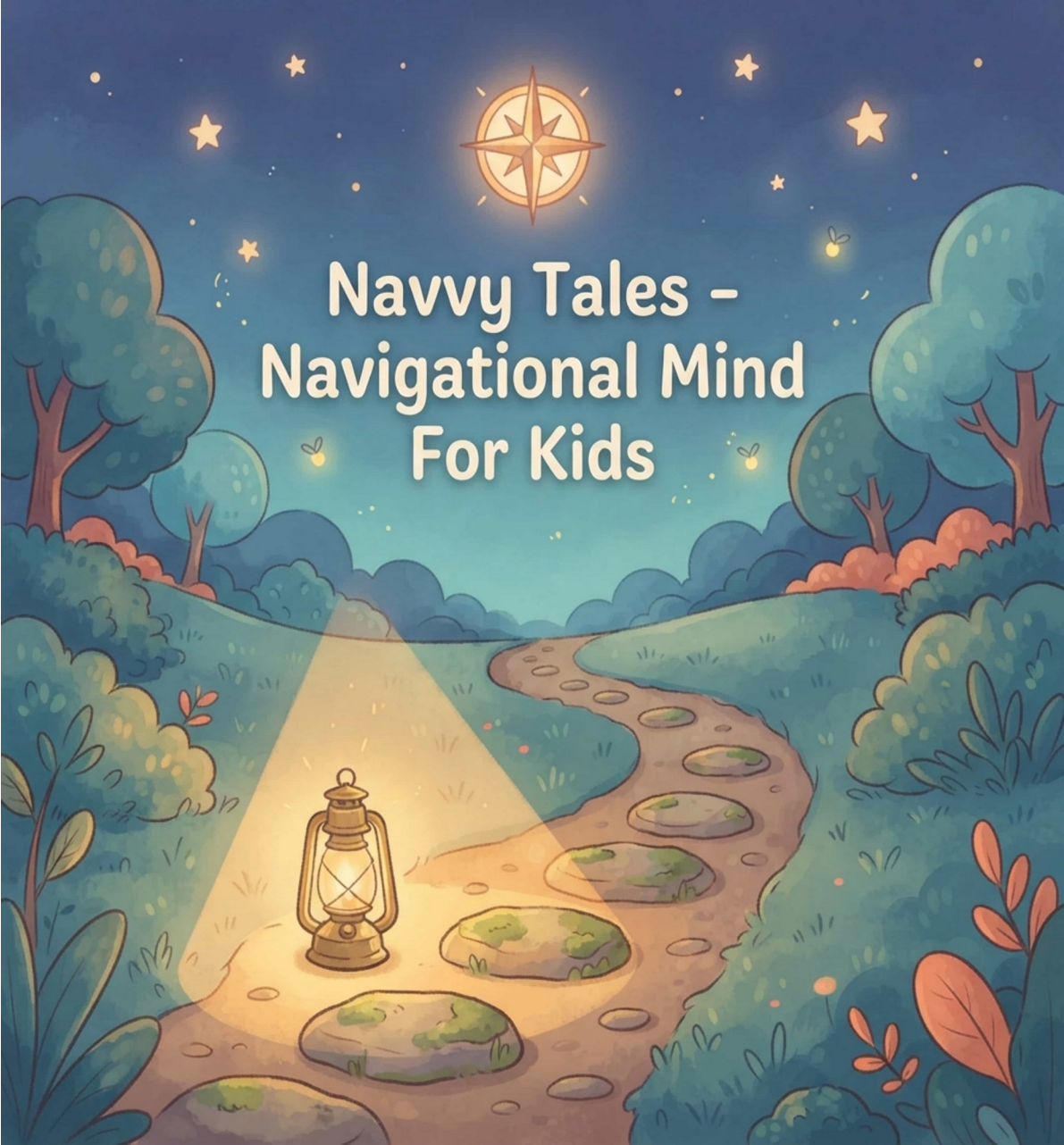


A whimsical night scene with a glowing lantern on a path, a compass rose in the sky, and a title. The scene is set in a dark blue night sky with several yellow stars and a glowing compass rose. A path of stepping stones leads from the foreground into the distance, flanked by green bushes and trees. A glowing lantern sits on the path, casting a warm yellow light. The title "Navy Tales – Navigational Mind For Kids" is written in a white, sans-serif font in the center of the image.

Navy Tales – Navigational Mind For Kids

Chapter 1

— Do You Really Know Yourself?

Quick question: do you know yourself really well? Most people would say, “Yeah, obviously — I'm me.”

But here's a funny thing. Have you ever said, “I'm NOT mad!” — while slamming a door? Or said you didn't care that you lost a game, but your stomach felt all twisty? Your mouth said one thing. The rest of you said another.

That happens to everybody. Even grown-ups. Even me. We think we always know why we do stuff. But a lot of the time, we don't — we kind of find out as we go.

And here's the cool part: you learn what you're really like by doing things, not by sitting and thinking about them. You don't find out you're brave by imagining it. You find out the first time you actually do the scary thing.

So, if you don't have yourself all figured out yet? That's not weird. That's how it works for every single one of us.

— Nobody Gets the Whole Map

Let me show you a picture.

You know how in some video games, the map starts out all black? You can only see the little part where your character has actually walked. The rest stays dark until you go explore it.

Real life is exactly like that.

A lot of us think there's a secret map somewhere — one that shows you exactly how everything turns out. What you'll be good at. Who your best friends will be. What you'll do when you're older. And we think if we were just smart enough, we'd find it.

But that map doesn't exist. Nobody gets one. Not kids, not grown-ups, not me.

So, when you feel unsure, or you don't know what happens next — that doesn't mean something's wrong with you. It just means you're standing on the part of the map that hasn't lit up yet. You're not supposed to see the whole thing. You light it up by walking it.

— Why You Sometimes Feel Lost

Here's a question a lot of people ask, kind of quietly: “Why do I feel lost?”

Here's one big reason. We treat our brain like a calculator. A calculator gives you one exact answer, right? $2 + 2 = 4$. Done. And we want life to work like that: “If I do this, then exactly that will happen.”

But your brain isn't a calculator. It's more like a compass. A compass doesn't hand you the answer. It just points and says, “this way.”

The trouble starts when we sit and wait for the exact answer before we do anything. We freeze. But the compass is just saying, “start walking that way, and you'll see.”

And here's the weird, cool secret: things don't get clear while you sit still. They get clear after you start moving.

Think about a flashlight on a dark path. It only lights up a few steps in front of you. But you don't need to see the whole path! You take a few steps, and it lights up a few more. A few more steps, a few more. That's how you get all the way home.

Okay — but what about being scared? That's the number one reason people don't start. We wait until we're not scared anymore.

Here's the thing about fear, though. Fear is like the butterflies at the top of the diving board, or right before you raise your hand in class. It doesn't mean “STOP.” It means, “this is new, and I can't see how it ends yet.” That's all it means.

The people who learn to move even when they're a little scared find out something great: the brave feeling shows up after you jump, not before.

Next time, we'll meet the different “characters” that live inside your head — some fun, some tricky. Until then, here's something to wonder about: where in your life are you exploring a map that hasn't lit up yet?

Chapter 2

— Your Ups and Downs Are Normal

Part 1 — Life Isn't a Straight Line

Here's something the world teaches us without ever saying it out loud: you should be getting better at everything, all the time. Better every single day. Like a line on a graph that only goes up, up, up.

Think about it. If you did great on a test, you should do even better next time. If you had an awesome week, next week should be even more awesome. We're taught to love the straight line that only climbs.

But I've got news for you: life doesn't work like a straight line. It works like waves.

Think about the ocean. The tide comes in high, then it goes back out low. Then high again. Does low tide mean the ocean messed up? Of course not! That's just what oceans do. Up, then down, then up again.

You're the same. Some weeks you feel full of energy. Then comes a week where you're tired and everything feels hard. That's not you failing. That's just your low tide. It's supposed to happen.

The tricky part is this. When you believe in the straight line, that normal dip feels like something went wrong. You think, “What did I do? Why did I lose it?” And then you feel bad about feeling bad. But nothing went wrong. You were just having low tide.

Part 2 — Four Things That Go Up and Down Inside You

So, what exactly goes up and down? It turns out there are four big ones. Stay with me — this is the useful part.

The first one is your Battery. You know how a phone or a game controller has a battery? You've got one too. When it's full, you feel awake, focused, ready for hard stuff. When it's low, everything feels like too much — even small jobs feel huge, and you just want to stop and rest. A low battery isn't broken. It just means: time to recharge.

The second one is your Why Meter. This is how much things matter to you right now. When it's high, what you're doing feels important, and you get why you're doing it. When it's low, stuff starts to feel pointless — you catch yourself going, “Wait, why am I even doing this?” That empty feeling isn't failure. It's a signal that you need a new reason, or a fresh way to look at it.

The third one is the Changing You. Sometimes you feel totally sure who you are and what you like. Other times you feel mixed-up, like you're changing and don't quite fit your old self anymore. Maybe you used to be the quiet kid, and now a part of you wants to try out for the play. That in-between feeling is messy — but it usually means you're growing into a new version of you.

The fourth one is your People Meter. This is how your friendships and family feel right now. When it's strong, you feel safe, included, like you can just be yourself. When it's weak, you might feel left out, or like everyone needs too much from you. That's a signal too. It means either you need to speak up and set a limit — “I need some space” — or you need to reach for someone you trust.

None of these four are good or bad. They're just weather. They tell you what's going on inside you today.

Part 3 — The Goal Isn't to Stop the Waves

Now, a lot of people wish these ups and downs would just... stop. They want to feel exactly the same, nice and steady, every single day.

But that's like asking the ocean to stop making waves. It's never going to happen.

So here's the real goal. It's not to stop the waves. It's to learn to ride them — like a surfer, or like riding your bike over bumps without falling off. You don't get rid of the bumps. You just get good at rolling with them.

And sometimes the waves get confusing, because different parts of you want different things at the same time. Like part of you wants to tell a friend a secret, and another part wants to keep it safe. When that happens, you don't have to figure out “the one real you.” You just notice: which part is doing the talking right now? Which part is loudest?

So, this week, try this. When you feel a big feeling, pause and ask: “Which of my waves is high or low right now? Is my battery low? Is my Why Meter empty?” Just noticing is a kind of superpower.

That's enough for today, before I go chasing more side-trails than usual. Remember: your ups and downs are not a sign you're failing. They're just information. The trick isn't to stop the waves — it's to learn to dance with them.

Chapter 3

— You're a Whole Team Inside

Part 1 — The Team Inside Your Head

This one's for anyone who's ever felt like there might be more than one of you inside.

Here's an idea a lot of us believe: you're supposed to be ONE person. One steady you. You should always know what you want. You should never change your mind or argue with yourself. Let's call this the “One Single You.”

But wait. Have you ever done stuff like this?

You planned ALL week to wake up early Saturday and practice. Then Saturday morning, a totally different you wakes up and decides staying in bed is the only option.

Or you're loud and funny and totally yourself with your best friends. But put you in a room of new kids, and suddenly you go quiet and shy.

Or you promised yourself you'd save your allowance. Then somehow you watched yourself spend the whole thing on something you didn't even really want.

Here's the thing: that doesn't mean you're broken or weak. It means the “One Single You” was never real.

The truth is way more fun. You're not one person inside. You're a whole team. It's like a bus full of different characters in there, and they don't all want the same thing.

Part 2 — The Storyteller

Okay, but here's a good question. If you're a whole team inside... then who's the “you” listening right now? Who's the “I” that says, “I did this” or “I want that”?

That part has a job. I call it the Storyteller.

The Storyteller is like the narrator of your life. Its job isn't to be the boss. Its job is to explain what happened after the rest of your team already did something.

Watch how it works. Say the grabby part of you takes the last cookie without even thinking. A second later, the Storyteller jumps in and says, “Well, I deserved it — I had a hard day.” See what it did? It made up a nice reason, so it looks like one calm you planned the whole thing.

The Storyteller is helpful. It's how you can tell people about yourself, like “I'm the kind of kid who loves soccer.” But here's the secret: that's just the story. It's not the whole truth of the busy team inside you.

Part 3 — Different Characters Take Charge

Once you know you're a team, you stop being surprised when you act different in different places.

Think of it like a bunch of characters inside you, and each one grabs the mic when it's their moment.

When you've got a big project due, your Get-It-Done character steps up and takes charge.

When someone's trying to make you do something you don't want to, your Stand-Up-For-Myself character speaks up, loud and clear.

When you're with someone you really trust, your Open-Up character comes out, and you can share the real stuff.

So, who are you? You're not one fixed thing in the middle. You're whichever character fits the moment. And when you “contradict yourself” — like planning to get up early, then staying in bed — it's just that the leader changed. Your Let's-Go character made the morning plan. But your Cozy-and-Safe character woke up, felt the warm blankets, and grabbed the mic instead.

Most of our stress comes from these arguments inside. We treat them like noise we need to shut off. But here's the truth: arguing inside isn't a problem — it means you're interesting and smart. You've got lots of characters who care.

The real magic trick is this. You stop trying to force yourself to be just one person. Instead, you learn to pick which character should lead right now — the one that's best for the job — instead of just letting the loudest or the most scared one grab the wheel.

That's a big-kid skill, and it takes practice. But for today, just try one thing: when you feel a big feeling, ask, “Who's talking inside me right now? What are they trying to say?” You don't have to fix it. Sometimes just listening is the biggest step of all.

Chapter 4

— Your Mind Is Built Like a House

Part 1 — Your Mind Is a House

we learned something big: you're not one single person inside. You're a whole team of characters.

So that leads to a fun question. If there's a whole team living inside you... where do they all live?

Here's how I like to picture it: your mind is a house. A real house, with different floors and different rooms. And each room is where a different kind of feeling — and a different character — likes to hang out.

Once you know the rooms, you can understand yourself way better. So let me take you on a tour.

Part 2 — A Tour of the Rooms

Let's start at the very bottom: the Basement.

The Basement is the oldest, deepest part of you. It was built when you were a tiny baby, before you even had words. It's where your most scared feelings live — big fear, big anger, that panicky “everything is too much” feeling.

Here's the important part. You can't fix a basement feeling with your thinking brain. You can't do a math problem to make yourself stop being scared. When the Basement is yelling, it doesn't need an argument — it needs someone to help it feel safe. Like when you have a nightmare: you don't need facts, you need a hug and a night-light.

Next, we go up to the Main Floor. This is where your everyday life happens. Homework, chores, talking with friends, getting stuff done. Your Get-It-Done character — remember that one? — loves it up here. When the Main Floor is running smooth, you feel focused and capable.

Now let's go Upstairs. Upstairs is where you dream. It's your imagination room — where you picture who you want to become, make big plans, and get super creative. Your best ideas come from up here. The trick is taking a big

Upstairs dream and turning it into small real steps back down on the Main Floor.

Now, every house has a room like this next one: the Back Room. This is where you hide the stuff you don't want anyone to see — even yourself. Embarrassing moments. Old hurts. Feelings you're not proud of. Here's the sneaky thing: keeping that door shut tight actually takes up a ton of your energy. And usually, the stuff in there isn't as scary as you think. Feeling better isn't about fixing it — it's just about turning on a light and taking a look.

Up top, there's the Attic. The Attic is storage for old versions of you. Old habits. Old rules you've grown out of but never quite threw away. Sometimes an old-you sneaks down from the Attic and takes over for a minute — and you catch yourself acting like your younger self, following rules that don't fit anymore.

And last, there's the Hallway. The Hallway isn't a room — it's the space between rooms. It's where you go when you feel stuck, can't decide, or feel frozen. Why? Because the Hallway is where two characters bump into each other. Like the part of you that wants to flop on the couch and rest, running smack into the part that says, “No, we have to keep working!” They meet in the Hallway and argue. The trick isn't to let them fight — it's to get them to actually talk.

Part 3 — Everyone Working Together (Enough)

Okay, so with all these rooms and all these characters, what's the goal?

The goal is NOT to get every single character to hold hands and agree on everything. (Remember, there's no “One Single You” — we learned that last time.)

The real goal is simpler. It's just getting enough of your characters to agree so you can move forward. Not perfect. Not everybody happy. Just working together well enough to pick a direction and go.

When that happens, your house stops arguing with itself. And then your mind is free to do its real job: moving forward, one step at a time.

So, remember: your mind is a house, with a Basement, a Main Floor, an Upstairs, a Back Room, an Attic, and a Hallway.

Chapter 5

— Meet Your Inner Team

Part 1 — You Really Are a Team

You know that thing where you wake up SO ready — today's the day you start the new plan! And then by the afternoon, some other part of you has quietly cancelled the whole thing?

That's not you being lazy or weak. It's proof of something we've been building up to: you're not one person inside. You're a team.

The last few episodes, we talked about the characters who live in your inner house. Today, we finally get to meet them properly. We call them the Residents.

The Residents aren't just moods that come and go. They're real, steady parts of you that have been around since you were little. And every single one of them has the same goal: to keep you safe and help you do well. Each one just has a different idea of how.

Here's the cool part: when you feel “stuck,” it's usually because two of your Residents are arguing about who's more important right now. So let's meet them.

Part 2 — Meet the Team

Your Residents come in two teams. There's the Doing Team — the parts that get things done. And the People Team — the parts that handle being with others.

Let's start with the Doing Team.

First up is Get-It-Done — grown-ups call this one Industry. This is your finisher. It loves plans, staying organized, and crossing things off the list. When you actually finish your homework before dinner, thank Get-It-Done.

Next is Let's-Go — the grown-up name is Initiative. This is your starter. It loves new ideas, adventures, and jumping into things. When you try out for a team or start a brand-new project, that's Let's-Go pumping you up.

Third is Build-Something — grown-ups call it Generativity. This is the part that wants to make stuff that matters and lasts — like teaching a little kid a trick

or building something you're really proud of. Its goal is making a mark that sticks around.

Now the People Team.

First is Open-Up — the grown-up word is Trust. This part feels safe with people and wants to belong. It's what makes you feel good in your group of friends, or cozy with your family.

Next is Stand-Up-For-Myself — grown-ups call it Autonomy. This is your boundary-setter. It wants space, independence, and the right to say “no.” When you need some alone time in your room, that's Stand-Up-For-Myself.

And last is Let-Someone-In — the grown-up name is Intimacy. This is the deepest one. It's the part that wants ONE person to really, truly know you — the friend you tell your biggest secrets to.

Now, here's a fight that happens inside almost everybody. It's Open-Up vs. Stand-Up-For-Myself — Trust versus Autonomy.

One says: “I feel safe when I'm WITH people!” The other says: “I feel safe when I have my OWN space!” And here's the thing — they're both right. They both just want you to feel safe. They just totally disagree on how. So, when part of you wants to hang out and another part wants to be alone? That's just your two safety-guards arguing. Totally normal.

Part 3 — You're the Captain

Okay, here's the most freeing idea of the whole chapter.

If all these Residents take turns leading... then “who you are” isn't one fixed thing. It changes depending on who's holding the mic right now.

When Get-It-Done is leading, you feel like “a focused, organized kid.” When Let's-Go is leading, you feel like “a bold, adventurous kid.” Same you — different Resident at the front.

So, when you change your mind, or you don't do the thing you planned? That's not you failing. It just means the leader switched, and you didn't notice the hand-off.

And here's the big kid move. You can be the captain of your team. Instead of letting your Residents fight in the dark, you can look at what's going on and choose who should lead — like a coach saying, “Okay, right now we need a brave start. Let's-Go, you're up!”

That's what it means to run your own team on purpose. You don't have to get rid of the arguing. Remember — arguing inside just means two parts of you care a lot. You only get to be the one who picks who leads.

So today, try this: pause and listen to the little conversations happening in your house. Who's talking? Who wants what? You don't have to fix anything. Just notice.

Chapter 6

— Why Fighting with Yourself Helps

Part 1 — Fighting With Yourself Is Actually Good

Have you ever felt totally stuck? Like part of you wants to start your project, and part of you just wants to flop on the couch. Or part of you wants to save your money, and part of you REALLY wants to buy the thing?

That stuck, tug-of-war feeling has a name. I call it Friction.

Most of us think Friction is bad. We think, “Ugh, why am I fighting myself? I should just feel calm.” But here's the surprise: Friction isn't a problem. It's your engine. It's the thing that actually keeps you moving safely.

Let me show you with a bike.

When you ride a bike, you've got two important things: the pedals and the brakes. Your Let's-Go part — remember, grown-ups call it Initiative — is like the pedals. It wants to GO! Explore! Try the new thing!

But another part taps the brakes. It's the careful part that wants to slow down and make sure you're safe first. Grown-ups call this one Trust — it's the same safety-loving part from last time, just doing its careful job here.

Now think about it. If your bike had ONLY pedals and no brakes? You'd crash. If it had ONLY brakes and no pedals? You'd never go anywhere. You need both. And that little push-and-pull between “GO!” and “wait, be careful!” is exactly what lets you ride smart. The uncomfortable feeling of the argument is just proof that two parts of you are both trying to keep you safe at the same time.

Part 2 — Spinning vs. Moving

Now, Friction is always there. But how you handle it makes ALL the difference. There are two ways it can go.

The first way is what I call the Spin Cycle. That's when your two parts argue in circles, in the dark, and nothing gets decided.

You know the feeling. You spend twenty whole minutes going, “Should I do my homework? Or clean my room?” back and forth, back and forth... so you do neither, and end up just scrolling your phone. You're stuck in the Hallway — remember, that's the in-between place where characters bump and argue. And at the end? You're tired, a little cranky, and you got nowhere. That's the Spin Cycle.

The second way is way better. I call it the Gear Shift. That's when you bring the argument into the light and make a real deal.

Here's an example. Say your Stand-Up-For-Myself part (that's Autonomy) really wants alone time. But your Open-Up part (that's Trust) really wants to be with friends. Instead of letting them argue forever, you make a deal: “Okay — I'll have quiet time in my room right after school. THEN I'll hang out with my friends this weekend.”

See what happened? Both parts got what they needed — just at different times. That's the Gear Shift. It's not always comfy, but it ends with an actual plan. And here's the secret: that deal is stronger than what either part wanted on its own. You don't find your path in total quiet. You find it right in the middle of the noisy argument.

Part 3 — Your Path Is a Deal You Make

Here's the last big idea, and it's a good one.

The direction of your life isn't one single choice you make. It's the sum of all these little deals between your parts.

So, you can't just wish away the part that's causing trouble. Say your Get-It-Done part keeps pushing you to work hard at something — but your Why Meter keeps asking, “Wait... does this even matter?” That argument isn't annoying noise. It's a gift. It's honest information, telling you something important about what you're doing.

Because here's what happens if you ignore it. If you just push, push, push and never listen? All that pressure sinks down into the Basement — you know, where the big scared feelings live — and it builds and builds until, one day, you have a total meltdown.

So, the smart move is the opposite. When you feel that fighting feeling inside, don't try to shut it up. Get curious about it. Ask, “What is this argument trying to teach me?”

Because every single bit of that conflict is information — not a mistake. When you actually listen to your parts and let them make their deals, the little arguments never grow into big breakdowns. You stop feeling stuck, and you start moving — with a clear idea of where you're headed.

Chapter 7

— You Can Be the Coach

Part 1 — Who's In Charge Inside You?

So far, we've learned your mind is a whole team of characters — the Residents — like Get-It-Done and Let's-Go. But that leads to a big question: if you're a team... who's the coach? Who decides which character is in charge?

Most of us secretly hope there's one calm, steady boss inside, always making good calls. But the truth is messier. Inside you, the “in charge” spot is like a revolving door. Characters keep swapping in and out.

And when you're not paying attention, guess who grabs the lead? Whoever is LOUDEST. Or whoever just got poked by something.

Here's how that looks. You watch a really cool video, and your Let's-Go part rushes to the front going, “That's it — we're starting our own channel tomorrow!” You're pumped. But two hours later, you get a mean comment, or you get in trouble for something... and suddenly your careful Trust part shoves Let's-Go out of the way and says, “Nope. Cancel everything. Let's just hide.”

And now you feel all mixed-up and wobbly. You made a big exciting plan with one character in charge — and a totally different character showed up the next morning and cancelled it.

From the outside, it looks like you keep sabotaging yourself. But you're not! It's just your characters trading the mic back and forth, and nobody's steering on purpose.

Part 2 — Be the Coach

So, here's the good news. You can't fire your characters — they all live in you, and they're all trying to help. But you CAN become the coach. The one who decides who's up and when.

I call this skill Picking Your Player. Instead of waiting to see which character grabs the mic, you hand it to the right one on purpose.

It's three simple steps.

Step one: Look at what you actually need right now. Is this a “buckle down and work hard” moment? Or a “say no and protect my space” moment?

Step two: Pick the right character for the job. Hard work? That's a job for Get-It-Done. Need to set a tough boundary? Call in Stand-Up-For-Myself.

Step three: Give them the job, out loud in your head. Something like: “Okay, Get-It-Done — you're in charge for the next thirty minutes. Everybody else, take a seat.”

When you do this, something awesome happens. You stop being a passenger, just going wherever the loudest character drives. You grab the wheel. Your choices start to line up — because you picked who's leading, instead of whoever was yelling the most.

Part 3 — The Relay Race

Now here's where it gets really cool. Finishing something big is like a relay race, where different characters run different parts.

Let's say you want to finish a huge project — a science fair board, a comic book, a fort in the backyard. Watch who you need, and when:

You need Let's-Go at the start, to get the idea going and get excited.

You need Get-It-Done for the messy middle — the boring, hard part where you actually do the work.

You need Stand-Up-For-Myself to protect your time — to say “not right now” to the stuff that distracts you, so you can focus.

And at the very end, you need Open-Up — that's Trust — to help you finally share it and show it to people. (That part can feel a little scary, and that's okay.)

But here's the catch: you have to manage the hand-offs. If your careful Trust part panics and jumps in too early — before the thing is even finished — you might get so scared about showing it that you quit before you're done. And the whole project falls apart.

So, your biggest, most powerful choice is simple: deciding who gets the mic, and when.

You don't have to make the noise stop. You just make sure the right character is leading at the right time. That's how you finish big things. That's how you go from feeling all over the place... to actually moving where you want to go.

remember this one line: you get to pick the right character for the job. That's your superpower.

Chapter 8

— The Pull Already Inside You

Part 1 — Chasing the Spark

When you feel stuck — bored, confused, not sure what to do next — what do you usually reach for? Most of us grab one of two things.

Sometimes we grab a big goal: “Okay, I’m going to get an A on every test this year!” Or “I’m going to score ten goals this season!”

Other times we wait for a big burst of motivation — you know, that fired-up feeling you get after watching an awesome movie, where you think, “That’s it! Tomorrow I change everything!”

And here’s what happens almost every time. The fired-up feeling fades by the weekend. And the big goal? The second something goes wrong — you get sick, or life gets busy — the goal falls apart, and you feel like you totally failed.

So, here’s the thing nobody tells you: goals and motivation are NOT the real power source. They’re too wobbly. There’s something quieter and way more powerful underneath them. I call it your Direction.

Part 2 — The Pull Already Inside You

Here's the surprising part about Direction: you don't choose it. You notice it.

Direction isn't a target out in the future. It's a quiet leaning that's already inside you — a pull toward a certain way of being.

Think about gravity. You don't wake up every morning and decide to be pulled down toward the ground, right? It just happens. It's built in. Your Direction is like that — a pull that's already there, whether you picked it or not.

Remember way back when we said your mind is like a compass? This is that compass. A goal is like an X on a map — one exact spot you're trying to reach. But a compass is different. A compass doesn't care about one spot. It just always points and says, “This way is your way.”

And here's why that matters: if a storm blows in and you lose sight of the X on the map, you feel totally lost. But your compass? It still points. It always points. That's the difference between a goal and a Direction.

Let me give you a real example. You don't usually pick a goal like “I will have brave talks with people.” It's simpler than that. A part of you just leans toward being brave instead of hiding. That leaning — that little pull toward courage — is your Direction. Everything else, all your choices and effort, comes after that.

And if you lose the leaning? Then all your effort just spins you in circles — like pedaling your bike super hard with no idea which way you're going.

Part 3 — Direction Sorts Out the Noise

Okay, here's the really useful part.

Remember how your characters — your Residents — are always arguing? That's the Friction Engine, always running. Without a Direction, they argue about silly little stuff: “Should I get cozy on the couch, or go find something fun?” Round and round, and it goes nowhere.

But the moment you know your Direction, everything gets clearer. Let's say your Direction is that you lean toward making cool things — building, creating. That's your Build-Something part, which grown-ups call Generativity.

Now, when two of your characters start arguing, you have a magic question you can ask: “Does this help me go my way?”

Say your Get-It-Done part is fighting your Open-Up part. If they're arguing about protecting your afternoon so you can finish building your project — yes, that helps your Direction. Listen to that one. But if they're arguing about trying to please some kid who's being mean to you — nope, that pulls you off your path. You can let that noise go.

See what your Direction did? It turned a big, confusing pile of arguments into one simple question. That's how all your characters finally start working together — because now they all know which way “forward” is.

So, here's the whole thing in one breath: your Direction isn't a goal you pick. It's the quiet pull that's already inside you. Your job is just to notice it — and let it point the way.

Chapter 9

— Turning Fog Into a Map

Part 1 — A Feeling Isn't a Plan

Hey, welcome back to Navvy Tales! It's Dr. Toye.

Last time, we talked about your Direction — that quiet pull already inside you, like a compass. But there's a catch. A pull is just a feeling. And feelings can be blurry. Hazy. Kind of... foggy.

And here's the problem with fog: you can't steer through it. If all you've got is a foggy feeling, your characters can't make a plan. They can't make their deals. Your inner coach can't hand anyone the job. You just stand there, stuck, in a fog of “I kind of want... something?”

So, to actually move, you have to turn that fog into a map. And there's a skill for that. I call it Naming It.

Naming It means taking the fuzzy stuff inside you — the feeling, the pull, the argument — and putting it into clear, honest words. You turn a feeling into a sentence.

But careful — most people mix this up with something else. So let's clear that up.

Part 2 — Letting It Out vs. Naming It

You know when you've had a rough day, and you just need to vent? You flop down and go, "Ugh, I'm SO stressed!" Or you scribble an angry page in your journal. Or you complain to a friend for ten minutes.

That's letting it out. And sometimes you need it! It feels good for a little while.

But here's the thing. Letting it out is like emptying a full cup of yucky feelings. Whoosh — you feel lighter... for a few hours. But you never found the leak. So by tomorrow, the cup fills right back up with the exact same stuff. Letting it out feels better, but it doesn't fix anything.

Naming It is different. Naming It actually changes things, because you get honest and figure out what's really going on.

Watch the difference. Instead of just, "I'm so stressed about my project!" — Naming It sounds like this:

"Okay. My Get-It-Done part wants me to make this project absolutely perfect. But my Battery is low today, so my careful Trust part is starting to panic. Wait — the real problem is I'm trying to do too much. It's not that I'm bad at this."

Feel that? You just went from a big blurry "AAAHH" to actually knowing what's happening. You named the characters, and you named the fight. That's Naming It. It's harder than venting — it takes honesty — but it's the thing that actually helps.

Part 3 — Three Cool Things That Happen When You Name It

When you finally name what's true inside your house, three awesome things happen.

One: it makes your Direction clear. Remember that foggy pull? Write it down — “I lean toward making cool things” — and poof, the fog turns into a clear signpost. Now you've got something to check every choice against.

Two: it makes your arguments useful. Once you actually name the fight — “the tug-of-war is between wanting to chill and wanting to finish my project” — you can finally make a deal, just like we talked about. “Okay: twenty minutes of chill, then I finish.” A messy fight becomes a smart plan.

Three: it helps you feel like you. There's a part of you whose whole job is to know who you are — I call it your Who-Am-I part, and grown-ups call it Identity. That part needs a clear story. When you can say out loud, “This is what's true enough for me to move on,” you feel steadier. And that's where real confidence comes from — not from knowing exactly how things will turn out, but from knowing where you're standing and which way your compass points.

So: stop wishing the noise would go away. Instead, get brave and name it. Naming what's true is like turning the fog in your head into a clear map — one your whole inner house can finally follow.

Chapter 10

— What Holds You in a Storm

Part 1 — Why Your Routines Break on Bad Days

Lately we've been talking about moving forward — finding your Direction and naming what's true so you've got a map. But today, let's talk about something different. What happens when everything falls apart?

You know the days I mean. You get sick. Or something sad happens. Or your Battery — remember, that's your energy — just drops all the way to zero, and you can barely get out of bed.

On days like that, guess what's the first thing to go? Your good routines. The soccer practice every morning. The reading every night. You miss one day, then two, and suddenly you feel like a total failure.

But here's the truth: that's not your fault. Those routines — we call them habits — are built for normal days. They're great when things are calm. But when a storm hits your life, habits are the first thing to fall over.

So, on the really hard days, you need something tougher. Something built for the storm. I call these Anchors.

Part 2 — A Habit vs. an Anchor

Let me show you the difference, because it's a big one.

Think of a boat. A habit is like the boat's engine — it's there to make you go faster and get better. Practice piano an hour a day, run a lap every morning — that's an engine. Awesome... on a calm, sunny day.

But an anchor is totally different. An anchor is the heavy weight a boat drops down to the bottom of the sea, so a storm can't push it away. It's not there to make you go fast. It's there to make sure you don't drift.

So, a habit is about going faster. An anchor is about not getting lost.

Here's what that looks like for you. Say you're having the worst week ever — your Battery's at zero, your Get-It-Done part has gone totally quiet, and you can barely move. You are not going to practice piano for an hour. And that's okay. But you can still do one tiny thing. Like sitting in your favorite chair for two quiet minutes. Or drinking one glass of water. Or stepping outside for a sec.

That tiny thing? That's an anchor. It's small on purpose. And a good anchor always has three things:

It's non-negotiable — you do it even when you don't feel like it, because skipping it costs too much.

It's super easy — so easy you can still do it on your worst, lowest-battery day.

And it points your way — it connects to your Direction. If your Direction is about being close to people, then your anchor might be sending one quick “hi” every day to someone you trust — that's your Open-Up part, staying connected even in the storm.

Part 3 — Drop Your Anchors

So, here's why anchors matter so much.

When a really hard time hits and you have NO anchors, the whole house loses its shape. Your characters panic. Even your Who-Am-I part — the one that knows who you are — gets shaky and unsure. And you just... drift. You can't even tell which way is up.

But when you have anchors — a ten-minute walk, one good meal a day, a little bedtime routine — it's like holding onto a rope in a storm.

Picture it: the wind is howling, and you might have to let go of all sorts of things — your big plans, your busy schedule, all your goals. That's okay. You let those go. But you keep both hands on the rope. And that rope — that little anchor — is proof that a part of you is still holding on to your way, even in the middle of the mess.

So, here's the big idea today: don't just build stuff that helps you on your best days. Build a few tiny things that hold you steady on your worst days. Those anchors are what really keep you strong.

That's all for this episode. Thanks for sitting with me — and hey, there's still so much more to explore in this house of ours. Until next time, take gentle care. See you on Navvy Tales!

Chapter 11

— The Rules That Make the Game

Part 1 — Rules Make the Game

So far, you've found your Direction — which way you're headed — and you've dropped your Anchors, the tiny things you hold onto on hard days. But now we hit the trickiest problem of all: staying the same person from one day to the next.

Here's what I mean. On Monday, your Let's-Go part makes a great plan: “Tomorrow, I'm going to start my project!” But then Tuesday comes, and your fun-loving, right-now part goes, “Ehh, let's just play instead.” And the plan? Gone.

So how do you keep that from happening? Not with willpower — willpower runs out. You need something stronger. You need Rules.

Now, I know. Most of us hear “rules” and think: boring. Chains. Stuff that stops you from having fun. But hang on — I want to flip that around.

Think about your favorite game. Soccer, tag, a board game — whatever you love. Every single one is FULL of rules, right? You can't touch the ball with your hands. You can't peek during hide-and-seek. You can't move your piece just anywhere.

But here's the thing: without those rules, there is no game. It's just chaos. The rules are what make the game fun. They create the field you get to play on.

Your inner rules work the exact same way. They're not chains. They're what let your whole team of characters play together, on purpose, all heading the same direction.

Part 2 — Your Three Kinds of Rules

Now, not all rules are the same size. There are really three kinds, stacked from the outside in.

The first kind are your Fences. These are the rules that protect you from stuff outside that wears you down. Like, “No screens after eight,” or “I don't get sucked into drama texts right before bed.” A fence keeps the draining stuff out — it guards your Battery and backs up your Stand-Up-For-Myself part, the one that protects your space.

The second kind are your Game Plan rules. These are your everyday “do this” rules that keep you moving toward your Direction. Like, “I finish my homework before video games,” or “I pack my backpack the night before.” These keep your Get-It-Done part pointed at what matters.

And the third kind are the deepest and most powerful: your Who-I-Am rules. These aren't about tasks — they're about who you are. Things like, “I'm a person who keeps my promises,” or “I tell the truth, even when it's hard.”

Here's how you can tell them apart. When you break a Game Plan rule — say you played video games first — you feel a little annoyed with yourself. No big deal. But when you break a Who-I-Am rule — like breaking a real promise — it hurts way deeper. It makes your Who-Am-I part feel shaky and wrong, like you weren't quite yourself. That's how you know it was a core one.

Part 3 — Keeping Your Word to Yourself

Now here's the part that really matters.

Every time you break a promise to yourself — even a tiny one — a little part of you is watching. Your Open-Up part, your trusting part, quietly learns a lesson: “Hmm. The person in charge of me... doesn't really keep their word.”

And if that keeps happening? Your whole inner team stops trusting the coach — which is you. And when nobody trusts the coach, the loudest, grabbiest character just takes over every single time. Your life turns into one big pile of “whatever I feel like right now,” instead of choices you actually meant to make.

So, here's the trick: you do NOT need a hundred rules. That never works. You just need a few really good ones — and you actually keep them.

Because think about what a rule really is. It's a promise from today-you — calm, clear, thinking straight — to future-you, who might be tired, cranky, or distracted. When you keep that promise, you're being a good friend to your future self. And little by little, your whole team learns something wonderful: “Our coach keeps their word. We can trust them.” That's what holds you steady when everything else is changing.

So, if you remember just one thing today, let it be this: rules aren't there to boss you around. They're the promises your mind makes to itself, so you can stay you even when life keeps changing.

chapter 12

— When It All Feels Too Big

Part 1 — When the Mountain Feels Too Big

So, let's talk about the biggest thing that stops us from moving. It's not being lazy. It's a feeling called Overwhelm.

Here's how it sneaks up on you. You've got something big you want to do — write a whole story, learn to skateboard, clean your absolute disaster of a room. And you look at the whole thing, all at once. It's like standing at the bottom of a giant mountain and looking all the way up to the top. It's SO big. So far. So much.

And what happens? Inside you, your Let's-Go part takes one look at that whole mountain and panics. Then your careful Trust part goes, “Nope, too scary, let's not.” And you freeze. You don't do anything at all.

That's Overwhelm. It happens because a sneaky part of your brain believes something silly: that to start, you have to be totally ready for the whole journey. But that's not true. And there's a simple trick that fixes it.

Part 2 — The Stepladder

The trick is to stop staring at the whole mountain — and instead, use a little stepladder to climb it, one rung at a time. There are three rungs.

Rung one: the Next Tiny Step. This is the smallest possible thing you can do right now. And here's the important part — it has to match your Battery. If you've only got ten minutes and low energy, your Next Tiny Step is NOT “clean the whole room.” It's “just pick up the socks.” Doing homework? Not “write the whole essay” — just “write the title at the top.”

Why so tiny? Because a step that small is so easy, it doesn't wake up the panic down in your Basement. Even a tired Get-It-Done part can do it. And the second you do it, your whole house goes, “Oh! We're moving!”

Rung two: the Safety Timer. This is a promise you make about how long — and you keep it no matter what. Like: “I'll work on this for ten minutes. Then I stop.” Or, “I'll clean just my desk, and then I'm done.”

Why does this help? Because it tells all your scared parts: “Relax — it's only ten minutes. There's a guaranteed way out.” That makes it safe to put your whole focus in, because you know it won't last forever.

Rung three: the Check-In. This is the one everybody skips — and it's secretly the most important. After you finish your tiny step, you pause. Not to judge yourself! Just to check. You ask three kind little questions: What did I learn? Did that help my Direction? And what's my next tiny step?

This one matters because it stops a win from turning into a trap. You know the trap — “That went great, so now I HAVE to do four more hours!” Nope. You just check in, calmly, and pick your next tiny step.

Part 3 — Just Keep Climbing

And that's the whole secret. You don't have to be perfect. You don't even have to think about the top of the mountain. You just keep the little engine running: tiny step, timer, check-in... tiny step, timer, check-in.

Do that enough times, and something amazing happens. That huge, scary mountain you were afraid to even start? You look up one day and realize you've been quietly climbing it the whole time — one tiny, calm step at a time.

So if you're feeling unsure right now about something big — good. That's not a bad sign. That's exactly how navigating starts. You don't need all the answers. You just need to be honest, stay gentle with yourself, and take the next tiny step.

Chapter 13

— The Loop That Keeps You On Track

Part 1 — Steps Aren't Enough

Hey, welcome back to Navvy Tales! It's Dr. Toye.

Wow — look how much you've built. You've got your Direction. You've got your Anchors and your Rules. And you know how to take tiny steps up any mountain. That's a whole toolkit!

But here's a tricky little catch. You can take a hundred tiny steps... in the wrong direction... and still end up totally lost.

Taking action isn't enough all by itself. You need a way to make sure today's step actually makes tomorrow's step smarter.

Because here's what most people do instead. They feel something, they react to it, something happens, and then — they never stop to learn from it. They just keep reacting, over and over. I call that Drift. It's like being a little boat with nobody steering, just floating wherever the water pushes you. You're moving, sure... but you have no idea where you'll end up.

So how do you stop drifting? You use a Loop.

Part 2 — The Loop: Four Moves

The Loop is a little circle you go around, again and again, every time you do something that matters. And guess what — it's made of tools you already know. There are four moves.

Move one: Notice. Before you do anything, just check in — like a pilot glancing at the dashboard before takeoff. What's going on outside you? And inside you? Is your Battery low right now? Does this feel safe, or is your Trust part a little uneasy? Don't judge any of it. Just read it, honestly, right now. (Most people skip this — they guess how they feel instead of actually checking.)

Move two: Name It. Remember this one? You take that foggy feeling and put it into clear words. Not just “I'm upset.” More like, “My Stand-Up-For-Myself part is fighting my Get-It-Done part, because I've been at this too long and I need a break.” Now you actually know what's going on.

Move three: Take One Tiny Step. Now you move — but on purpose. You pick your Next Tiny Step, and before you start, you do your coach move: pick the right character for the job. If it's time to work, you put Get-It-Done in charge — not your panicking Trust part.

Move four: Look Back. This is the one everybody forgets, and it's the secret sauce. After your step, you pause and ask: What did I learn? Did that help my Direction? That's it. No judging — just learning.

Part 3 — The Loop That Makes You Smarter

And then? You go around again. Notice, Name It, Tiny Step, Look Back. Notice, Name It, Tiny Step, Look Back.

Here's the magic of going in circles like this. Every single loop makes you a little bit smarter. Your steps start to match your Direction better. And your Direction gets clearer because of your steps. They feed each other. It's like leveling up in a video game — every try teaches you something, so your next try is better.

And this is the best part: when a tiny step doesn't work, it's not a failure. It's just information. You take that “oops,” you learn from it in your Look Back, and you use it to pick an even better next step. Nothing is wasted.

There's a big word for this smart, self-improving way of living: Coherence. It doesn't mean you're certain about everything. It doesn't mean life is perfectly steady. It just means your actions and your Direction keep teaching each other — so you keep getting wiser as you go.

So stop drifting. Start looping. Notice, Name It, Tiny Step, Look Back — around and around, getting a little sharper every time.

Chapter 14

— When Everything Crashes (and Why That's Okay)

Part 1 — When Everything Crashes

Let's talk about those times when everything just... falls apart. You know the feeling. You're so tired and overwhelmed you can barely move. Or the worries pile up and up until you have a big meltdown and just cry. Everything you were juggling comes crashing down.

And here's what we usually tell ourselves when that happens: “What's wrong with me? I'm so weak. I'm such a failure.”

But I want to tell you something important today: that's not true. Falling apart is NOT you being weak or lazy. It's actually something your mind does on purpose, to protect you.

Let me show you with something you know. Think about a tablet or a phone. If you open a hundred apps and never close them, and you keep ignoring that “Storage Full!” warning... eventually, what happens? It freezes. It crashes. It shuts itself down.

Is the tablet bad? Of course not! It just got too full, and it had to stop and clear some space. Your mind is exactly the same. When you've been carrying too much for too long and ignoring all the little warnings, sometimes it crashes — not to punish you, but to make you finally stop and rest. It's your mind's way of saying: “The way we've been doing things can't keep going. We need to rebuild.”

Part 2 — What a Crash Shows You

Here's the surprising part. A crash is actually trying to tell you something. It shows you three true things you'd been hiding from.

One: your real Battery. You'd been acting like your energy never runs out — saying yes to everything, ignoring every “I'm tired” signal. A crash shows you your real Battery size. And now you can build your life around the real one, instead of pretending.

Two: the rule you kept breaking. A crash points right at it. Like, if you crashed because you kept saying yes to everybody and never to yourself — that shows your Fences were too weak, and your Stand-Up-For-Myself part was totally starving. Now you know exactly what to fix.

Three: the big feelings you'd been hiding. Remember the Basement — where the scared, sad feelings live? When you crash, those feelings you'd been shoving down there come up, loud. The worry. The sadness. The “am I even good enough?” And as hard as that is, it's actually good — because now you can finally listen to them, instead of pretending they're not there.

Part 3 — How You Rebuild

So how do you come back? Not by “powering through” — you can't muscle your way out of a crash. You rebuild, and you do it gently.

First, go super simple. Strip everything down to almost nothing. Forget getting stuff done. You only need two things: your Anchors — those one or two tiny lifelines — and your Next Tiny Step. That's it. The goal isn't to be productive. The goal is just to hold on and stay you until you feel steady again.

Second, take care of the Basement. Look after those scared, sad parts first — before anything else. Rest. Comfort. Being honest about your feelings. And here's a big one: if the feelings feel too heavy to carry by yourself, tell a grown-up you trust. That's not weak at all — that's one of the bravest, smartest things you can do.

So how do you know you've rebuilt? Here's the cool part — it's not when you suddenly feel happy again. It's when your Loop starts running again. When you can Notice, Name It, and take one tiny step. That's it. That's you, back on your feet.

And here's the beautiful thing. You don't rebuild the same as before. You come back stronger — with a bigger Battery, sturdier Fences, and a house that finally has room for all your feelings. I've seen this so many times, with families and in my own life: a really hard stretch pushes all the ignored stuff up to the surface, and once you slow down and sit with it, those very feelings become the bricks you build a stronger you out of.

Falling apart is a hard, hard teacher. But it is not the end of your story. It's the part where you build something truer and stronger than before. Take gentle care of yourself and your house.

Chapter 15

— When It All Comes Together

Part 1 — The Real Prize

Hey, welcome back to Navvy Tales! It's Dr. Toye.

So here we are. We've built a LOT together, haven't we? Your inner house. Your team of characters. Your Direction, your Anchors, your Rules, and your Loop. And we built all of it for one reason — not to get rid of life's messiness, but to handle it.

So here's the big question: if you can never be totally sure how life will go... what's the prize at the end of all this work?

The prize is a thing called Coherence. That's a fancy word, but it just means: everything inside you finally pulls together. It's the feeling that even when the whole world is wobbling, what you do and what you care about are connected. You feel like one you, moving as a team.

Let me show you with a picture. Imagine a big band, or an orchestra — tons of instruments, all playing at once.

Now, imagine every musician is playing a different song, at a different speed. Ugh. That's just noise. A giant mess. That's a life without coherence — all your characters doing their own thing.

But a coherent life isn't silent. The instruments are still playing, loud and strong! The difference is, now they're all following the same conductor — that's you, the coach — and the same music — that's your Direction. And suddenly? It's not noise anymore. It's a song. That's Coherence. Not everybody being quiet — everybody playing together.

Part 2 — Four Signs You're There

So how do you know when your band is actually playing together? There are four signs.

Sign one: your characters team up more than they fight. They still argue sometimes — the Friction Engine never fully turns off — but now, instead of freezing, they make deals. When your Stand-Up-For-Myself part gets heard, your Open-Up part relaxes and connects better. And your inner coach keeps picking the right character for each job.

Sign two: you never lose your compass. Even on a low-Battery day, even in a rough patch, you don't lose your Direction. Your Anchors hold you steady, and your Rules keep you going. You might not know your next five steps — but you always know which way your heart is leaning.

Sign three: you tell yourself the truth. Naming It becomes your everyday language. Instead of a foggy “I just feel bad,” you can say, “My Battery's low, and my Who-Am-I part doesn't like this change.” You go by what's true, not by what you wish were true.

Sign four: when you crash, you rebuild. You already know this one. A crash isn't the end of the world — it's information. You stop, you rebuild simple, and you come back bigger and stronger than before.

Part 3 — You're Never Really Done

Now here's the last, and maybe the most important, idea of all.

You are never “finished.” A navigating life isn't a project you complete and check off. It's something you keep growing into, your whole life.

Because you will grow. Your Who-Am-I part will keep discovering new things about who you are. Rules that fit you perfectly two years ago will start to feel too tight — kind of like last year's shoes. Your Anchors will change. And that's not a problem! That's not you falling apart. That's just you, growing — and updating your house to fit the new, bigger you. We call that Reinvention, and it never stops.

So if you're sitting there feeling a little lost, or worried that your map isn't all filled in yet — please hear this. You are not missing some secret code called “confidence.” Nobody has the whole map. The real prize was never about knowing exactly where you're going.

The real prize is Coherence — a life that keeps moving, keeps changing, and keeps pulling together, even when the road ahead disappears into the fog.

So keep your compass close — even if you're not totally sure where it's pointing just yet. That, my friend, is what living a navigating life is all about.

Chapter 16

— You're Always Growing

Part 1 — You're Not a Statue

Hey, welcome back to Navvy Tales! It's Dr. Toye. And today... is our very last episode together. We made it all the way through!

Look at everything we've explored. Your inner house. Your team of characters. The Friction Engine, the compass, the Loop. We finished the whole map.

And now, at the very end, here's the biggest, most freeing truth of all: your mind is not a finished thing that you just have to keep polished and perfect. Your mind is alive, and it's built to keep growing — forever.

Here's a way to picture it. You are NOT a statue. A statue is finished. It's carved once, and then it just stands there, exactly the same, forever. If you thought you were supposed to be a statue, then every time you changed your mind, or messed up, or grew — you'd feel like you broke.

But you're not a statue. You're a tree. A tree is never “done.” It grows new branches. It drops old leaves. It gets taller and stronger every single year. And that's you. Every time you change, every time you contradict yourself, even every hard crash — that's not you being broken. That's just a growing tree, doing exactly what growing trees do.

The goal was never to be a perfect, finished person who's always right. The goal is just to be honest about who you truly are, right now, today.

Part 2 — Three Big Promises

So as we say goodbye, I want to leave you with three big promises to make to yourself. These are bigger than any single rule.

Promise one: Be honest with yourself. Even when the truth isn't comfy. Use your Naming It skill to tell yourself what's really going on. Not just “I'm fine,” but “My Battery's low, and my Get-It-Done part is pushing me way too hard.” You can't steer a ship if you won't look at where it's actually going.

Promise two: Love the journey, not just the finish line. Life isn't a race with one finish line. It's your Loop — Notice, Name It, tiny step, Look Back — around and around, your whole life. What matters most isn't some faraway goal. It's that your next tiny step is honest and true. Take care of the steps, and the direction takes care of itself.

Promise three: Let yourself get bigger. Here's the secret the whole show has been building to: the point was never a calm, never-changing life. The point is to grow a bigger you. Remember those crashes? Each one happened because your old self got too small for the new person you were becoming. So you rebuilt — bigger, braver, stronger. And you'll keep doing that. You're supposed to be a little bigger and more amazing tomorrow than you are today.

Part 3 — You're Not Broken. You're Growing.

So here's the last, best gift of everything we've learned.

You never have to feel ashamed for being a work in progress again. You can stop that exhausting chase to “have it all together” all the time. Because now you know.

You are plural — a whole team inside. You are rhythmic — full of ups and downs, like waves. You argue with yourself, all the time. And none of that means something is wrong with you. It means you're a wonderfully complicated, always-growing mind — working exactly the way you're supposed to.

This whole journey was never about finding some magic answer out in the world. It was about getting to know the amazing person inside — a little more, every single day, for the rest of your life.

So go on. Not chasing some perfect, finished, frozen version of yourself... but celebrating the powerful, growing, one-of-a-kind mind you're becoming.

It has been an honor to navigate with you. Keep your compass close. And take good, gentle care of that wonderful house of yours. This is Dr. Toye — thank you for reading Navvy Tales.