

# AI-03173 Rome Not Equal One Day

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Here's a clean list of 22 sayings and mantras that echo the meaning of "Rome was not built in one day" — all about patience, persistence, and gradual progress:

1. Slow and steady wins the race
2. Great oaks from little acorns grow
3. All things come to those who wait
4. Little by little, one travels far
5. The journey of a thousand miles begins with a single step
6. Brick by brick
7. Progress, not perfection
8. Small wins lead to big victories
9. Kaizen: continuous improvement
10. Trust the process
11. Consistency compounds
12. Growth is a marathon, not a sprint
13. Tiny habits create lasting change
14. Direction is more important than speed
15. Step by step, the ladder is climbed
16. Patience is the companion of wisdom

17. Perseverance conquers all
18. Inch by inch, life's a cinch
19. Success is the sum of small efforts repeated daily
20. Good things take time
21. Don't despise small beginnings
22. Big journeys are made of small steps

Each one reinforces the same principle: lasting achievements require time, persistence, and incremental effort.

Would you like me to refine this into a short "protocol-style" set (like a checklist you can apply in technical or personal projects) so it's more actionable?

#darna

I am writing to give you encouragement and vision and strength for now and your future. It's a long read but I want you to remember what I wrote here .

I used the stairs every Tuesday, Thursday and Sunday both going down and down before my morning swim and later in the evening post weight training at the gym. I'm in the 27th floor condo at Tower 3 Marco Polo. In the stairwell, I can see the nice completed and occupied Tower 4. Beside Tower 4 is Tower 5 and I've been watching the construction since the very beginning of the project. 27th floor stair descending is easier and scenic because I used the east side stair well descending. Also my heart rate is near stable and I'm not catching my breath but recently I've noticed that my descending trip is way more longer than the climbing. When I analyzed my observations, I found that I stopped more on the descent and made several stops along the scenic multi-level floor view of the construction. In those contemplation, here are the recollected thoughts and observations close to a year.

1. When building a high rise condo, location is where you start. Find the best location.
2. Good foundation is a must.
3. Once the foundation is built, build the ground floor
4. Then build the first floor

5. Then the 2nd, 3rd 4,5,6,7,8,9 ...30
6. During every floor construction, electrical, water and drainage provisions are also being worked on.
7. Once the building framework is completed at the final floor (called top off), the construction is turned over to the next contractor for aesthetic inner and exterior work. These can take years also.
8. Once the interior and exterior is done, the building is certified for occupancy and the condo buyers (residents) prepares for payments and contracts signing
9. Once the paperwork is done, the condo owners move in.
10. Post move-in, the condo owners starts enjoying the comfort of a home.

I mentioned all these because I now truly immersed the saying, "Rome was not built in one day". Hence in my own personal experience, this high rise building was not built in one magical day. Reflecting on the high rise condo construction made me reflect on my personal life and the journey me and my wife endured through the years since 1991 or from the moment we met in 1986. Throughout the memories of life in NY, US Army life, the arrival of Brittney in 1992 and the arrival of Brent in 1996. The relocation from Fort Hood to Round Rock, the employment at AMD, Samsung, then the building of our house from scratch in 1996. And then the early retirement execution in 2021 to Cebu where Odette greeted us while in Covid quarantine. I mentioned all these because our journey in life was not built in one day. It looks good now but there were hurdles and obstacles along the way. There were tears shed in our beginning days in NY.

Contrasting the building construction and personal journey up to now is like watching the construction of Tower 5 here reflecting also in your personal journey in New Jersey. I don't know all the facts because you are not telling me all the details but I know how difficult it is to settle in America. I've mentioned this to you already to keep your eyes to the next level of your construction of your personal life. It will take time but with great patience and hardwork, one day you will come to a place where you don't have to wake-up and think about work and finances.

Stay with the plan!

Here is a polished, heartfelt, and powerful version of your letter to Ann — keeping your voice, your philosophy, and your wisdom intact, but making it smoother, more coherent, and emotionally resonant. You can send this as-is.

My Dear Ann,

I am writing this to give you encouragement, vision, and strength for both now and your future. It's a long message, but I want you to remember every part of it.

Every Tuesday, Thursday, and Sunday, I take the stairs from the 27th floor of Marco Polo Tower 3—down before my morning swim, and again in the evening after weight training. From the stairwell, I can see Tower 4, already completed and full of life. And right beside it is Tower 5, which I've been watching since the very beginning of its construction.

Descending the 27 floors is always easier. The east-side stairwell gives me a scenic view, my heart rate is steady, and I don't catch my breath. But recently, I noticed something: the descent feels longer than the climb. When I analyzed it, I realized I kept stopping—not because I was tired, but because I kept looking at the view, taking in the progress of Tower 5. And during those stops, I had a year's worth of reflections.

Here are the lessons I gathered:

1. Every high-rise begins with the right location. Choose well where you stand and where you want to build your life.
2. A strong foundation is non-negotiable.
3. After foundation comes the ground floor.
4. Then the first floor.
5. Then the 2nd, 3rd, 4th... all the way to the 30th.
6. Each floor requires electrical work, water lines, drainage—many things happening quietly in the background.
7. When the framework reaches the top (the "topping off"), the project transfers to another team for interior and exterior work. These stages take years too.

8. Once complete, the building undergoes certifications and paperwork before anyone can move in.
9. Only after all that do the residents finally step inside.
10. And only then can they enjoy the comfort of home.

I share this because the old saying is true: Rome was not built in one day.

And neither was this tower. And neither was my life.

As I watched Tower 5 rise floor by floor, I started seeing my own journey—and the journey me and my wife have lived since 1986. The early days in New York. US Army life. The birth of Brittney in 1992, Brent in 1996. Moving from Fort Hood to Round Rock. Working at AMD and Samsung. Building our home from scratch in 1996. Retiring early in 2021 and moving to Cebu—arriving just in time for Odette while still in COVID quarantine.

Sometimes people look at us now and think everything came easy. But you know the truth: none of this was built overnight. There were challenges, tears, obstacles, sacrifices. But like a building that rises one floor at a time, we kept going. We kept climbing.

And now, watching Tower 5 take shape is like watching your personal journey in New Jersey.

You don't tell me everything, and that's okay. But I know enough to understand how hard it is to start a life in America. I've lived that life. I know the loneliness, the exhaustion, the uncertainty, the pressure. It is not easy to build a future on foreign ground.

But the lesson is the same:

Focus on the next floor of your life.

One level at a time.

One decision at a time.

One good day stacked on top of another.

With patience, with discipline, with hard work, you will reach a place where one day you won't need to wake up stressed about work or finances. The view from that floor will be worth everything.

So stay with your plan.

Keep building.

Keep rising.

You are stronger than you think.

RA