

Crock Pots & *Common Sense*

A Journey Guide for
People Done With Quick Fixes



“You can’t microwave discipline.”

WALTER ADKINS JR.

CROCK POTS & COMMON SENSE

A Journey Guide for People Done With
Quick Fixes

Walter Adkins Jr.

Back Porch Press LLC

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DEDICATION

This book is for anyone tired of starting over.

For the ones who tried shortcuts.

For the ones who chased fast fixes.

For the ones who felt behind, ashamed, or worn down.

And with appreciation to Dave Ramsey, for championing the kind of common-sense wisdom that reminds us:

“We don’t do microwaves — we do crock pots.”

Steady discipline.

Real freedom.

FOREWORD

(to be written by contributor)

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CROCK POTS & COMMON SENSE

How to Use This Book

(And Why the Work Doesn't End Here)

This book was never meant to be read once and put back on a shelf.

It was meant to be used.

If you've made it this far, you already understand something important:

change doesn't happen in one moment of inspiration.

It happens through repetition, reflection, and practice.

That's why this book was written as a journey guide, not just a collection of thoughts.

You don't need to rush back to the beginning.

You don't need to highlight every page.

You don't need to agree with everything all at once.

What you do need is space to apply what resonated — slowly.

This book gives you the framework.

The journal gives you the practice.

Together, they create movement.

Reading This Book the Crock Pot Way

If you try to consume this book quickly,
you'll miss its purpose.

This isn't microwave reading.

Here's how I recommend using it:

Read one chapter at a time

Sit with it for a day or two

Notice what stirred something in you

Ignore what doesn't — for now

Let the words settle.

Some chapters will feel obvious.

Others may feel uncomfortable.

Both reactions are useful.

The goal isn't agreement.

The goal is awareness.

Why the Journal Matters

Insight without action fades.

That's not a failure of character — it's human nature.

The companion journal exists because:

awareness needs practice

reflection needs structure

consistency needs somewhere to land

The journal isn't about writing beautifully.

It's about showing up honestly.

Some days your entries will be thoughtful.

Some days they'll be short.

Some days they may feel repetitive.

That's okay.

Consistency doesn't require novelty.

It requires presence.

A Simple Way to Pair the Book and Journal

You don't need a complicated system.

Here's one that works:

Read one chapter of this book

Use the journal daily for 30 days

Revisit the chapter at the end of the month

You'll be surprised how differently it reads the second time.

Because you will be different.

Not dramatically.

Not loudly.

But meaningfully.

What to Do When You Miss a Day

You will miss days.

That doesn't disqualify you.

When it happens:

don't explain it

don't apologize

don't start over

Just pick back up.

Winners don't restart.

They resume.

That applies here too.

A Letter to the Reader

If I could sit across from you right now,
here's what I'd want you to know:

You're not weak for wanting change to be
easier.

You're not broken because it's taking
longer than you hoped.

You're not failing because progress feels
quiet.

You're human.

And you're still here.

That matters more than you think.

The world is loud with advice, pressure,
and performance.

This book is an invitation to step out of
that noise.

To slow down.

To stay.

To build something that lasts.

Not perfectly.

But faithfully.

Ninety Days From Now

Close your eyes for a moment and
imagine yourself ninety days from now.

Not a fantasy version.

A realistic one.

What would feel different if you:

showed up more often than not

quit less dramatically

spoke to yourself with more grace

kept one small promise consistently

You don't need to change everything.

You just need to change direction —
slightly, steadily, over time.

That's how lives turn.

CROCK POTS & COMMON SENSE

Chapter 1 – Why We Don't Do Microwaves

We live in a microwave world.

Fast food.

Fast money.

Fast fixes.

Fast promises.

Everything around us is built for speed. If something takes too long, we assume it's broken. If progress feels slow, we assume we're failing. We've been trained—subtly and relentlessly—to believe that real

change should happen quickly. And if it doesn't, something must be wrong with us.

But here's the truth no one says out loud anymore:

The things that matter most in life do not grow fast.

Health doesn't grow fast.

Trust doesn't grow fast.

Character doesn't grow fast.

Faith doesn't grow fast.

Financial stability doesn't grow fast.

Strong families don't grow fast.

They grow slow.

And that realization changed everything
for me.

My Season of Microwaves

There was a time in my life when I
wanted everything fixed yesterday.

If I messed up, I wanted redemption
immediately.

If I was hurting, I wanted healing
instantly.

If I was broke, I wanted money overnight.

If relationships were strained, I wanted reconciliation without the awkward, uncomfortable work of rebuilding trust.

I didn't want the process.

I wanted the result.

Looking back now, I can see I wasn't lazy. I was desperate. And desperation makes you reach for shortcuts. Desperation makes you believe the next program, the next promise, the next plan will finally be the one that fixes everything.

But what desperation never gives you is stability.

Every time I tried to rush my way into a better life, I ended up right back where I started—tired, frustrated, and convinced I

was broken. The truth was simpler than that.

I wasn't broken.

I was impatient.

The Crock Pot Moment

Somewhere along the way, a simple image changed how I thought about change.

A crock pot.

You don't throw a meal into a crock pot because you're in a hurry. You use it because you understand something important: low heat, long time, deep flavor.

That's when it clicked for me.

If slow cooking works for food...
why wouldn't it work for life?

You can't microwave discipline.

But you can slow-cook a better life.

That became more than a phrase. It became a lens. A way to look at every habit, every goal, every rebuild season.

And once I stopped trying to fix my life quickly, something unexpected happened.

My life finally started changing.

The Lie We've Been Sold

We've been sold a dangerous lie.

That if it doesn't happen fast, it isn't real.

That if it isn't exciting, it isn't working.

That if you aren't transformed in thirty days, you've failed.

That lie has crushed more people than failure ever has.

Because failure teaches you lessons.

But false expectations teach you shame.

And shame doesn't build better people.

It builds people who quit.

This book exists to undo that lie.

Not with hype.

Not with pressure.

But with permission.

Permission to grow slowly.

Permission to rebuild quietly.

Permission to become steadily.

Common Sense Takeaway — Chapter 1

Fast change impresses people.

Slow change transforms lives.

If you only remember one thing from this chapter, let it be this:

You are not behind because you're moving slowly.

You are ahead because you're still moving.

Reflection

Take a moment and be honest with yourself.

Where in your life have you been trying to microwave something that needs time?

Is it:

Your health?

Your finances?

Your confidence?

Your faith?

Your relationships?

Your sense of purpose?

Write it down. Not to judge yourself —
but to understand yourself.

Because once you see where you've been
rushing, you can finally start building.

Practice — Your First Slow Step

This week, choose one small habit and slow it down.

Not bigger.

Not harder.

Just steadier.

That's where change begins.

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Chapter 2 – The Crock Pot Method

In Chapter 1, I gave you permission to slow down, this chapter gives you a way forward.

Because slowing down without direction just feels like drifting.

And drifting never built a life.

The Crock Pot Method is simple enough to remember and strong enough to change everything.

Here it is:

Pick one thing.

Make it small.

Make it daily.

Let time do the heavy lifting.

That's it.

No fancy system.

No complicated charts.

No twelve-step overhaul.

Just consistency — the most underrated force in the world.

Why Most People Burn Out

Most people don't fail because they don't care.

They fail because they try to change everything at once.

They redo their diet, their schedule, their finances, their relationships, their mindset — all in the same week. They announce big plans, feel powerful for a few days, then quietly crash when life gets hard.

That isn't discipline.

That's overload.

Discipline isn't loud.

Discipline is patient.

Discipline knows that real change is built one brick at a time.

My Turning Point

I didn't rebuild my life with big moments.

I rebuilt it with:

boring walks

quiet mornings

showing up when nobody noticed

staying when quitting felt easier

There were no applause moments.

No dramatic turnaround scenes.

Just small, stubborn faithfulness.

But something strange happened.

Those small choices added up to
something big.

Not overnight.

But over time.

That's crock pot living.

The Three Pillars of the Crock Pot Method

1. Small beats spectacular

The habit you keep beats the habit you announce.

2. Daily beats occasional

Once a week is a wish.

Every day is a practice.

3. Time beats talent

You don't need to be gifted.

You need to be consistent.

These three pillars built everything I now stand on.

Common Sense Takeaway — Chapter 2

You don't rise to your goals.

You fall to your habits.

Build better habits — and your life follows.

Reflection

Ask yourself:

What is one habit that, if I did it every day for the next 90 days, would change the direction of my life?

Not ten habits.

One.

Write it down.

Practice — The 30-Day Start

For the next 30 days:

Pick one small habit

Do it every day

Track it

Don't judge it

Don't dramatize it

Just do it

At the end of 30 days, you won't just have a habit.

You'll have proof.

Proof that you can stay.

And staying changes everything.

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Chapter 3 – Common Sense Rules

There are a lot of rules in the world.

Rules about success.

Rules about money.

Rules about health.

Rules about faith.

Rules about who you're supposed to be
and how fast you're supposed to get there.

Most of them are complicated.

Most of them are exhausting.

And most of them don't actually work when life gets hard.

What saved me wasn't another system or another guru.

It was a return to common sense.

The kind of wisdom that isn't flashy.

The kind you hear from people who've lived long enough to know what actually lasts.

Over time, four rules emerged for me.

They didn't come from a book or a seminar.

They came from living, failing, rebuilding, and staying.

These four rules became guardrails for my life.

Rule One: Routine Beats Motivation

Motivation is a feeling.

Routine is a decision.

Motivation shows up when life feels good.

Routine shows up when life feels heavy.

I used to wait until I “felt like it” to do the things I knew I needed to do. Walk. Write. Pray. Budget. Apologize. Show up. And every time I waited on motivation, I stayed stuck.

Because motivation is unreliable.

Routine, on the other hand, doesn't care how you feel.

Routine says, “We do this anyway.”

When I finally stopped asking myself how I felt and started asking myself what I do next, my life began to stabilize. Not dramatically. Not overnight. But steadily.

Routine didn't make me excited.

Routine made me free.

Rule Two: Progress Beats Perfection

Perfection is a moving target.

Progress is a direction.

For years, I didn't start things because I couldn't do them perfectly. And when I did start, I quit the moment I messed up. One missed day felt like total failure.

That mindset kept me trapped.

Progress doesn't ask for perfection.

It asks for honesty.

Honest effort.

Honest restarts.

Honest ownership.

Once I learned that messy progress still counts, I stopped quitting every time I stumbled. I stopped throwing away weeks of effort because of one bad day.

Progress doesn't demand a clean record.

It rewards persistence.

Rule Three: Simple Beats Fancy

We love complicated solutions.

They make us feel smart.

They make us feel prepared.

They make us feel like this time will be different.

But the truth is simple plans are the ones that get lived.

I've had fancy plans fail spectacularly.

And I've had simple plans quietly save my life.

A walk around the block.

A short prayer.

A basic budget.

A daily check-in.

Simple isn't weak.

Simple is sustainable.

If you want change that lasts, don't ask,
“What's impressive?”

Ask, “What will I actually do on my worst
day?”

Rule Four: Boring Beats Brilliant

This one might be the hardest to accept.

Brilliant moments make great stories.

Boring habits build great lives.

Most of the work that changed me was painfully unremarkable. No audience. No applause. No recognition. Just repetition.

Day after day.

Week after week.

Month after month.

And somewhere in the boring middle, something powerful happened.

I became someone I could trust.

Common Sense Takeaway — Chapter 3

The life you want is built by the habits you keep.

Not the plans you make.

Not the promises you announce.

The habits you practice when no one is watching.

Reflection

Which of these rules do you resist the most?

Routine over motivation

Progress over perfection

Simple over fancy

Boring over brilliant

That resistance is a clue.

Lean into it.

Practice — Choose One Rule

For the next week, choose one rule to live by intentionally.

Not all four.

Just one.

Let it steady you.

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Chapter 4 – The Cost of Quitting

We don't talk enough about the real cost of quitting.

Not the dramatic kind.

The quiet kind.

The kind where no one calls you out.

The kind where life just slowly shrinks.

I know that cost well.

What Quitting Really Teaches Us

Every time we quit, we learn something.

We learn what to expect from ourselves.

Sometimes the lesson is dangerous:

“I don’t finish.”

“I can’t stay.”

“I always mess this up.”

Those lessons don’t just affect one habit.

They affect your identity.

And identity drives behavior.

For a long time, I didn't just quit habits —
I quit believing in myself.

The Day I Changed the Lesson

One day, I realized something simple and
unsettling.

I had proven I could quit.

But I had never proven I could stay.

So I made a quiet decision.

I didn't promise success.

I promised presence.

I decided I would stay — even if the results were slow. Even if the work felt boring. Even if I wasn't proud of my progress yet.

That decision didn't feel powerful.

But it changed everything.

Staying Builds Trust

Every day you stay, you deposit trust into yourself.

Every day you quit, you withdraw it.

Eventually, your balance shows.

When you trust yourself, you stop needing hype.

You stop needing constant encouragement.

You stop starting over.

Staying turns effort into identity.

Falling Off Isn't Quitting

Let's be clear about something important.

Messing up isn't quitting.

Missing a day isn't quitting.

Having a bad week isn't quitting.

Losing momentum isn't quitting.

Quitting is deciding you're done.

And the opposite of quitting isn't
perfection.

It's resuming.

Winners don't restart.

They resume.

Common Sense Takeaway — Chapter 4

Staying is a skill.

And skills can be learned.

You don't need to be stronger.

You need to be steadier.

Reflection

Where have you quit too soon in the past?

Not to shame yourself — but to understand the pattern.

Understanding is the first step to breaking it.

Practice — The Stay Rule

The next time you want to quit something important, pause and ask:

“What would staying look like today?”

Not forever.

Not perfectly.

Just today.

That question has saved me more times than I can count.

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Chapter 5 – The 90-Day Slow-Cook Plan

Most people overestimate what they can change in a week and underestimate what they can change in three months.

Ninety days doesn't sound dramatic.

It doesn't feel revolutionary.

It won't impress anyone at a dinner party.

But ninety days of steady, intentional living can quietly change the direction of your entire life.

Not because you try harder.

But because you stay longer.

Why Ninety Days Works

Thirty days builds awareness.

Sixty days builds familiarity.

Ninety days builds identity.

By ninety days, something shifts.

You stop forcing the habit and start becoming the person who does it.

That's the real goal — not a finished checklist, but a changed rhythm.

I didn't choose ninety days because it sounded good.

I chose it because it's long enough to be uncomfortable

and short enough to feel possible.

And change lives in that tension.

The Four Areas That Change Everything

When people hear “life change,” they often think big and vague.

I want to make it practical.

Most of life comes down to four areas:

Health

Money

Mindset

Faith

You don't need to overhaul all four at once.

That's a fast way to burn out.

But over ninety days, you can begin rebuilding each one — slowly, intentionally, and without panic.

Health: Showing Up for Your Body

Health isn't about intensity.

It's about consistency.

You don't need to punish your body into submission.

You need to care for it with respect.

A daily walk.

Better hydration.

Simpler food choices.

Going to bed on time more often than not.

Health changes when you stop trying to win and start trying to stay.

Money: Learning to Breathe Again

Financial stress steals your peace faster than almost anything else.

The 90-Day Slow-Cook Plan doesn't start with wealth.

It starts with awareness.

Tracking spending.

Creating margin.

Making one wise choice at a time.

Money changes slowly — but it does change when you stop avoiding it and start facing it with calm honesty.

Mindset: Rewriting the Story You Tell Yourself

The most dangerous conversations in your life are the ones you have with yourself.

Over ninety days, you begin replacing:

“I always mess this up”

with

“I’m learning how to stay.”

Mindset changes when you gather evidence — not from motivation, but from consistency.

Every day you show up becomes proof.

Faith: Trusting the Slow Work

Faith doesn't usually collapse in one moment.

It erodes quietly when expectations go unmet.

The slow-cook approach restores faith by removing pressure.

You stop asking, “Why isn’t this happening faster?”

and start asking, “What is this season teaching me?”

Faith deepens when you stop rushing God.

Why This Plan Is Gentle on Purpose

This plan isn’t gentle because life is easy.

It’s gentle because life is hard.

If your plan only works when everything goes right, it isn’t a plan — it’s a wish.

The 90-Day Slow-Cook Plan is designed to survive:

bad days

missed days

discouraging days

Because real life includes all of them.

Common Sense Takeaway — Chapter 5

Consistency changes direction.

Intensity just creates noise.

You don't need to do more.

You need to do what matters — longer.

Reflection

Which of the four areas needs the most attention right now?

Health

Money

Mindset

Faith

Circle one.

That's where you start.

Practice — Your 90-Day Anchor

Choose one small habit connected to the area you circled.

Not the perfect habit.

The doable one.

Commit to it for ninety days — not perfectly, but persistently.

That's how lives turn.

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Chapter 6 – When You Fall Off the Wagon

You will fall off.

Let's remove the suspense.

You will miss days.

You will make promises you don't keep.

You will drift back toward old habits
when you're tired, stressed, or
discouraged.

That doesn't disqualify you.

It confirms you're human.

The problem isn't falling off the wagon.

The problem is what you tell yourself
when you do.

The Myth of the Clean Streak

Somewhere along the way, we decided
that progress only counts if it's
uninterrupted.

That's nonsense.

Real progress looks like:

stopping

starting

adjusting

resuming

Again and again.

A broken streak doesn't erase growth.

It reveals where grace is needed.

My Old Pattern

For years, one bad day erased weeks of effort for me.

Miss one workout?

Quit the program.

Overspend once?

Blow the budget.

Skip a few days?

Decide it's hopeless.

I didn't fall off the wagon — I jumped off in frustration.

What I lacked wasn't discipline.

It was mercy.

Winners Don't Restart — They Resume

This sentence changed my life:

Winners don't restart.

They resume.

Restarting says, "Everything before this was wasted."

Resuming says, "Everything before this still counts."

Resuming is an act of maturity.

It's saying, "I don't need drama. I need direction."

Learning to Recover Quickly

Success isn't measured by how rarely you fall.

It's measured by how quickly you get back up.

When you fall off:

Don't explain it

Don't punish yourself

Don't rewrite the story

Just resume.

Do the next right thing.

Momentum doesn't require perfection.

It requires movement.

Grace Is Not Weakness

Grace is often misunderstood.

Grace isn't permission to quit.

Grace is permission to continue.

People who never extend grace to themselves don't become disciplined — they become exhausted.

Grace keeps you in the game.

Common Sense Takeaway — Chapter 6

Failure doesn't disqualify you.

Quitting does.

And quitting is always a choice — not a requirement.

Reflection

Think of the last time you “fell off.”

What did you say to yourself afterward?

Would you say that to someone you care about?

If not, it’s time to change the script.

Practice — The Resume Rule

The next time you mess up, say this out loud:

“I’m not starting over.

I’m picking back up.”

Then take the next small step.

That’s strength.

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Chapter 7 – Building New Rhythms

Your life moves at the speed of your rhythms.

Not your goals.

Not your intentions.

Not your plans.

Your rhythms.

For a long time, I thought change meant becoming someone new. I chased new versions of myself instead of building a

life I could actually live inside of. I didn't need a new identity — I needed new patterns.

Rhythms are what you do without thinking.

They're what fill your days when motivation runs out.

They're the invisible structure holding everything together.

When my rhythms were chaotic, my life felt chaotic.

When my rhythms became steady, my life began to stabilize.

Not because everything was fixed — but because everything had a place.

Why Goals Fail Without Rhythms

Goals are important.

But goals without rhythms are fragile.

A goal says, “Someday I want to be different.”

A rhythm says, “This is how I live today.”

Most people don’t fail because they don’t want better lives.

They fail because their daily rhythms quietly work against them.

You can’t out-goal bad rhythms.

If your evenings are frantic, your mornings will be heavy.

If your sleep is inconsistent, your discipline will be thin.

If your days have no margin, your patience will evaporate.

New rhythms don't demand perfection.

They demand alignment.

The Shift That Changed Everything

One of the most important changes I ever made wasn't dramatic. It didn't come with a speech or a declaration.

I stopped asking:

“What do I need to accomplish today?”

And started asking:

“What kind of day do I need in order to stay?”

That single question rewired how I built my life.

I began shaping my days not around productivity — but around sustainability.

Less chaos.

More margin.

Fewer commitments.

Clearer priorities.

And slowly, quietly, the anxiety began to loosen its grip.

Morning, Midday, Evening — The Rhythm Triad

Healthy rhythms don't require a perfect schedule.

They require anchors.

Morning Rhythm

How you start the day shapes the tone of everything that follows.

It doesn't have to be long.

It doesn't have to be impressive.

A quiet moment.

A short walk.

A simple prayer.

A clear intention.

Morning rhythms remind you that the day belongs to you — not the other way around.

Midday Rhythm

Midday is where most people lose themselves.

Fatigue sets in.

Distractions multiply.

Stress peaks.

A simple midday rhythm — a pause, a breath, a check-in — keeps you from drifting too far off course.

It's not about productivity.

It's about re-centering.

Evening Rhythm

Evenings tell the truth.

They reveal what you reach for when you're tired.

A healthy evening rhythm isn't about control.

It's about care.

What helps you wind down instead of spin up?

What prepares you to rest instead of recover?

Rest is not laziness.

Rest is maintenance.

Building Rhythms Slowly

Rhythms don't form overnight.

They form through repetition — not force.

When I tried to overhaul my entire schedule at once, it collapsed. When I adjusted one rhythm at a time, it stuck.

Build slowly.

Protect margin.

Leave room for life.

The goal isn't to live perfectly.

The goal is to live intentionally.

Common Sense Takeaway — Chapter 7

Your future is shaped by what you repeat.

Change the repetition — and the future follows.

Reflection

Which part of your day feels the most chaotic right now?

Morning

Midday

Evening

That's where your next rhythm belongs.

Practice — One Rhythm Reset

Choose one small rhythm to adjust this week.

Not all three.

Just one.

Give it space.

Give it time.

Let it settle.

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Chapter 8 – Faith in the Slow Work

Faith is often misunderstood.

We think faith is proven in miracles.

In breakthroughs.

In moments where everything suddenly changes.

But faith is most often proven in waiting.

Waiting when answers don't come quickly.

Waiting when progress feels invisible.

Waiting when obedience feels
unrewarded.

Faith doesn't grow loud.

Faith grows deep.

When Faith Feels Fragile

There were seasons when my faith felt
thin.

Not gone — just tired.

I still believed, but I didn't feel confident.

I still prayed, but I wondered if it mattered.

I still showed up, but I questioned the pace.

Those seasons taught me something I couldn't have learned any other way:

Faith isn't about speed.

Faith is about trust over time.

The Hidden Work of God

Some of the most important work God does is hidden.

Roots grow before fruit appears.

Strength forms before it's tested.

Character develops long before it's noticed.

If God seems quiet right now, it doesn't mean He's absent.

It often means He's working beneath the surface.

And surface-level change never lasts.

Learning to Stop Rushing God

I used to pray like I was giving instructions.

Fix this.

Change that.

Do it now.

Eventually, I learned to pray differently.

Not for speed — but for steadiness.

Not for outcomes — but for endurance.

Not for answers — but for presence.

Faith deepened when I stopped rushing
God

and started walking with Him.

Faith as a Daily Practice

Faith isn't sustained by moments.

It's sustained by practices.

Small prayers.

Quiet obedience.

Daily trust.

Faith becomes resilient when it's woven
into your rhythms — not isolated to
emergencies.

When the Slow Season Feels Heavy

If you're in a slow season, let me tell you something important:

Slow doesn't mean stuck.

Quiet doesn't mean forgotten.

Delayed doesn't mean denied.

Some seasons exist not to advance you —
but to prepare you.

And preparation is never wasted.

Common Sense Takeaway — Chapter 8

Faith grows strongest where patience is practiced.

Reflection

Where are you being asked to trust instead of rush?

What would it look like to stay instead of push?

Practice — Faithful Waiting

This week, resist the urge to force change.

Instead:

show up

stay consistent

remain open

Let the slow work do its work.

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Chapter 9 – Teaching the Next Generation

Whether you realize it or not, someone is watching you.

It might be your children.

It might be your grandchildren.

It might be a younger coworker, a neighbor, a friend, or someone who quietly follows your life from a distance.

You are teaching all the time.

Not with speeches.

Not with instructions.

But with the way you live.

The next generation doesn't learn from what we say nearly as much as they learn from what we repeat.

What We Pass Down Without Meaning To

We often think legacy is something intentional. Something planned. Something written down.

But most legacy is accidental.

It's passed down through habits, reactions,
and rhythms.

How you handle stress.

How you talk about money.

How you respond when you fail.

How you treat people when no one is
watching.

How you keep going — or don't — when
things get hard.

Those moments teach more than any
advice ever could.

The Gift of Consistency

The greatest gift you can give the next generation isn't success.

It's consistency.

They don't need to see perfection.

They need to see persistence.

They need to see that:

you show up even when you're tired

you keep your word even when it costs
you

you apologize when you're wrong

you resume when you fall

That teaches them something powerful:

Life isn't about never failing.

It's about staying in the work.

Modeling Slow Growth in a Fast World

The world is teaching the next generation to rush.

Rush success.

Rush money.

Rush identity.

Rush validation.

When you choose slow growth, you quietly teach a different lesson.

You teach patience.

You teach discipline.

You teach resilience.

You teach that worth isn't tied to speed.

You become living proof that a meaningful life is built — not stumbled into.

Teaching Without Pressure

One of the most freeing realizations I've had is this:

I don't have to be perfect to be influential.

I just have to be honest.

Honest about my mistakes.

Honest about my restarts.

Honest about my limits.

When the next generation sees you own your failures and keep going anyway, you give them permission to do the same.

And that permission is priceless.

Common Sense Takeaway — Chapter 9

You don't teach by impressing.

You teach by enduring.

What you practice becomes the lesson.

Reflection

Who might be learning from your life right now — whether you intended it or not?

What lesson are your current rhythms teaching them?

Practice — The Legacy Check

Ask yourself this question:

If someone followed my daily habits for thirty days, what would they learn about life?

Not to shame yourself — but to guide yourself.

Change one habit not just for you, but for who's watching.

CROCK POTS & COMMON SENSE

Chapter 10 – Your Story Isn't Over

If you've made it this far in the book, I want you to hear this clearly:

You are not finished.

Not because everything is fixed.

Not because the road is easy.

But because breath still fills your lungs
and choice still sits in your hands.

Your story isn't over just because it hasn't
turned out the way you expected.

When Life Doesn't Look Like the Plan

Most people don't quit life because they don't care.

They quit because the story didn't unfold the way they imagined.

The marriage didn't last.

The career stalled.

The health declined.

The dream shifted.

And somewhere along the way, hope went quiet.

But endings we didn't choose don't erase
the chapters that come next.

They simply change the direction.

Becoming Is Not Linear

Growth doesn't move in straight lines.

It loops.

It pauses.

It restarts.

It surprises.

The mistake is thinking that setbacks mean regression.

Often, they mean refinement.

What feels like delay may be preparation.

What feels like loss may be redirection.

What feels like failure may be foundation.

You Are Still Becoming

You are not who you were — and you are not yet who you will be.

You are becoming.

That word holds grace.

It holds movement.

It holds hope.

Becoming doesn't demand perfection.

It demands presence.

It asks only that you keep showing up —
imperfect, honest, willing.

The Invitation of This Book

This book was never meant to fix you.

It was meant to walk with you.

To remind you that:

slow is not wrong

boring can be beautiful

staying is powerful

consistency changes everything

No microwaves here.

Just crock pots.

And common sense.

Final Common Sense Takeaway

The fact that you are still trying
means your story is still being written.

Final Reflection

What is one small way you can honor your future self today?

Not someday.

Not next month.

Today.

Final Practice — The Next Right Step

Close this book and do one simple thing:

Take the next right step.

Not the perfect step.

Not the impressive step.

Just the next one.

Then take another tomorrow.

A Closing Word

If no one has told you lately, let me say it:

I'm glad you stayed.

And I hope you keep staying.

Your story isn't over.

A Final Invitation

If this book resonated with you, don't rush past that feeling.

Let it guide your next step.

That step might be:

starting the journal

rereading a chapter

sharing this book with someone who's struggling

committing to one small habit

Whatever it is, let it be simple.

No microwaves here.

Just crock pots.

And common sense.

ABOUT THE AUTHOR —

Crock Pots & Common Sense

Walter Adkins Jr. is a writer, builder, and steady-progress advocate who believes real change happens slowly — through discipline, consistency, and common sense.

After rebuilding his life from addiction, financial collapse, and personal setbacks, Walt learned that lasting transformation doesn't come from motivation or quick fixes — it comes from showing up, staying the course, and letting time do the heavy lifting.

He writes for people who are tired of starting over, burned out on hype, and ready for progress that actually sticks. His work focuses on patience over pressure, habits over promises, and slow, sustainable growth in health, money, faith, and daily life.

Walt is the creator of the Back Porch series and the broader Walt's Journey body of work — a growing collection of books, playbooks, and practical guides designed to help people rebuild their lives one steady step at a time.

He lives in West Virginia, where he continues building, writing, and proving that slow progress — done consistently — can change everything.



THE BACK PORCH PROMISE

I'm not here to impress you.

I'm here to keep you
from wasting your life.

No excuses,
No shortcuts,
No fake motivation.

Just real talk.
Real responsibility.
Real progress.

If you're ready to stop explaining
your situation and start changing it —
welcome to the Back Porch.

— Walt Adkins Jr.