

GENERATION

Days 61 – 90

What block today? Who received something this week?

The dam is generating. Track the building AND the blessing. By Day 90 the city downstream will have received something real.

DAY

THE ONE THING

PATTERN

FREQUENCY

RECOVERY

MELVIN ANOCHIAM

Africa's Antifragile Architect

gorillarunner.com

PHASE 3 — GENERATION · Days 61 – 90 · What block today? Who received something this week?

DAY	THE ONE THING	PATTERN (name it)	FREQUENCY above / below	RECOVERY micro / mini / mid
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62				
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"The barrier is not the interruption of the dam. It is the composition of it."

— Gorilla Runner · gorillarunner.com