## How I Built a Solitude Practice Over 25 Years

For years, my life was dictated by the clock. From 9:00 AM to 5:00 PM, my days belonged to meetings, deadlines, emails, and the constant hum of office life. For a long time, I thought solitude was a luxury reserved for monks, freelancers, or retirees - people who had full control over their schedules.

But after years of feeling constantly drained, I realized something critical: I did not need to quit my job to find quiet; I just needed to claim the hidden pockets of my day.
Here is exactly how I built a sustainable, life-changing solitude practice while working a corporate career for 25 years.

### The Strategy

When you work a standard 40-hour week, you cannot easily jet off to a remote cabin. Instead, I learned to look for the in-between moments that already existed in my daily routine.

### What 25 Years of Practice Taught Me

Building this habit did not happen overnight, and it taught me a few vital lessons about making solitude work in a busy life:

#### 1. Solitude is a boundary, not a location

You do not need a quiet room; you just need to set a boundary with your time and your devices.

#### 2. Actionable consistency beats duration

Five minutes of intentional silence every single day is infinitely better than waiting for a two-week vacation to finally relax.

#### 3. Micro-dosing quiet prevents burnout

Breaking up a hectic 9-to-5 schedule with tiny moments of solitude keeps your nervous system regulated throughout the day, rather than letting stress build up to a weekend crash.

*If you are stuck in the daily grind, remember that your work time belongs to your employer, but your mind still belongs to you. Start small tomorrow by turning off the noise for just five to ten minutes.*