

# The Indie Founder Survival Guide

SONDIM | FOUNDER COACHING

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## 01. The Growth Edge

Sustainable game development isn't just about managing your backlog; it's about managing your internal state. When you operate at your growth edge, you are pushing boundaries without breaking your spirit.

**Quick Audit:** Are you making decisions today out of inspiration or out of fear? Fear-based development leads to crunch. Inspiration-based development leads to mastery.

## 02. The Art of the Pause

Sondim means "when sound dims." In the noise of production, bug reports, and community management, finding the silence is where the best decisions are made. Take 5 minutes every 3 hours to simply sit without a screen.

## 03. Protecting the Joy

You started making games because you loved it. If the joy is gone, the game will feel hollow to the player. Identify one thing today that reminds you why you started, and spend 15 minutes doing only that.