

EXCAVATION

Days 1 – 30

What pattern? What arena? What programme?

You are not building yet. You are digging. Leave Day 30 knowing which of the 12 Fragility Patterns has been governing your decisions — and where it started.

DAY

THE ONE THING

PATTERN

FREQUENCY

RECOVERY

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Africa's Antifragile Architect

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PHASE 1 — EXCAVATION · Days 1 – 30 · What pattern? What arena? What programme?

DAY	THE ONE THING	PATTERN (name it)	FREQUENCY above / below	RECOVERY micro / mini / mid
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"Name the pattern. A named pattern is a weakened pattern."

— Gorilla Runner · gorillarunner.com