

Build a legacy, *not a cage.*

> *Built for freedom. Maintained like a prison.*

You worked hard to get where you are. You kept building, kept growing. Along the way, as a husband, a father or a provider, you wanted to give the people you love everything they dreamed of, and when it was a stretch, you stretched. That is love.

But the pace it took to get there is not the pace it takes to stay there. The home, the vacations and the image of having it all must be paid for and performed, month after month.

Then the cost starts showing up.

It shows up in your mind and spirit, which are running on empty. You are stretched thin, yet the life you have built demands your best performance ever.

Psychologists Philip Brickman and Donald Campbell called the pattern the hedonic treadmill in 1971: we adapt to improvements, expectations rise to match, and the next upgrade becomes the new minimum. Later research shows the effect varies from person to person, but the drift is familiar to anyone who has tried to hold a lifestyle in place.

Add the livelihood of everyone who depends on you, and you stay on the track, riding the highs and lows, convinced there is no way off. It is the quiet trap that catches so many leaders. The walls built to protect your family begin to close in.

A legacy is not a cage you keep up. It is a life your family wants to live in with you. Ask your family what they truly want: the lifestyle, or more of you. As Paul wrote, "It is for freedom that Christ has set us free" (Galatians 5:1).

At Boaz Strategic, we develop leaders who build legacies, not cages, and who live liberated in truth.

Brickman & Campbell, "Hedonic Relativism and Planning the Good Society," 1971; Galatians 5:1 (NIV)

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