



13 DECREES FOR RISING AFTER A SETBACK

— BY COMMAND OF THE MONARCH WITHIN

FROM:
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A LETTER TO THE KINGDOM

To my loyal Warriors, Guardians of the Mind, and Keepers of the Flame
– those who refuse to surrender their throne.

There will come days when your banners hang low,
when storms strike your gates,
and when The Coward within whispers,

“See? You aren’t built for this! You were never meant to rule.”

Do not bow to that voice.
Setbacks do not define your worth; they reveal who truly has command
at the head of ***The Mighty Table of the Mind.***

Every trial, every wound, every failed plan
is not the end of your reign...
it is the test of your sovereignty.

And so I write to you, my loyal ones,
these thirteen decrees for how a true warrior rises again.

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WHAT IS NO COWARDS ALLOWED?

No Cowards Allowed is the personal code of discipline – a refusal to let fear, delay, or self-doubt decide your path. It names the inner voice that consistently urges retreat, denies it authority, and calls you to rise with clarity, ownership, and decisive action at the Mighty Table of the Mind.

It is not simply a brand, a motto, or a passing idea.
It is a philosophy for strengthening the kingdom within.

Before you proceed, know this:

The Monarch is the governing authority within – the one who decides, acts, and remains when excuses and fear seek the throne of your inner kingdom.

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What follows are not suggestions – they are laws of rising with intention.

✂ I. Turn Anger Into Armor

The Coward would love to see your anger consume you.
Don't let it. Shape it. Strengthen it.
Use your fire to forge your armor, not your destruction.

✂ II. Transform Pain Into Purpose

Pain is the price of engagement.
Let every scar prove that your story continues,
and that your purpose is forged by what you've endured.

✂ III. Rise with Relentless Determination

When The Coward whispers, softly into your ear...
"This isn't your path, you don't belong here."
Stand tall, tighten your grip,
and make that voice regret ever speaking.

✂ IV. Gather Insight From the Rubble

The Coward avoids the rubble – afraid of what it will confirm.
The Ruler returns to it. Studies what fell. Claims what remains.
Rebuilds with intention – and rises wiser than before.

✂ V. Find Your Circle of Strength

No ruler stands alone.
Surround yourself with those whose words restore your courage
and remind you of your crown.

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⚔ VI. See the Setback as a Trial, Not a Trap

The Coward calls it failure. The Ruler calls it training.
Every obstacle is a sparring partner,
testing your readiness for greater victories.

⚔ VII. Command Your Emotions

Feel deeply, but rule with iron resolve.
Let passion fuel your purpose, yet never steer its course.
Emotion is a strong horse, yet you must grip the reins.

⚔ VIII. Own It All... Especially the Failures

Blame is The Coward's wine. Don't let a drip enter your cup.
Take full responsibility and you shall command your throne.
Power belongs to those who own their actions.

⚔ IX. Seek Wise Counsel, Not Comfort

Do not invite flatterers to your table.
Seek truth-tellers - those who will hold the mirror with steadfast grip
even when you dread to gaze, and honor them for their candor.

⚔ X. Get a Higher Viewpoint

When the battlefield grows foggy, ascend the tower.
Breathe. Step back. Survey the entire campaign.
Perspective reveals what confusion clouds.

⚔ XI. Double Your Effort, Refine Your Aim

When life strikes, the Coward shrinks. The Ruler presses forward.
Concentrate force where the outcome is decided.
Chaos dissipates power. Focus commands it.

⚔ XII. Redefine Victory

Great Kings redraw their maps to regain the advantage.
They abandon routes, not the mission.
Victory is that which carries the mission forward.

⚔ XIII. Honor Each Step

When you begin to rise, hold your ground - no matter the progress.
The Coward will dismiss it and call it small; let them.
Every step forward is a declaration: "I remain. My reign endures."

**Anyone can read these once. Few will return to live them.
That is the commitment.**

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THE FINAL DECLARATION

Awakening the Monarch Within

The Monarch within you has awakened.

Setbacks do not dethrone you...
surrender does.

When you fall, rise taller.
When you doubt, decide faster.
When you ache, act regardless.

Etch this into your memory:

At The Mighty Table of the Mind,
The Coward only triumphs when you
leave the doors of the Great Hall open
and unattended.

Rule with iron resolve.
Rise without cease.
And never, ever vacate your throne.

*Now, speak the Oath aloud as the
Monarch you are.*

Oath of the Monarch Within

I Am the Monarch Within.

Setbacks do not dethrone me...
surrender alone does.

When I fall, I will rise taller.
When I doubt, I will decide faster.
When I ache, I will act regardless.

I will etch this into my memory:

At The Mighty Table of the Mind,
The Coward only triumphs when I leave
the doors of the Great Hall open and
unattended.

I rule with iron resolve.
I rise without cease.
And I will never, ever vacate my throne.

Signed in my courage,

—The Monarch Within Me

**Consistently Conquer That Inner Coward Who
Desperately Wants A Plush Seat At The
Mighty Table of The Mind**

Signature,

J.R. Blackmon

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