

Simptopimp-co-uk ARCHIVE

compiled by /u/dream-hunter

August 11, 2022

www.TheRedArchive.com

Table of Contents

Is this why women shit test us? Major realisation	4
Is this why women shit test us? Major realisation	5
Am I being a pussy or does location really matter this much?	6
Am I being a little bitch or does location really matter this much?	7
Is this why women shit test us? Major realisation	8
Am I being a little bitch or does location really matter this much?	9
Let's say you have a woman with medium interest in you. What do you do to increase that to high interest?	10
The sheep in wolves clothing	11
Learn to shut the hell up. Never talk about your sexual experiences, even when asked.	12
The 10 Unopened Snapchats Phenomenon and why Gen Z simps think 'text game' is necessary	13
How to fuck girls who have boyfriends - The 4 factors	14
Maintaining 12% body fat is easy when you quit sugar	17
Make friends by being the initiator	19
7 ways to be happy	21
Society failed men.	24
Men learn from their mistakes. Wise men learn from the mistakes of others. Here's my biggest mistakes, hopefully you can avoid them	25
A young mans FULL self improvement guide (Taking action, responsibility, mental health, building an aesthetic physique, addictions & productivity, relationships, finding your purpose)	28
Your ability to delay gratification determines your success (the world is against you)	42
Habits of failures	45
The 4 Disciplines of Execution (How to take action and achieve your self improvement goals)	48
Do the hard work, especially when you don't feel like it	50
Complete guide to becoming the tribe leader	52
How to be more popular than ever	57
Go Fuck Yourself: How to generate self love in a masculine way	62
I read a RP story about a lion who gets tamed by a woman. Does anyone have the link please?	63
How to be immune to societies bullshit	64
Rites of passage (How do you even become a man anymore?)	67
Why is getting laid your main goal?	69
Simp to pimp	71
Hollywood's 'special event' fetish & your self improvement journey	76
Following the advice of 99% of people will get you the same mediocre results as the 99%. Lift LIGHT weights, if you want to look good.	77
Your education starts after you leave the education system	83
Hypergamy favours the ever-improving man	85
How to start meditating: Improve your mental health, work rate and mind muscle connection	

..... 87

What have you wrote for your 5/10 year plan? Do you follow one at all? 89

Pride can be a problem - The value of humility 90

How to start a cult 92

Here are 4 self improvement goals that truly changed my life and some advice for you 96

There's no reason why you can't get into the top 10% of men (90% of men aren't even trying!)
..... 98

The bottom of the bucket crabs will try to pull you down 100

How to take sexy Tinder pictures that actually get matches 102

Mental health is potentially the most important factor of your self improvement but it's usually
not a popular topic. Here's an argument for the importance of mental health and how you
can improve yours. 105

Do you relate to (and enjoy) this story? 109

Is this why women shit test us? Major realisation

1 upvotes | August 29, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

[removed]

Is this why women shit test us? Major realisation

1 upvotes | August 30, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

[removed]

Am I being a pussy or does location really matter this much?

1 upvotes | September 3, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

[removed]

Am I being a little bitch or does location really matter this much?

1 upvotes | September 3, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

[removed]

Is this why women shit test us? Major realisation

142 upvotes | September 4, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

Women want to fulfill their sexual imperative of getting a man with the best genes to impregnate them.

With self improvement so common, do women shit test us to find out if we are naturals ie. genetically alpha? If you fail the shit test she knows you weren't genetically/naturally high value and therefore will give her suboptimal genes for children.

This may also be why admitting you are not a natural and that you read RP, relationship advice etc is a major turn off. They want an effortless alpha: A guy who was jacked without putting in years lifting with a progressive overload routine. A guy who was confident without having to research tips on reddit. A guy who just 'gets it'.

That's why they shit test us, to find the guys who just get it, who were born like this. Not the ones who made themselves like this.

No?

Am I being a little bitch or does location really matter this much?

4 upvotes | September 5, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

Is this something you boys have experienced too?

24 years old.

When I was 20-23 I was absolutely smashing it in my university city. Multiple plates spinning at once. I used to amaze the boys I'd go out with by how common it was for me to plate new girls from nightclubs or tinder.

I moved back to my small town after graduating to drastically lower my expenses meaning I can put all my time into my business. I'm seeing some pretty good results in that aspect, fantastic progress in all other parts of life.

But my sexual life sucks now and I'll be completely honest guys, I've been trying...

I go on a walk almost everyday and approach at least 1 girl, sometimes get numbers. I'm on Tinder, Hinge and Bumble. I'm an attractive guy, I get a very good amount of matches. But now that I'm living with parents in a small town it feels like the sexual dynamic is just all gone. The girls I meet around here also live with parents.

TL:DR When I had my own place in a popular city, it was easy. They came straight over. Now I'm in a small town, even though my SMV is as high as ever, I haven't fucked a new girl in 6 months. Is it likely to be an unfortunate drought or does location / environment matter this much?

Let's say you have a woman with medium interest in you. What do you do to increase that to high interest?

0 upvotes | September 22, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

Getting women who are already highly interested in you is straight forward - escalate and just don't fuck it up.

How about a woman who has somewhat average interest in you. She's obviously spinning her own plates, you're increasing your SMV as fast as you can.

What actions do you do to make her interest double in just the space of a week or two ****pre-sex****

The sheep in wolves clothing

0 upvotes | October 22, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I was sat around my group of friends - naturals and pretty girls...

I started laughing. They asked me what was up. I told them I just thought of a funny memory.

They didn't know what I really thought was "They think I'm one of them"

These are people who never had issues with the opposite sex, who were always invited to parties, who didn't have to read hundreds of articles on game, female nature and social skills.

And here's me. The sheep in wolves clothing. The most dangerous of all.

Even the naturals would ask me for advice. They would say shit like:

"I wish I could pull girls so naturally like you" My brother you do not know how many hours I've spent watching Alpha Male Strategies.

"Bro you have mad confidence, how do you approach girls so easily?" By being rejected hundreds of times, faint heart never fucked fair lady my friend. u/VasilijZaitzev

"How do you make these girls do want you want man? Don't they think you're being sexist and controlling?" Fam just read everything u/HumanSockPuppet has ever wrote. Then read all of his posts every year of your life.

"We heard you fucking that girl from Tinder, how tf did you last so long and fuck her so hard? My wardrobe was shaking 3 rooms down from yours!" Check out the Sex God Method and you can too.

After years of implementing the red pill into my life, I am a master at deceiving others.

The pretty girls think I'm the non-judgemental casual sex guy, so they open up and tell me all of their sluttiest moments. The lays that they don't add to their number count. The quick fuck that their boyfriend never found out about.

My plates tell me all sorts. Did you know these women are all fucking their friends? It's true, we just didn't believe it because we were those needy friend-zone friends. But these friends that the girls fuck, are also the casual sex guys, the guys they go to parties with. The cutest, 'innocent' girls, slutting it up and all the oblivious, judgemental guys will never find out.

There's so much casual sex here. It's so normal. And because of the thousands of hours of intention I've put into improving myself, I'm the best of them all.

The sheep in wolves clothing is the most dangerous.

Only he knows the trials and tribulations of both lives.

I'm glad I'm not a natural.

Learn to shut the hell up. Never talk about your sexual experiences, even when asked.

874 upvotes | October 24, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Iron Rule of Tomassi # 2

NEVER, under pain of death, honestly or dishonestly reveal the number of women you've slept with or explain any detail of your sexual experiences with them to a current lover.

When guys who have been sexually / emotionally deprived all their life start committing to self improvement and actually see some results with women, they fuck it up by talking too much. They get laid and blab all about it.

A potential new plate asks them questions like "How many girls are you sleeping with?" or "When was the last time you had sex?" and these newly Matrix-escapees do the worst thing you could possibly do when a woman asks you a question: Answer seriously.

You think telling this woman that you had sex yesterday or that you have a high number count is going to impress her, and actually.... it kind of does. She calls you a player, a fuckboy (which by the way is a fantastic compliment).

But then she doesn't sleep with you.

Why?

By revealing any detail, no matter how small, about your sexual experiences, you have shown to this woman that **you talk**, and that **you will talk about her**.

She may seem impressed and call you a fuckboy, but now her anti-slut defence has kicked in massively. Her desire for casual sex now has a potential to be leaked to the public because you have just shown her that you will likely speak about your sexual experiences with her to another person.

Never. Ever. Talk about your sex life. Even to most male friends. Nothing good comes out of it.

The 10 Unopened Snapchats Phenomenon and why Gen Z simps think 'text game' is necessary

644 upvotes | November 18, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I'm not much of a writer so I'm going to make this quick.

Any man who has fucked his share of gen Z 18-22 year old girls has noticed the same phenomenon out of the corner of his eye - The girl opens her snapchat and the entire conversation screen is full of unopened snaps from other guys with tons of emoji's meaning they have been snapchatting her every single day for weeks/months. (Probably sending her memes like some of the dumbest advice found on this sub recently)

Attraction cannot be negotiated. We don't give a fuck if you think 'the times have changed'. Women have not just received a 2.0 update.

Why do Gen Z men think text game is necessary? Because these men are quite literally the loneliest, lowest testosterone, lowest value men of history.

To a Gen Z simp, success with a girl = her replying to his messages. Therefore if he doesn't give up and continues to send her a meme every 3-7 days, she might reply and that's success for him.

Pathetic.

They have such low abundance that they don't want to risk texting for logistics because of course it leads to more rejections.

But that's a good thing.

It's a streamlined way of finding the girls who have high interest in you. If they don't come to meet you in person from that kind of text, they don't have high interest in you and even if you convince her to meet you after a month of texting, the meet up is going to be dead. She is only going to come because she had nothing else to do and will spend her time looking at her phone. Or she'll probably flake because you were giving her all the validation she needed through text instead of in person.

Go from simp to pimp. From text game to text for logistics.

How to fuck girls who have boyfriends - The 4 factors

64 upvotes | January 1, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

If you are aware of the 4 factors you can fuck a girl with a boyfriend/husband. Moralize if you want, idc

If you are the boyfriend/husband yourself, be mindful of the 4 factors to avoid getting cheated on.

Factor 1 - The slutty friend who promotes it

Her friend keeps shit talking her boyfriend. "Oh my god he's so trash you should just break up with him you can do so much better girl blah blah blah"

You can bet this slutty friend has a huge impact in reducing your target girls ASD for the night. Your target girl will likely defend her boyfriends status or seem pretty upset at what her slutty friend is suggesting but deep down she's excited at the possibility to hear "YOU GO GIRL" from the slutty friend after the night is over.

How to utilize this to fuck the girl:

Listen out for her friends shit talking her boyfriend. DO NOT do any of the shit talking yourself. Don't even seem interested in her boyfriend. Just listen out for this sign and know the game is on.

How to defend yourself against this factor:

Know your girlfriends female friends. They will be all cute and nice to you when you are there but will likely shit talk you behind your back the moment you do something that they take as a personal insult because the slutty friend has been dumped, feeling lonely etc.

If your girl has slutty friends then you have a poor vetting system. Back to reading Humansockpuppets posts.

Factor 2 - Alcohol and other drugs + Party environment

'Party' drugs skyrocket sluttiness and open up the situation to begin with. It's very unlikely that she will cheat completely sober. But throw in a couple of drinks or some weed and that slutty party 'girls just wanna have fun' side comes out. It goes down in house parties, nightclubs, smoke sessions. Pretty much anything after dark when substances are involved.

How to utilize this to fuck the girl:

Always have some drinks in your apartment. Fuck your diet son 2 drinks will not harm your fitness progress unless you're eating junk food throughout the week anyway. Either invite her for a couple of cocktails but if she wants to cheat she will invite you.

How to defend yourself against this factor:

Your stoner girl is cheating with the guys she smokes with. Your girl is acting like a dumb party slut

when she goes out drinking with the girls. If your girl takes any drug more than once a month and especially if she puts herself in that party/nightclub environment, she isn't your girl. She's our girl. Again, poor vetting process. You can't tame this type of girl. The sooner you walk away the better.

Factor 3 - Angry/upset at boyfriend

Her boyfriend hasn't text her all day! You're in champ.

This includes if her boyfriend has decreased his value by doing some stupid shit like opening up and talking about his feelings. This is the modern days greatest shit test (journal or talk to your boys about your emotional side, not your girl idiot).

How to utilize this to fuck the girl:

Briefly speak about why she's upset at him "What he do girl??" and then shut up. Her brain will connect the dots that's she's dissatisfied by her bf and you could be a potential replacement even just for the night. Monkey's love swinging on those branches.

How to defend yourself against this factor:

We could tell you to never do anything that upsets her but then you wouldn't do anything at all, and even that would upset her lol.

Even if you act like the iconic red pill alpha male big chad thundercock, she'll have constant moments of annoyance at you. For example when you dread game her, when you're busy on your purpose etc. You can't stop her feeling like this. Relearn about AWALT and understand the glass was already broken anyway. Have your enjoyment when there's enjoyment to be had and the moment you are aware (or you have the gut feeling) that she will cheat, walk away with gratitude for the experiences you had together.

Factor 4 - When she knows you won't talk

Read the post on my profile "Learn to shut the hell up. Never talk about your sexual experiences, even when asked"

Some idiots in the comments of that post thought the Iron Rules of Tomassi did not apply to them. Those are the boys who won't get to fuck the girls with boyfriends.

For a girl to cheat on her boyfriend she has to believe you won't go blabbing about what happened. Never speak about your sexual experiences, always keep it a mystery. All girls act like they are annoyed at this but that is a common shit test, they actually deeply respect a guy who doesn't talk about his sexual life because that means he won't talk about her, so it's their little secret.

How to utilize this to fuck the girl:

Shut the hell up. You aren't the exemption from this rule retard, unless you enjoy not getting laid.

How to defend yourself against this factor:

If your girl somehow believes you'll find out, she's far less likely to cheat. She's still a cheater at heart

of course but when she believes her actions will have consequences (which is very rarely) she will behave right.

If you have a vibrant social circle that both you and your girl are a part of, you must be the highest value person in there which would mean that anyone who finds out your girl has cheated would tell you. Even then it can be swept under the rug.

There has never been a time where I haven't fucked the girl when all 4 factors have lined up.

Maintaining 12% body fat is easy when you quit sugar

595 upvotes | February 8, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I've been a binge eater for as long as I can remember. Even after years of lifting I'd eat junk food because the fitness Youtubers told me only calories matter and iF It flts yOUr mAcroS brO.

I had a pretty decent physique - That bulky kind of look, but I was never able to get lean and stay lean for longer than a couple of weeks as I'd eat shit and gain the weight again.

And now? I've had visible abs since July. I haven't binge ate once since May 2020. That's a huge accomplishment for me and there's only one change I made: Quit eating fucking sugar.

Here's how you can do it too:

Step 1: Education

This is the most important part. You will only succeed if you have the right knowledge in your head and most of us are completely uneducated on diet.

You likely haven't learnt anything of value from your overweight teachers in school, your overweight parents and even your overweight doctor.

Start by watching a fantastic lecture called Fat Chance: Fructose 2.0 - Find it on Youtube and watch it all. It seriously has life changing value.

You must know all the ins and outs of diet, particularly how 'a calorie is just a calorie bro' is bs.

Create a burning desire to learn as much as possible about nutrition. How awesome is that? You can literally learn something from a Youtube video or a book or a Reddit post and use it to fine tune your physique which will increase your confidence.

Step 2: Practical adjustments

So how do you go about practically reducing your sugar addiction? And yes, you are addicted.

Sugar is pumped into most foods we eat, apart from just a few. What are those few foods that don't have added sugar? Unprocessed 'whole' foods. I like to call these the foods the 'base ingredients' where the contents of that food is literally just that one ingredient.

For example - The ingredient in potato is... potato. The ingredient in broccoli is... broccoli. Compare that to the ingredients of that processed garbage that most people eat and the ingredient list is a huge mess of words you don't even know.

Also let's be honest and reframe our minds - Quitting sugar is not practical or even possible unless you are going to stay on keto for life. Our goal is to severely reduce our sugar intake to the point that we don't get detriments from it.

The only practical, long term solution for severely reducing your sugar intake is to fill up your diet entirely with these unprocessed base ingredient foods.

Here's 2 of my daily meals:

Oats: 100g oats, 40g peanut butter, 25g mixed seeds, a couple little cubes of dark chocolate (This meal is absolutely peng)

Salmon and potatoes: Baked salmon and potatoes drizzled with olive oil along with some vegetables like broccoli, sweetcorn and peas thrown into the oven.

Have the mindset that filling up on these unprocessed meals will stop you from eating the junk that contains sugar. Eating these meals makes it pretty difficult to bulk. Good, that's what bulking is supposed to be like. Bulking is not an excuse for your eating disorder - My message to the fitness industry.

Step 3: Accountability

If you don't outwardly say you've failed, you won't grow. You must stay accountable when you mess up your diet and write it down that you failed and start journaling why you failed. If you've never done accountability journaling you're truly missing out.

Track your food on Myfitnesspal and routinely look back over the last weeks nutrition. See how many grams of sugar you ate. If it was above your goal just take the time to think and journal how you can do better next week. This feels so uncomfortable because we're not used to admitting failure, especially with diet. We usually fuck up our diets and then just completely drop the diet from mind so we don't feel bad about it. When you dive deep and question why it didn't go to plan you are far more likely to stick to the plan next week.

I made a full 40+ minute video teaching everything I've learnt about diet and sugar over the past year. **You can also see my physique in it to verify my 'qualification' to give out this advice.** Click the link to watch now: <https://youtu.be/VXW7dpuxYzU>

Make friends by being the initiator

753 upvotes | February 18, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Wouldn't you love it if some friendly, confident guy invited you to do something fun like a gymnastic rings workout in the park?

We all would.

Why not become that guy? You get more of the social benefits if you become the initiator.

Here's how I did it...

First spend a little bit of time levelling up your social skills

Social SKILLS can be levelled up just like how we used to level up skills in a video game. What's your social skill level? Probably pretty low right now, don't worry we're going to powerlevel it.

Start by reading *How to Win Friends and Influence People* by Dale Carnegie. There's a reason why so many people recommend this book.

The principles will seem like common sense, stuff that you already know like smiling, using someone's name and taking an interest in the other person however some of us rarely use these principles in our day to day lives.

Read the book and you'll be upping the intention you're putting into your social skills, fantastic.

Have fun stuff planned that you're going to do with or without anyone else

This is the next step where I've found most people refuse to take action. You have to be the one doing the fun stuff with or without anyone else.

This means this strategy of making friends requires more effort from you than just hoping daddy invites you to some social event. You are the one providing value to others. That's harder but again, the rewards are so much sweeter.

B-b-b-but there's nothing fun we can do in the COVID lockdown! All we can do is stay inside and play video games all day

There's lots of fun stuff you can organise whilst still following lockdown rules and staying safe. Start going on a weekly run or cycle or do outdoor workouts (I highly recommend looking up gymnastic rings). I really like this idea because any guy who's down to hit a workout automatically has a lot in common with me. They're usually into self improvement, care about nutrition and learning.

This fun stuff you have planned has to specifically be something you are keen to do by yourself and if anyone else joins you, cool.

This way you have a sort of outcome independence for the next step...

Practice approaching, speaking to strangers and inviting people to your fun event

This is what I call the Old Man Vibe.

Old men don't give a fuck. They'll walk past you and say how your shirt is similar to the one they had whilst they served in the military 50 years ago. They speak to strangers as if it's completely normal...

because it is normal.

Social media has made us feel like it's weird to speak to people in person. But the moment you reduce your social media use and actually step outside your house, you realise everyone's sharing pleasantries as if it's normal.

So adopt this old man vibe. Start doing that fun activity by yourself outside of your house. Naturally you'll come across far more people. Get used to speaking to strangers and then anyone who seems nice, invite them to join you in the fun activity.

Watch their face light up. Seriously.

Every single time I've spoke to someone random and invited them to join me in a gymnastic rings workout it's like I've just made their entire week. To date not 1 person has said no and I have made a best friend that I now train consistently with. We often have new guys join us for a session and they always thank us for inviting them.

Most of us feel lonely but refuse to do anything about it because taking action is uncomfortable. But the discomfort of delayed gratification always pays off for your future self. Give your future self that treat by investing into your social skills and getting consistent in some out-the-house activity.

7 ways to be happy

428 upvotes | February 22, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Attention: These 7 ways to be happy will seem wishy washy at first glance. Take a minute to really think (maybe even journal) which of the 7 you are lacking in. Then set yourself a practical goal of making progress in those areas.

Mindfulness

Mindfulness is gained through meditation. Think of meditation as the gym workout like the squats and mindfulness as the gains, the juicy glutes. The more you meditate, the more mindful you become. Many people have tried to meditate but it just didn't work for them. To that I always ask them the same question:

What would you say to the fat guy who goes to the gym 3 times and then says it didn't work for him?

Meditation is exactly like lifting weights. You have to be consistent to see results. And the moment you see results, you're hooked for life.

So here's the mentality: Just show up to practice. Just show up to the meditation session everyday for a few minutes at the exact same time and try your best. Expect nothing from it. The seemingly unlimited benefits will appear sooner than you think.

Gratitude

Gratitude is a skill that we can level up through various ways. My favourite is gratitude journaling. You simply note down a few things/people/memories that you're grateful for, everyday.

1. I'm grateful for the internet as it's allowed us to share our knowledge
2. I'm grateful for my gaming pc
3. I'm grateful for my friend for joining me in a gymnastic rings session 3 days ago

Optimism

Optimism is just like positive thinking. Many men view positive thinking as feminine. It's not. Having negative, limiting beliefs is holding you back in all parts of life. If there's one major handicap I come across when I speak to young men, it's their lack of optimism.

The book: *The Magic of Thinking* by David J Schwartz is an absolute goldmine for developing optimism.

Relationships

I often say that relationships are the most fulfilling part of life. Fix things with your parents man, you'll never get this time back. Someone may have wronged you in the past, and we hold onto that because forgiving them feels like we are enabling their behaviour. That's not true. Forgiveness is entirely selfish. Forgiveness is for your own development. If someone has hurt you, you must forgive them as soon as possible if you wish to continue your self improvement. There's two ways you can do

this:

1. Actually contact the person and tell them you forgive them
2. Write a letter forgiving them and then just set the letter aside, you don't even need to send it to them to get the benefit!

Getting more relationships should be one of your goals in self improvement. I wrote a post titled "Make friends by being the initiator" which was well received by you guys. You can find it by clicking on my profile. TL:DR Have fun stuff planned, invite people to that fun stuff. You'll be providing value and people will like you more.

Physical Health

Physical health can be broken down into 4 parts: Exercise, diet, sleep, sunlight.

Humans are meant to move everyday. We are adventurers, long distance runners. It's no doubt that a human who spends all day sitting in front of his desk is likely to feel unhappy. Think about our ancestors and then think how weird it is that most of us live such sedentary lives. This includes all my lifting bros. Just lifting weights for 1 hour is not enough activity. That's fantastic for muscle growth but we derive so much benefit from cardio.

An easy and fun way to increase your cardio is to get consistent in a morning walk. Make it a habit to burst out of bed, brush your teeth and head straight out the house. Listen to an audiobook and gain some knowledge at the same time too.

Diet could be a whole post on it's own. TL:DR Try your best to eat unprocessed foods that you have to cook yourself. Eating junk food just because you can control your weight (due to calories in calories out) is not the most optimal way to go about your nutrition. Eat for nutrition, not pleasure.

Not many people sleep long enough. We're all dumbasses, we say we want 8 hours of sleep, right? Then why do we only allocate 8 hours to bed time? Hours in bed is not the same as hours of sleep. I urge you to track your sleep to verify this. If you want to wake up at 6am and so you go to bed at 10pm, you're likely getting less than 6.5 hours of sleep.

Almost everyone is deficient in vitamin D. Going on that morning walk will help with that.

Flow

Getting into a flow state is magical. Hours pass and you don't even realise it. 'Time flies when you're having fun'

Imagine doing 2 hours of work and it only feeling like you were working for 20 minutes. That would be awesome.

We enter a flow state when the perceived reward and challenge of the activity we are about to do is just at the sweet spot where it's high enough for us to be motivated but not too high otherwise it'll cause some anxiety.

You are more likely to enter a flow state if you meditate consistently.

Take a moment right now, what activity often get's you into flow? In what activity do you often lose track of time and feel like you are very competent at it?

In the best case scenario we would love to be in a flow state for a few hours everyday. Try to create

your schedule to induce that.

Purpose

There's a reason why all self-actualized men preach finding your purpose. So how do you actually go about finding your purpose?

Think... with no distractions.

This is going to be strange for the younger generation. If you want to find your purpose you need to do some deep thinking, just like the philosophers used to do. That means you literally sit there with no screen in front of you. Just a pen and paper to note down ideas.

Ideally your purpose should be self transcending. That means something that is more than you, bigger than you. For example most peoples purposes in someway is to help others. That's a fantastic purpose as it will increase your motivation on the difficult days where you don't feel up for the tasks. You'll remember that you have people relying on your efforts. My purpose is to help young men with their self improvement. What's yours?

I made a full 30 minute video teaching an additional few ways to be happy. **In the description of the video are links to free educational resources to aid your learning.** Click the link to watch now:

<https://youtu.be/-ysV5bmAGS4>

Society failed men.

508 upvotes | February 26, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

After the father role was replaced by the government, young men grew up without a strong male role model in their lives.

So of course they look for that father figure from society, the media and school (mostly female teachers).

And so we have the first generation of men that have ever struggled immensely with women.

Why?

Because the script that society fed you does not work.

“Men should show their feminine sides” But we won’t be attracted to you if you do.

“Treat her like a queen” But we won’t treat you like a king.

“Double standards hurt women” But domestic abuse against men is funny

The ultimate shit test that the majority of us failed was making men repress their own masculinity.

Masculinity is the very trait that gets you all the success you strive for. Taking that away leaves you as a timid, instant gratification addicted boy.

If you’re lucky you eventually begin to see glitches in the matrix after finding the red pill. “Why does doing the opposite of societies advice actually work?!”

And it’s obvious.

You overcame the worldwide shit test of normalising the blue pill and instantly you hold that masculine frame that’s so attractive to women.

You close more deals in your business than ever before.

Your confidence skyrockets.

Men learn from their mistakes. Wise men learn from the mistakes of others. Here's my biggest mistakes, hopefully you can avoid them

1095 upvotes | March 1, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I'm grateful for the internet to be able to share knowledge like this to men all around the world. Let's begin.

Women

[u/VasilyZaitzev](#) said it best: Think horizontally, not vertically.

I was always a vertical thinker. I'd get a crush on a girl and obsess over her, literally thinking about her day and night, cuddling my pillow thinking about her lol.

Do you think that got me the girl?

When I started implementing this advice and spreading my attention out to many different women at once, I learnt that for men it's always a numbers game.

If you're not putting yourself out there in front of 5+ girls at once, you're on a dangerous path to short-term oneitis.

It was a hard pill to swallow but lets be honest...

Girls are the masters at this.

It's almost like they don't even realise they are doing it, but glance over at her whilst she goes onto any social media and you'll see an entire screen of unopened messages from guys.

When I started speaking to more girls at once I felt like I was way more desired. And as soon as it didn't work out with one, no worries, I have another couple that I'm interested in.

Women distracting me from my mission was a big mistake, but it's not their fault.

It's mine.

I'd get the girl and then get comfortable.

"No need to be shredded anymore right?" I'd think whilst eating junk food with her.

"Going out clubbing and pulling girls isn't that fun anymore" Whilst we'd stay in and watch shitty movies all night.

It took me far too long to realise that overinvesting your time in her actually makes her less attracted to you and of course, you worsen things for your Future Self.

And here's the thing... If you're spending all your time with her, you're obviously doing things that normal girls do. Which usually means staying in, eating junk, watching shit on the tv and scrolling through your phone.

Not sexualising her was a big mistake that I made. I stopped making this mistake and this one change alone started my casual sex lifestyle.

Guess who she's having sex with? The guy who sexualises her.

And so I'd believe that good girl stereotype and frame the girl in that way. Obviously that didn't work. I thank the red pill and all the posters and commenters who normalized this new mindset.

It's literally common sense - If you want to have sex with a woman, act like it. Stop speaking to her like she's your friend, dumbass.

Finally the big mistake I've made with women is not walking away when the time was right. I've always been pretty bad at rejecting others. With every girl I dated, there was a point where I knew that it would be best to end things. But I didn't act on that. I stayed with her, perhaps out of scarcity, perhaps out of the fear of that breakup feeling that hurts.

I wasted years of life like this. Please do not make this mistake. When you know it's time, take action and leave. There is going to be a Day 1 of moving on. Day 1 could be today, or it could be in 9 months from now. Don't make your Future Self go through that shit just because you don't want to experience the breakup today.

Drugs

I began smoking weed everyday at the start of 2019 and didn't stop until May 2020. What a waste of time. Looking back I'm grateful for this because I've been able to learn from it and help others in the same situation. But the amount of negative thoughts I went through, feeling like a loser, binge eating when I had the munchies and ruining my physique... It's a dangerous drug that slowly fucks your life and worse of all weed is deemed as a very safe, no consequences drug. It's so widely available.

B-b-b-but I know this one guy who's ultra productive and makes \$20,000 per month and he smokes all the time!!!

Shut up dumbass

When you smoke weed you're taking your Future Self's fulfilment for your instant gratification. A terrible investment.

If you're reading this right now and thinking "Fuck this guys talking about me, I think weed's ruining my life" The best advice is that you have to completely change your environment. Trying to make a significant change in your life without changing your environment will likely not result in any positive changes and you'll just get fed up. Your environment and especially who you spend time with is influencing your smoking habits. Make drastic changes if you want drastic results.

I've done some stupid, risky shit on drugs. I almost got sent to a Croatian prison lol.

Video games

I spent thousands of hours levelling up in the virtual world, even making money in the virtual world. It's insane that I didn't invest that time in real life. Real life achievements feel 100x better than anything in a game, it's just that it's uncomfortable to delay gratification. It's tough to work hard in real life because you feel the burn of the muscle soreness, or the fatigue of your fried brain cells after working on your business. But avoiding this discomfort is the plague for young men.

Video games manipulate men. They simulate the same kind of achievements, brotherhood and ranks

that we wish to acquire in real life.

Video games are insanely similar to drugs. You build up a tolerance. You literally get withdrawal symptoms. Your friends who share the substance with you are not really your friends - As soon as the substance is gone, they aren't around.

When you quit video games you barely speak to the same people anymore, just like when you quit the drug you used to take together.

When I quit video games I became instantly more lonely. There's a transition period where you really have to grind in real life to make it worth it. All the time you spent levelling up in video games made real life worse. Now you must endure the trials and tribulations of facing your lack of success IRL without the comfort of being behind a screen. It's worth it.

Health

I'm a dumbass.

I listened to the advice the fitness Youtubers kept giving me - *"All calories are the same bro just eat whatever you want, as long as you're at the right calories you're ok!"*

And so I ate junk food everyday. I binge ate very often.

But when you're getting most of your calories from processed junk you're messing up your health and you won't feel it until it's too late.

Your lifts in the gym won't progress as much when you're eating for pleasure compared to eating for nutrition.

One of the best changes I ever made was eating for nutrition. I haven't binge ate in over 9 months which is a unreal achievement for me.

My mental health was always pretty bad. I've had anxiety for a long time without even knowing. It was such a suboptimal way to live.

Eventually I did something great - I sat down and researched my mental health symptoms. Now I knew what I was dealing with. Then I learnt how to reduce anxiety - Mostly meditation. And so I started meditating every day since May 2020. I've missed just a handful of days from then, my anxiety has dropped considerably and my happiness has skyrocketed.

I hope you boys can avoid the mistakes I made.

If you would prefer to watch rather than read, here's a 50+ minute video of me explaining all these mistakes and a few more about money and self improvement (as well as telling you the Croatia drug story). Watch with this link now: https://youtu.be/sJ_EnQVEelc

A young mans FULL self improvement guide (Taking action, responsibility, mental health, building an aesthetic physique, addictions & productivity, relationships, finding your purpose)

955 upvotes | March 6, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

This is an actionable post. If you truly want to improve your life, make sure you follow the **actionable steps as soon as you read them.**

This is a very long post. If you would prefer to watch rather than read, here is my 1+ hour video: <https://youtu.be/PYaixyrzDOK>

"I was about to watch a movie but I decided to watch this vid and it was totally worth it, seriously if your 14-20 please watch the full vid and take action it can change your life"

"This is literally a book worth of value"

Chapter 1: Taking Action

Taking action must be addressed first. You're going to learn how to proactively take action so that the other things you learn in this post you can actually do.

Taking action is a skill.

Like a skill in a video game you have to get XP training the skill, overtime, to level up.

But real life is like hard mode, your Taking Action Skill goes down in levels if you haven't trained it. Use it or lose it.

So that means you currently have a low level in the Taking Action skill. You're a noob. So what can a noob do to level up a skill? Should the noob come and train like the big boys and slay some dragons? No. The noob starts on level 1 chickens. You are a noob, so go kill some chickens.

In other words, since your taking action skill is so low right now, you have to start by taking action with extremely easy things. These things are going to seem below you, like you're better than doing them, like your time could better spent elsewhere. Don't listen to those thoughts, that's your big fat ego annoyed that we've lowered the bar for you.

This is why all of those motivational videos say "Start with making your bed". Start with making your bed. **Seriously, here's the first actionable step, go to your bed right now and just make it look 10% neater.** Tuck it in. Go and do this literally right now, we're starting easy so that you get used to following the actionable steps of this post.

If you want this post to help your self improvement, start by taking action here, put your phone down or step away from your computer and go make your bed.

Well done, you probably weren't planning to make your bed right then. This is an important concept, doing the work even when you don't feel like it. In fact, in over 2 years of journaling this is what I have stated is the most important sentence I have ever wrote:

"Do the hard work even if you don't feel like it"

This is the secret to taking action. It's acting without motivation. It's forgetting about your emotions. We're so used to waiting until we are motivated to do something... but did you know that you can do

something without feeling like doing it?

You have to practice this. Gain XP in your Taking Action Skill by doing the hard work even when you don't feel like it.

A fantastic way to do this is by doing any kind of exercise first thing in the morning, I'm talking literally 2 seconds after waking up you explode out of bed and drop down to do a few pushups. We're not trying to make muscle here, we're trying to level up our Taking Action Skill. You want your mind to say "I don't want to do that, I want to stay in bed under the covers" and then, you do that hard work anyway.

Override your emotions, act without motivation.

You can always take action... when you feel like it. The problem is that we don't feel like it most of the time. Therefore the real skill is specifically taking action when you don't feel like it.

This is motivating, those moments where you don't feel like working hard are now opportunities to level up your Taking Action skill. Look forward to those moments.

Wait until you don't feel like doing something, then challenge yourself to do it anyway, because you aren't going to listen to your feelings anymore since they haven't got you to where you want to be.

Therefore you need a new indicator of action, if not your feelings then what?

Responsibility.

Chapter 2: 100% Responsibility

You are responsible for 100% of the things that happen in your life.

Internalise this belief and you will become successful, masculine, happy, fit, strong, and social.

Say it with me "I am responsible for 100% of the things that happen in my life"

If it's in your life, it's your responsibility. This is another skill to train. Your Responsibility Skill is at a low level right now, because you haven't been given much of an opportunity by society, teachers and parents to actually be responsible for important parts of your life. When you don't take responsibility for something, you let someone else claim the Responsibility XP. That's like purposely letting someone 'last hit' your enemy on a game so that they get all the gold and glory.

When something arises in your life, whatever situation or problem that needs to be solved, remember that you are 100% responsible for it. So don't let anyone else claim the XP to level up their Responsibility Skill. Figure it out and try to fix it to claim the XP yourself. The higher your Responsibility Skill, the easier it is for you to solve problems and change your life.

But this is uncomfortable! I don't want more problems to deal with!

It's exactly this act of dealing with random problems that creates you into a man who is good at problem solving. This mentality will create you into an independent, confident person who actually has done things and feels competent in himself. You must feel responsible for everything, so that you can be responsible for the things that truly matter.

The opposite of that is feeling like you aren't responsible for anything, like everything that happens to you is someone else's fault so they should fix it.

My family/friends/coworkers made me feel stressed and so now I stress eat junk food because of them! I'm overweight because of someone else so it's their responsibility.

If this is your mentality then you probably won't ever lose weight because you've put the responsibility onto someone else and there's certain things in life that other people cannot do for us. If you do not remain responsible over your own life, you won't be able to change for the better. Take responsibility over everything that happens and its like you give yourself permission to change. But what if you can't cope? What if life seems too hard to be responsible for 100% of the things that happen? You're too stressed, you're having battles in your mind with your thoughts. We're going to move on to the most important chapter.

Chapter 3: Mental Health

Good mental health will make everything else line up.

Let's imagine a scenario in which you had 'perfect' mental health, in that you felt happy almost all day everyday, fulfilled with your achievements and the path you're on, grateful for relationships that felt full of love.

In this perfect mental health scenario, do you think you would have an issue with nofap? Would you be jacking off 3 times a day? Probably not.

Would you be scrolling on your phone and just overindulging on instant gratification for so many hours of the day? Again, its unlikely.

In this perfect mental health scenario do you think you would struggle to go to the gym? Nah, it would be pretty easy to exercise and in fact, I bet you'd be happy to do so.

Flip the script. What if you have poor mental health? What if you have symptoms of major depression? Would it be easy to go to the gym then? No definitely not, it would be a struggle, if not literally impossible.

You can see that mental health really changes everything in your life. Improving your mental health just makes everything feel more achievable and enjoyable, like you're a child again. Not having negative thoughts and being able to enjoy random things in your day is a privilege that honestly not many young men are experiencing right now.

The good thing is that we can improve our mental health with practical techniques, and an even better thing for YOU... is that you are reading a post from a guy that has been very focused and invested into this topic of improving mental health everyday for many months, and here is what I have concluded is the 4 steps you should do to improve your mental health:

Watch The Science of Well-Being course by Yale University professor Laurie Santos on the website Coursera.

<https://www.coursera.org/learn/the-science-of-well-being>)

Seriously, enroll into the class for free right now and get obsessed with it. If you make this your main focus and go through at least 1 lecture a day, you will be so glad you did.

I could teach you so much stuff about mental health but Laurie Santos does it better than I ever could. She's went through so much scientific research to tell you exactly what works to improve your mental health and what doesn't. And you would never believe what the research actually shows you, because our entire lives we've been pushed to get good grades, a good job, a big house and in terms of well-being, there's other things that are significantly more vital.

If there's just one thing you do from this entire post. Make it this. **Go and enroll right now and**

maybe even watch the first lecture.

Get consistent with the lectures and do all of the practices she recommends. It will change your mental health. It did for me, I was classified as having major depression, 20 points on the self assessment scales and now I barely even score 1-2 points after completing this course.

And so the next 2 steps I recommend to improve your mental health branch off what I have found is the 2 most important practices of The Science of Wellbeing Course for young men.

That is... Increase mindfulness and gratitude.

These are the practices that you can literally spend a few minutes on every day and it'll make everything in your mind feel better. Your thoughts will just feel nicer to you, your mind won't be all bumbled up, mindfulness helps with nofap and all other addictions, gratitude is the secret to feeling happy.

What's mindfulness?

You probably suffer from mind wandering, in that your thoughts and focus keep drifting away. You keep thinking about random stuff when you're supposed to be focused on work.

That's because of our excessive internet usage. I think, particularly social media because you scroll and you see information so damn quickly. And now our brain acts the same way where it just thinks random stuff every second.

Mindfulness will reduce this and help you stay in what's called 'flow' which helps you achieve a deep focus. It's like what athletes call being 'in the zone'.

You really want to be experiencing this everyday if possible. Increase your mindfulness and you will find that you are in the zone / in a state of flow more often.

How do I become more mindful?

Meditate.

Think of meditation like the gym workout and mindfulness like the muscle. We meditate to improve our levels of mindfulness.

Make 5 minutes of meditation a daily habit and over some months you'll learn more and more.

Here's the most important mindset to start meditating: You will feel like it doesn't work for you, like you're just sat there and you keep getting deep in thought. That's fantastic, that's exactly what we want you to experience right now. Beginners get so annoyed and always say:

"I tried to meditate but it just didn't work for me"

To that I always ask them "What would you say to the fat guy who went to the gym 3 times and was annoyed that he didn't lose any weight yet?"

And of course they answer with:

"Well the fat guy needs to get consistent and keep going for a longer period of time"

And that's exactly what all meditation beginners need to do as well. Right now, you don't deserve the results of meditation. Just keep showing up to practice and soon you will.

And please trust me, as soon as you feel the benefits of mindfulness, you will be preaching it to everyone and being so confused as to why the majority of people don't meditate.

How do you improve gratitude?

I tried a few different gratitude techniques for a month at a time and I've concluded that a simple

gratitude journal in which you just bullet point stuff you feel grateful for is the best.

It's nice and easy to do everyday, takes literally 2-3 minutes and it has the biggest effect because you go throughout your day keeping in mind what you would write about in your gratitude journal so it feels like you savour experiences and memories to write down later.

Lets do this right now, get a notepad if you have one or just the notes app on your phone or comment on this post. **Seriously do this right now and you'll be more likely to make this into a daily practice that improves your mental health.**

Title it with today's date and write this question "What do I feel grateful for right now?"

Now answer this question in a couple different bullet points. I'll do this with you. Here's my answer.

1. I'm grateful for the internet
2. I'm grateful for the gymnastic rings I bought 9 months ago. I've had so much fun training with them
3. I'm grateful for the salmon and potatoes I just ate. Peng
4. I'm grateful for [u/foreverkarlmalone](#) for giving me that pretty +1 flair next to my Reddit name on this sub

Have you wrote down what you are grateful for?

Literally do it right now before continuing to read this post.

You can see how quick this was and when you really focus on doing it, you'll find that it will always make you smile, because you're recalling positive things that you have in life.

We spend so much of our time thinking about things we don't have, especially in the self improvement community our focus is on getting more and doing more.

Gratitude allows you to take some time to appreciate what you have right now. And that makes someone happy.

If you watch The Science of Wellbeing Course, you'll learn about the research on gratitude and its very promising. It's like a mental health hack. Finally the 4th step to improving mental health is to reduce social media use.

That includes Reddit. This stuff is not good for us.

Not only is it causing information overload and the mind wandering that I mentioned earlier, there's real evidence that shows simply just reducing your time spent on social media significantly improves your mental health.

That's because you get away from the social comparisons in which you see people who look better than you or people who have more friends than you.

This is a difficult step and many, many people struggle here. I did as well.

Here's an extremely quick way to reduce your social media use:

Disable all social media notifications. Right now.

Here's the message you've been waiting for to take action. Step away from this post and go onto Instagram, Snapchat, Twitter, TikTok, whatever apps you have and go into the Settings, then into the Notifications tab and finally disable all of the notifications.

You'll still end up on the apps but you'll be on there significantly less, which is awesome progress.

Secondly (this is a really good idea) move the apps on your phone to somewhere else so that muscle memory doesn't take you back there.

Simply tap and hold the app and then relocate it to a different spot. It's funny, you'll catch yourself trying to go onto the apps without even realising it and now you'll end up clicking on a random app instead. Use that moment as an opportunity to ground yourself and realise the importance of mindfulness. The more you meditate, the less stuff like this happens.

If you just do the bare minimum of these mental health steps you will see great improvements. It's all about doing a little bit everyday.

Here's an insanely important question for you...

Do you want to have positive mental health for the rest of your life?

Don't be a dumbass and sarcastically say no, of course the answer is yes.

If you want the benefits of these mental health practices for the rest of your life... you have to do the practices for the rest of your life. Common sense right?

Take a minute right now, close your eyes and visualize yourself at 65 years old, still meditating and journaling every single day.

And so therefore, with increased mental health, you will feel able and competent to do so much more in life. So that's why we have covered mental health first. And now let's move on to my favourite chapter which started my self improvement journey.

Chapter 4: Building An Aesthetic Physique

"It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable" - Socrates

You put in the work. The literal blood, sweat and tears. And you are rewarded with a sense of pride that very few men feel. You will smile every single time you see yourself. Every time you're reminded at how much progress you made.

Exercising, specifically building muscle through resistance training, gives you and the entire world a physical indicator of the efforts you have put in. Everyone can see this, and everyone, whether or not they have the confidence to admit it, respects that effort.

There's two parts of this chapter, exercising for our physical health and building an aesthetic physique through resistance training.

Physical health:

Young guys frankly don't care about their physical health anywhere near as much as they should. I know because I was in that same position. We're so focused on making money, trying to get girls and playing video games that we forget health should be a priority above literally everything else. Because if you don't have your health, you don't have anything else.

Spend time and effort thinking about what you could improve on, because we all have some kind of symptom of some ill-health that we've kind of just been putting off.

You may think you don't have any kind of symptoms of ill-health but I'm sure that if you give this time and effort by thinking without distraction, you will remember some random thing that is negatively impacting your health that you've just lived with. Think about it, research it, book a

doctors appointment or try techniques to improve your health yourself.

One of the best ways to improve your physical health is to eat for nutrition, not pleasure. Tasty foods and snacks should be a treat, like a small handful every day that you enjoy. You shouldn't fill up on this junk food.

This is very difficult because you will only experience the negatives of a poor diet as you get older. And then the older version of you would be wishing he could go back in time and tell you today, to eat for nutrition, not pleasure.

Aerobic exercise, in other words cardio, has so many benefits. Its like training your heart. In the most simple way, move more. Go on more walks, cycle, run, skip, swim, hike, play sports.

There's a reason why you probably haven't been doing cardio at least 2-3 times a week recently, and that's because you don't enjoy the forms of cardio that you have tried.

So in a practical sense, you need to spend time and effort specifically trying to find the form of cardio you actually enjoy doing.

It's different for everyone so you have to put in some intention to find out which one it is for you. For me its running and cycling and recently I've been getting into skipping.

Do not be like one of those internet bodybuilders who think skipping cardio is funny. The older version of you will suffer. Find a form of cardio you enjoy and then the older version of you will be benefiting.

Stop reading this post right now and just sit there for 1 minute without looking at your phone, or computer and just think about what form of cardio you remember you enjoyed the most. Do this thinking practice right now.

Building an aesthetic physique through resistance training:

It's said that we make our first impressions of each other in just a few seconds.

In just a few seconds , do you think they know your story?

Do they know your good intentions, everything you've been through?

No.

In just a few seconds, they have seen what you look like and what your body language is like. Maybe you've said 2 words in this time.

Physical attractiveness is becoming ever more important. Your looks are like your lens of the world. If you're attractive you see the world so differently than if you're unattractive.

This hurts. We should be judged on our core values.

But that isn't what life's like and if you don't play the game, you automatically lose.

So win the game.

In this part, we're going to go over building an aesthetic physique that improves your physical attractiveness significantly AND even improves your face which a lot of guys say you can't improve, that's false. Packing on muscle and reducing body fat % will improve your face too (especially more so if you train your neck muscles).

It also serves as a great feedback loop to increase confidence. The more you improve your physical attractiveness, the better the world treats you. The better the world treats you, the more confident and

happiness you feel. You get opportunities and experiences that you wouldn't have believed were possible before.

And improving your physical attractiveness is not that difficult. It. Just. takes. Consistency.

Forget everything else about wanting to have the most perfect diet or training routine. If you aren't currently training, just focus on hitting a workout 3 times a week. Don't get into that information overload just yet. For the first 3 months, just show up and do a bunch of different weight training (if you have access to a gym right now) or bodyweight exercises. Find a random workout routine online and just commit to it.

3 times a week, that's your goal.

Just this action of going to the gym 3 times a week is going to massively improve your physical attractiveness and confidence overtime. And that's the important word. Overtime.

It takes consistency, not intensity.

Don't go all out by doing as much as you can and quit in the first few weeks like you normally do. Beginners do more than they can handle because they have the mindset that they are very far away from their body goals and want to make progress as fast as possible.

Make this a consistent effort by actually doing less than you can do for the first couple of weeks. You want to be leaving the gym thinking that you could have done more, that's a fantastic mentality because then you're excited for the next workout.

If you're consistently leaving the gym feeling extremely fatigued, as a beginner, you're very likely to end up quitting and messing around for a couple more months before you attempt this grind again.

That's a waste of time so just focus on consistent workouts instead of intense workouts.

But let me give you a little bit more info on building an aesthetic body. Focus on these areas and you'll get the most bang for your buck:

Neck - upper chest - lateral delts - lats

It's quite a weird set of muscles which are kinda hit in normal routines but if you just add a couple of sets that hits these muscles on top of your beginners routine, you'll find that your physique will grow much more aesthetic because it focuses on that V taper that is extremely attractive on a man. The V taper on a man is like the hourglass shape on a woman. And you get the V taper by training these muscles.

But the most important thing you should learn about this chapter, is building a fantastic exercise mentality that leads to a lifetime of exercise.

Because that's the point, we never want to quit this.

Remember that visualisation practice for the mental health chapter? Answer a similar question...

Once you build your dream body, do you want to keep it for life?

Do you still want to be fit and strong when you're old?

Well then you're going to need to be working out consistently even when you're old.

Close your eyes right now and imagine yourself at 65 years old still popping into the local gym a few times a week, resistance training and looking good.

So now we're thinking of an incredibly long period of time. Here's an important question for you:

What form of exercise would you be happy to do 3+ days a week forever?

Have intention, research and learn how to optimise this form of exercise. Find humour and interest in this exercise. Identify with it, merge it within your personality.

Most guys on this subreddit choose lifting heavy weights. That's cool, but honestly? It's not for me. I love to lift light weights with higher reps and feel that intense burn that turns you into a man. I also do gymnastic rings workouts which are insanely fun as you work to hitting cool skills like the muscle up and front lever. So your exercise goals have been set:

Find a form of cardio that you actually enjoy and do it 2-3 times a week for the rest of your life.

Hit a form of resistance training 3 times a week for the rest of your life.

As the months and years go on you'll automatically learn more about building an aesthetic body and you'll naturally want to increase your training volume. Start small and remember, consistency over intensity.

This seems easy and simple enough but its likely that you will struggle to maintain this. Why? Because you are addicted to things that are ruining your productivity.

Chapter 5: Addictions & Productivity

You are addicted to the internet. I don't even think I need to know who is watching this. If you're a young man you're probably spending most of your day mindlessly scrolling the internet on social media or hours grinding on a video game.

(If you don't play video games as you read the rest of this chapter replace 'video games' for the substance you know you're addicted to)

The young men who are levelling up in life, aren't levelling up in video games.

Think about why every young guys transformation starts with "I used to spend all my time on video games, I quit and then everything in my life started to improve".

There's a reason why this act of quitting video games (or any addictive substance) results in real life progress.

To make improvements to your life takes time and effort. Both of which are drained by video games. I know playing games seems easy and comfortable but they often leave you feeling fatigued, unable to think straight or feel physically strong after a long gaming session.

Video games are carefully designed to be addictive, they make them to reflect real life achievements, getting XP, making money and climbing the ranks to a higher level.

When you're getting these virtual achievements, real life achievements seem less important because you're already getting that dopamine spike that rewards hard work.

So to have a better life, consider reducing your video game / internet usage. This is easier said than done but a whole lot of guys have accomplished this.

Let's think exactly how and why some guys, like me, have successfully quit playing video games whilst many others want to quit but feel unable to. Essentially, how do you overcome an addiction correctly?

The first thing that comes to mind is actually having something to do that replaces the video games. I

quit playing video games after I discovered weightlifting.

This seems to be the case with so many guys online saying they quit video games and then moved onto something that actually benefits their lives.

And it makes sense. Maybe there's certain people who have an addictive personality so if you're going to be addicted to something, make it something that makes your life better, something that makes you happier in the long run instead of something that just gives instant gratification.

The general concept I've been teaching on my channel is reducing instant gratification in favour for delayed gratification. Video games, Netflix, porn, junk food are all instant gratification. They feel easy, fun and comfortable right now but you almost always feel slightly negative afterwards. The more you indulge in instant gratification, the worse your life gets.

Playing an hour of video games isn't a problem at all but imagine playing 6 hours a day every day for an entire month.

Is it likely that at the end of this month you will feel fantastic?

Would this be a month that makes you feel proud?

I doubt it.

Delayed gratification on the other hand is activities that make your life better tomorrow but they feel hard today.

Exercise is the ultimate delayed gratification. It's uncomfortable pushing your body but as soon as the workout is done, you feel so proud of yourself. And if you get consistent with exercise or other types of delayed gratification, you notice long term benefits like increased positive mental health, confidence, fulfilment, pride, more muscle, less fat.

Instant gratification gives you pleasure for an hour but **decreases** your long term happiness, delayed gratification is uncomfortable for an hour but **increases** your long term happiness.

The thing is, you probably have always wanted to commit to delayed gratification. You've probably wanted to exercise consistently, work hard in school or on your business and develop skills. But there's a reason why you may not have been doing this...

We struggle to commit to delayed gratification because our minds are in a haze due to the internet and other substances.

It's hard to go to the gym after a long gaming session.

It's hard to stick to a healthy diet when you've got the munchies.

It's like instant gratification makes you forget about the delayed gratification goals you have.

What we need is structure. We should consider structuring our day in a way that prioritises our goals but still allows us to enjoy the instant gratification activities that we find the most fun.

I tried so many productivity tactics, I'm telling you I have found the most optimum strategy for guys like us.

Write up a daily timetable and stick to it as best as you can. Remember the timetables we used to have in school? You just knew what lesson was next because it was all structured.

Here's my timetable: <https://imgur.com/a/rVWG2Ye>

Don't create your timetable just yet, keep reading to learn the mindset first.

The mindset is to make this timetable like your ideal day. A day you could imagine happily sticking

to forever.

So it has the work that you feel is necessary for you to grow and become successful, but also has rest and unwind periods so it doesn't feel like a challenge to stick to this ideal day. This way you include all your goals into the timetable. What do you want to achieve? Set aside time for it every day by including it into the timetable.

It's inevitable that sometimes life will get in the way but if you just try your best to stick to the timetable you'll find that you'll be doing a lot more than normal, which is progress.

Because let's be honest, if you write up your ideal day in this timetable and you end up only following it for around 50% of the day, that would be huge progress compared to your normal days wouldn't it?

And now you enjoy the insanely huge benefit of this timetable: You have the confidence that you're working towards ALL your goals simply by following the timetable. So now you have just 1 goal: Follow the timetable.

Write up your timetable now. Here's mine again for inspiration: <https://imgur.com/a/rVWG2Ye>

Just copy how I've structured it and then input the timings and behaviours you want.

Be sure to include the delayed gratification activities that will get you to your goals like exercise or learning a skill and then also include 1 or 2 blocks for instant gratification unwind time.

Give it a try right now and it may help your life as much as it has done for me.

Make this timetable right now. This is your call to action if you want to see improvements in your life, which you obviously do, don't wait any longer. Just make the timetable as best as you can, its for your own benefit.

Great so now we all have a timetable wrote up.

Get addicted to it. Get obsessed with this timetable, read it a thousand times. Then start to follow the timetable as best as you can.

Remember that earlier mindset - If you even follow this timetable just 50% of the day, that's huge progress. Life is inevitably going to get in the way and mess some things up, that's ok as this is our ideal day which we can't expect to have all the time.

Overtime change up the timetable and optimise it. You'll know when to do this.

The previous chapters so far have gotten you improving all parts of your life to make you into the the version of yourself. Now is the right time to start meeting new people.

Chapter 6: Social Skills & Relationships

You will make the best relationships when you've already committed to your self improvement. You want new people to meet you when you have improved your mental and physical health, built a body that gives you confidence and when you aren't addicted to substances.

So its like we're making you into the best version of yourself, and then putting you out there so that the people you now meet are aligned with your new values, timetable and goals.

To get quality relationships with family, new friends and romantically you should consider levelling up your social skills.

It's right there in the name, social SKILLS. Its a skill that you can level up just like we do in video

games. You can learn, practice, and improve your social skills and it is a very worthwhile grind. Something you should put effort into.

Straight away I'm going to recommend you the cheat code to improving your social skills: How to Win Friends and Influence people by Dale Carnegie.

If you do nothing else, either read this book or watch a summary video you can find on YouTube.

Take a minute right now to either order this book, find a free online PDF or watch a summary on Youtube. Dale Carnegie is called the father of self improvement for a reason.

Specifically there's a chapter of 6 ways to make people like you:

1. Become genuinely interested in other people
2. Smile
3. Remember their name
4. Be a good listener / Encourage others to talk about themselves
5. Talk in terms of their interests
6. Make them feel important

It's these 6 principles that if you can internalise, remember, and improve on, you will become one of those guys who just seems to make friends everywhere he goes. I'm sure you've met a guy like this before, like such a charming confident guy who speaks to everyone he meets. It's like a superpower because any one of these people you meet through the 6 principles could be a future best friend, girlfriend or business partner.

Seriously, this is the action step right now. Did you take action previously and order the book / find a free PDF / watch a Youtube summary? If you didn't, this is your reminder that following these actionable steps (even if you don't feel like it) will mean that you'll actually be getting some real life value from this post.

If you took that action step and have either quickly watched a summary of this book or have ordered it to read soon, brilliant, you will be so grateful you did. This is a book I will read every January for the rest of my life. I suggest you to do the same.

Now I can add something from my own personal experience to improve your social skills.

Practice approaching and initiating conversations with strangers.

It's this exact phrase that has levelled up my social skills and with that my experiences with new friends and girls I meet.

I wrote a whole post on this titled "Make friends by being the initiator" which you can read by going onto my Reddit profile.

This is the act of walking up to someone you don't know and speaking to them.

You shouldn't just approach people who you think you would become friends with or girls that you are attracted to because then you wouldn't have practiced this skill when you need it most.

What you want is the skill, the ability to be able to talk to an attractive woman when you see her, right?

Well then imagine how much easier it's going to be to speak to that woman when you've already been speaking to strangers consistently for a few months.

It will feel like just another approach when an attractive woman or potential new friend is there. This

is 'old man vibe'. Talking to everyone, being interested in them and knowing that they have something to be admired. Being that social butterfly.

Chapter 7: Purpose

A man needs a purpose.

Something bigger than himself that he works towards relentlessly.

Your purpose must be self-transcending. That simply means that it's bigger than you, that it helps other people, animals, the environment etc.

This is hugely important because when you're hit with the trials and tribulations of hard work, the thing that's going to keep you going is not that you're just working for yourself and to make money. It's that you're working hard to support your family, to help a community that you are a part of.

How do I find my purpose? I can't think of it.

Of course you can't. Please answer this question...

Would philosophers and deep thinkers be as effective if they tried to think of stuff whilst distracting themselves? *Of course not.*

The reason why young guys can't think of their purpose is because they often don't actually do any real thinking. You're trying to think of your purpose right now as you read these words on your screen.

Your mind is scattered.

Do you really want to find your purpose? Close everything. Turn off your phone, your computer, every single distraction.

Sit around with a pen and a piece of paper and dive deep into your thinking.

Write these questions down on a piece of paper and then sit around answering them without any distractions. Turn. Your. Phone. Off.

What would give my life fulfilment?

Who do I want to help?

Who relies on me?

Who inspires me?

What am I grateful for?

What causes do I care about?

What gets me out of bed in the morning?

How do I want to be remembered?

This won't be quick. You can't find your life's purpose in just a few minutes of journaling, but you can certainly find the first direction to move towards.

Your purpose will also change as you experience more of life, so keep that in mind. All you have to do right now is to figure out what your current purpose in life is. And then work towards that purpose relentlessly.

When you have improved yourself and achieved significant success in your purpose, you will feel self-actualized: The main goal of self improvement.

My friends, my name is Hamza and I am self-actualized. My purpose is to help young men with their self improvement because reaching your potential gives you the opportunity to help others. And I have reached my potential. I wish that for you.

Your ability to delay gratification determines your success (the world is against you)

514 upvotes | March 9, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Go read the comments of my previous posts and you'll see a bunch of instant gratification addicted men making excuses...

"I play video games and smoke weed everyday but I'm really really disciplined I promise!"

"I eat sweets all the time but OP it's you who doesn't have willpower"

"OP exercises for 90 minutes a day!!!! Guys don't do that, you'll literally die if you workout that much!"

These are real comments you can go and read. What happened to the men of this subreddit? What happened to everyone? Why have we become the most addicted generation ever?

The issue:

All technological advancements aim to bring gratification closer to the action.

For a business to achieve this is profound, they will become wildly successful.

For the users, they are happy. Their discomforts have just been reduced.

But for the men who wish to increase their discipline and work on themselves?

It's a tricky spot to be in.

Everything is being made to promote instant gratification and to reduce discomfort.

Uber Eats, OnlyFans, YouTube, Reddit, TikTok, League of Legends...

But discomfort is how we grow.

And to be one of those business owners who achieve this technological advancement, you have to delay gratification.

To build your dream body, you have to delay gratification.

To improve your mental health, get good grades, level up your social skills... you have to delay gratification.

What's the difference between instant and delayed gratification?

Instant gratification comes from the easy habits that feel fun and comfortable in the present moment but often lead to long term detriments - Netflix, video games, drugs, social media, fapping.

Delayed gratification comes from the hard habits that feel difficult and uncomfortable in the present moment but often lead to long term positives - Exercise, meditation, school/business work.

The donut today, or 6 pack abs in summer?

How do you even go about making the right decision when you can't see the reward of the delayed gratification activity for months?

Discipline.

Discipline is the skill of delaying gratification, even when you don't feel like it.

Just like any other skill, it can be levelled up.

Imagine that you're getting 10XP in the Discipline Skill every time you delay gratification.

As your discipline levels up you'll be able to shrug your shoulders at the easy pleasures that you once struggled avoiding.

But real life is like hard mode - You lose XP overtime!

That means you constantly have to be levelling up your Discipline Skill. You have to set yourself challenges relative to your current abilities (Important! A worthwhile challenge for you may literally be getting out of bed and into clean clothes).

Enough bro-science. Let's talk real science now:

We indulge in instant gratification because of our amygdala. That's one of the oldest parts of our brains and it's one of the main reasons why we are still alive as a species.

The amygdala is the part of our brain that puts us into a fight or flight mode.

This was insanely useful when the enemy tribe or saber-toothed tiger was attacking, but now?

Not so much.

Many people now have an over-active amygdala which causes anxiety.

Imagine experiencing that fight or flight mode constantly. This leads to overindulging in instant gratification as the 'easy dopamines' comfort that anxiety.

The amygdala doesn't want you losing fat, you might need that energy in case you don't get to eat again for a while. The amygdala doesn't want you going outside to go to the gym because you could get attacked on the way there, so let's just stay inside on the computer all day.

The prefrontal cortex (PFC) is the new part of our brain that remembers our goals, societies laws and constructs. It's the PFC that tells you not to eat the cake and avoid searching for Instagram models on your phone.

So our amygdala and our PFC are constantly in an argument with each other.

The words in your mind can come from either part of your brain and this is incredibly tricky.

Your mind can rationalise so damn well and it's only at the end of the day that you realise you fucked up and allowed the amygdala to control you once again.

Hopefully you're following along, you should be wondering this:

If we could quieten the amygdala and strengthen the prefrontal cortex our ability to delay gratification would skyrocket, is that possible?

You're asking a big question.

Can you literally change the way your brain works? Is there anything that can make the amygdala smaller and the prefrontal cortex bigger?

Yes.

Meditation.

By reducing the amygdala's activity through consistent meditation you'll literally hear the 'bad' voice in your mind less often.

Even better, when you do inevitably crave instant gratification like porn or junk food, consistent meditation will have you feeling the craving on the next level - Meaning you won't identify with the craving.

You'll go from:

"I want to eat chocolate, I'm going to eat chocolate"

To:

"I'm feeling the sensation of a craving for chocolate, I just started salivating a little more and my heart beat got a little faster. That's so cool"

Meditation for success:

Tim Ferriss (Author of The 4 Hour Work Week and Tribe of Mentors) interviewed more than 200 top level performers, from billionaires to athletes like Arnold Schwarzenegger...

80% of them had a daily meditation practice.

Meditation was the most consistent habit amongst them all. How insane is that?

Your ability to delay gratification determines your success and meditation is an incredible help for this pursuit.

This is the video on meditation that I rewatch often, it's incredibly well made and always skyrockets my motivation for the practice: https://youtu.be/aAVPDYhW_nw

Habits of failures

191 upvotes | March 12, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Avoid these habits and you'll be less likely to end up like the failures you know.

Limiting beliefs

This is by far the biggest problem for most young men.

Any man who has a growth mindset can be at least convinced to attempt self improvement strategies like working out, meditating and reading.

However men who have a fixed mindset, in that they believe their level of skill cannot be changed, will stay at the same level forever.

The students with a growth mindset are those who believe that they can improve their grades as long as they put in the effort, and so they usually do just that.

It's the dumbasses like younger-me who thought it was impossible to 'get smarter' and so they stayed exactly at the same level or even worse overtime.

You've seen this before, especially on the asktrp subreddit...

"Lift weights? Fuck you, I'm brown/black/short/ugly. There's no point"

When guys have these limiting beliefs, they never maximise their potential.

This mindset stops you from at least seeing how far you could do, and that is always far enough.

There's no brown/black/short/ugly guy who's at his natty limit for muscle still complaining, because all those guys are now pretty damn happy with their lives.

And I'm a perfect example for this. I automatically believed that girls wouldn't like me because I was brown skinned, so I never tried.

I always held that frame that my genetics weren't good enough, even when girls were clearly interested in me.

Lifting weights induced a growth mindset in me. As soon as I saw a difference in my body, I started to believe that you can actually make progress in your life.

And so I got addicted to making progress.

And now I'm at my dream body with a wildly different success story with women.

Proof: <https://imgur.com/a/R8BUJvc>

But guess what, this is crazy... I'm still brown skinned.

All that changed was that I destroyed my limiting beliefs and started to see how far I could go with the 'shitty genetics' I was handed. And again, the answer is always 'much further than you expect'.

Inconsistency (ego)

No one gives a fuck that you studied 14 hours one day, or that you lifted weights for 4 hours in that one workout session.

Go and lift weights for 1 hour 3+ times a week for 3 years, go and study for 2 hours a day, every single day, and then you'll get results.

Here's a very important point I've learnt about young men: A lot of them have massive fucking egos. They think that they should be doing the same as men who have been invested into those habits for years.

And so I hear young men who complain that they only worked out 3 times a week, then they sabotage themselves and take 2 weeks off in depression, binge eating, hating themselves.

You are already consistent.

Seriously, if you're a complete beginner and you've hit literally just 1 workout this week, that's progress. That's 1 more workout than you usually do. That's fantastic.

Inconsistency comes from the ego. And that leads to that inevitable roller-coaster of emotions where you have 2 good days followed by 5 bad ones.

Those 5 bad days occurred because you thought you were a piece of shit for only having 2 good days, instead of praising yourself and giving yourself positive reinforcement.

Failures remain inconsistent because they can't deal with the bar of success being lowered for them. It's cliché and cringey as fuck but this is why 'make your bed' is such good advice.

Most young men think they are above those simple tasks and instead think they are at the level to be hitting 6 workouts per week, and when they only manage 2 workouts, they're pissed off!

You should be proud of those 2 workouts because that's progressive overload. That's a whole 2 workouts more than you usually do!

So how do you get consistent? Start celebrating those small wins and lower your expectations. You have your entire life to build up to 6 workouts a week.

Let me say that again, you have your entire life to build up to 6 workouts a week.

What's the rush? Why do you feel like you should be achieving that already? If you're just starting off, celebrate your 1 workout. Then after a month of that level of consistency, work up to 2 workouts per week, then 3....

Quitting at failure

This is an interesting point. Anyone who's started a business knows exactly how it goes.

You try something, you fail. You try something else, you fail. You repeat this cycle 3-20+ times and eventually you get some sort of success.

And at that point you realise that all those moments you failed were actually mini-successes.

You had to experience those failures so that you could eventually have the skills and knowledge to be a success today.

And so your mindset changes... Failure is success.

You must love failing.

But if you quit entirely, you become a failure. There's a subtle difference.

The education system fucked you over in this area. Failure in school meant absolute failure. It meant getting your ass beat by your parents. It meant anxiety, it meant guilt, it meant shame.

It seems to me that the only men who understand this mindset are those who have started their own business, work in sales or have decent experience in approaching women.

Men who are failures end up failing at something and then quit, rather than changing direction.

That's like driving up to a roadblock and saying "Oh well, let's go all the way back home" instead of taking a detour.

And it's usually a random detour that leads to the success you want.

The 4 Disciplines of Execution (How to take action and achieve your self improvement goals)

104 upvotes | March 15, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

If you've had weeks where you felt busy but didn't feel like you made major progress on your goals, this system will help you...

The 4 Disciplines of Execution is a set of proven practices that have led to hundreds of successful businesses.

We can use this practice for our self improvement goals.

Lets begin...

Discipline 1: Focus on the wildly important

You must have just a few main goals. For this post we are going to pretend our wildly important goal is to get jacked. We want to build an aesthetic body.

At this point you must put more intention into your goal by **writing down** your start point, end point and deadline.

Compare these two goals:

"I want to build muscle"

"I weigh 145lbs right now. My goal is to be 175lbs lean in 5 years time! That's 5 years to build 30lbs of lean muscle mass. Here's what I look like now and here's my goal physique"

We already know that the second goal is going to be much more effective to get you making progress.

Discipline 2: Act on the lead measures

There are two types of 'measures': Lag measures and lead measures.

Lag measures are like the results of your goal: The muscle, the money, the women.

Lead measures are like the behaviours you are going to do for your goal: The weekly workouts, the hours spent working on your business, the number of approaches.

Guys who fail their goals always focus entirely on the lag measures. They obsess over the results and let's be honest, we've all been there. This is not healthy.

Instead, let's get obsessed over the lead measures as you have full control over these.

So earlier we wrote down our lag measure goal for our dream body:

"I weigh 145lbs right now. My goal is to be 175lbs lean in 5 years time! That's 5 years to build 30lbs of lean muscle mass. Here's a what I look like now and here's my goal physique"

Now we're going to write down our lead measure goals that will build the dream body:

"I'm going to resistance train at least 3 times a week this year (increasing that number as I get more experienced) and eat at a calorie surplus. I'm going to try my best to track my macronutrients every single day but I'll also have 1 day where I'll enjoy some kind of cheat meal to promote adherence).

See how much intention we've put into the goal already? It's no doubt we're going to stay on track better than if we just left it at *"I want to build muscle"*.

Discipline 3: Keep a compelling scoreboard

You must keep a scoreboard, in other words a habit tracker, for your lead measures (behaviours).

Here's mine: <https://imgur.com/a/0GTQOkr>

I highly, highly recommend you to write your scoreboard on paper and stick it up on your wall like a self improvement psychopath.

You'll follow the scoreboard so much more if you do this rather than having it on a digital system on your PC...

Your scoreboard will just be stuck there on your wall with all of today's empty checkboxes looking at you throughout the entire day, which is so powerful.

Compare that to having a digital scoreboard where you'll have to go onto the right software or browser tab to find it.

So for our example we would create a scoreboard that has 'Workout' & 'Track Macros' as the behaviours.

Discipline 4: Create a cadence of accountability

If you really want to take consistent action on your habit, have a system to regularly hold yourself accountable.

This should feel uncomfortable. If you're scared of feeling uncomfortable you won't grow. You must admit failure to benefit from it.

There's different ways to create this level of accountability. You could find an accountability partner to message everyday and hold each other accountable to your goals.

I personally send a picture of my scoreboard to my email newsletter every month.

Do you think that drives me to be more consistent? Of course...

We obviously don't want to let anyone down so this discipline acts as an extra motivator to take action.

Conclusion

You don't have to do this but it takes just a few minutes to set up your goals with that much extra intention.

After you've setup your goals, it's like a weight has been lifted off your chest, you no longer have to be in the 'direction setting' seat and can now just focus entirely on doing what you have planned.

If you want those benefits, scroll back up to the top of this post and follow the 4 Disciplines but for your own goals. Write it all down on paper, create the scoreboard and find an accountability system.

Your Future Self will be grateful you did all this.

Do the hard work, especially when you don't feel like it

504 upvotes | March 22, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

If you're on your self improvement journey, you know how it goes...

You watch or read some new content and get super hype to try something new:

"Aw man I can't wait, this seems like it's finally going to be the habit that makes it all click for me!"

The new activity (cold showers, nofap, meditation, journaling, morning routine etc) seems like that shiny object you're so excited for.

And it works!

You follow the advice, perform the activity and feel great about yourself. It's all looking up from here, you can't wait to teach this new habit to everyo-

"What the fuck?"

"It's been 4 days since I last did that activity!"

Before you know it, you've already stopped doing that new self improvement activity just a few days in.

You feel like shit, you having an awful few days.

And then, you get shiny object syndrome for another activity.

And you repeat this cycle again and again.

This is how you get out of that cycle...

Do the hard work, especially when you don't feel like it.

You skip the self improvement activities when you don't feel like it.

Of course they are easy and feel fantastic when you want to do them... But when you don't want to do them? Sure, you could force yourself and deplete all your willpower to do it for that one day.

But after that, it all goes downhill.

Why does this happen?

Because we are little bitches.

We listen to our *feelings*.

Really take a moment to think about that...

When you skip your workout, you're listening to your feelings like a little bitch.

When you eat the junk food, you're listening to your feelings like a little bitch.

Why allow your feelings to direct your life?

It took me most of my adult life to realise this, I hope you realise it sooner than I did...

You don't have to listen to your weak mind.

You can do the hard work even when you don't feel like it.

Your mind starts making excuses before it's time to workout?

Force your body to move and put on your workout clothes.

Then put one foot in front of the other and get out of your house.

Start the workout and the moment you've done 1 set, the weak mind has been silenced and you're already feeling so happy for this choice.

The most interesting part:

With this new mindset (Do the hard work, especially when you don't feel like it) you'll actually begin to look forward to those moments when your mind is being a little bitch.

Those moments are now opportunities to practice your new mindset.

These moments will occur just before you plan to do a delayed gratification activity. Look out for the weak mind and repeat the words (Do the hard work, especially when you don't feel like it) and immediately take action in the first task.

It's important at that point that you do not sit around arguing with the weak mind. Even if you win, you'll feel fatigued mentally and physically as your willpower is limited and you drain it with these internal battles.

One of the best pieces of advice I could give you at this point: Frame the activity you are about to do with it's separate tasks. We often feel too tired (or whatever bullshit excuse the weak mind wants to give) when we think about going to the gym because we're visualizing the height of the workout and thinking "Nope I couldn't be in my 3rd set of squats right now". Well no shit. What you must do is to start thinking of the small tasks that lead to that big moment of discomfort. You couldn't hit the 3rd set of squats right now, but you could get out of bed, then you could put on your workout clothes, then you could get your earphones...

Thinking of it this way reduces the weak minds input in the first place.

As soon as you hear the weak mind, say the words: Do the hard work, especially when you don't feel like it.

Now you don't need motivation

Doesn't this seem like a superpower?

If you build a habit of doing the hard work even when you don't feel like it, you can then be productive at all times, even when you're not motivated.

That's when you feel like you have full control over your life and your creations, and your self improvement starts to feel like it has direction, instead of just hoping that "this new strategy works".

How does anyone get consistent in weightlifting? If you only go to the gym when you're motivated to do so, you are going to miss a whole lot of your workouts.

Eventually, you start getting into the habit of going to the gym whether or not you feel like it.

Use that same mindset with all forms of work.

Complete guide to becoming the tribe leader

11 upvotes | March 31, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

INTRO

Curing loneliness comes from the value you provide to others.

Recognise the importance of that sentence and it will all change for you...

This is a long post. I made a 1 hour course that has some extras thrown in that you can watch for free by clicking this link now: <https://youtu.be/ISKxhR-YDMI>

This is a complete guide to becoming more popular than ever and it's for you if:

1. You're missing out on social events and you've been a little jealous of other people who get invited to that fun stuff
2. You've struggled making friends with likeminded guys
3. You have no one to share your accomplishments with
4. You have no one keeping you accountable, believing in you
5. You've never experienced the beauty of leadership

If you follow this guide, this is what's going to happen to your life:

You'll have male friends who are on the same wavelength as you, growing together. That means you won't need to follow the standard advice you've read...

"JUST JOIN AN MMA CLUB BRO"

As you'll make friends with guys who are similar to you, they'll have similar goals to you. You'll have fun working hard and trying new business ideas with them. You'll get to experience that vibe of the 'Bill Gates garage start-up' where you and a couple of buddies pursue the same dream. You will often look at these sweet times with a smile on your face.

Your mindset towards friendships will be changed. There's incredible value in having a tribe and you'll be convinced that being the 'lone wolf' was not the most ideal way to live.

You'll realise exactly how to do all this in the middle of the COVID quarantine. The benefit of this guide is that you're learning directly from a guy who was feeling incredibly lonely exactly 1 year ago, and now I'm at the most popular point of my life. Every single day I speak to a couple of guys in my tribe, I organise group calls and we all have a laugh. It hits me that they are all together because of me. That's an incredibly powerful feeling.

You will feel happier. Relationships give a far bigger happiness boost than most of the other goals we set, and best of all, quality relationships get you to those other goals even faster.

You'll feel like you're part of the pack which makes you feel stronger, more connected and happy.

Only if you are up for it, the last stage of this guide will teach you how to be the pack leader yourself. The tribe will become yours (I know that sounds crazy, but I'm a dumbass and this has become reality for me, you'll learn exactly how to get here).

STAGE 1 - RECLUSE

At this stage your internet addiction is your biggest problem. You don't spend much time outdoors and that's exactly why you don't meet new people. But perhaps you don't want to. Men in the recluse stage often prefer being by themselves... but they know that life isn't ideal.

Heavy internet use is the biggest problem in this stage because you can get very similar feelings of connectivity, status and brotherhood online, without making real friends. Games like Call of Duty give you ranks which emulate how it would feel climbing the ranks of a tribe, games like Runescape and World of Warcraft give you the dopamine from levelling up so you don't have to experience the discomfort of delayed gratification IRL.

You probably have some online friends and maybe even some IRL friends, but you're not content. Becoming popular and making new friends requires a sacrifice from you... You're gonna have to spend 1 hour less on your computer per day.

The first and most important actionable step for a man in this recluse stage is get outside the house more.

That probably seems insignificant and you're making excuses as to why you wouldn't benefit from this. That's your lizard brain thinking.

How are you going to meet real life friends without being comfortable being outside?

This is where most guys will click away, annoyed at the cliché advice of "Get out the house more", but your mother was right.

Spending all day staring at a screen is a lifestyle you're already used to, and how connected and popular do you really feel? Not so much.

You've tried it your way, now try it my way.

Create a new daily routine of going on a walk and building up contact with the people in your community. The ideal situation is that you go on a walk and you speak to everyone you walk past, but that's probably too challenging for you right now.

We're going to induce progressive overload (slowly increasing the intensity and volume over the weeks and months) for this. Start by just focusing on getting out on that walk for a couple days. Then start holding eye contact and nodding your head as you walk past people. Then smart smiling. Then start saying "good morning"...

But first, this all starts with getting out for that daily walk. The easiest way to consistently do that is to create a routine where you go at the exact same time every single day.

Listen to Atomic Habits by James Clear and you'll have solidified this habit of daily walks much easier than you think. You can even listen to the audiobook whilst going out for your walks.

You will exit the recluse stage once you replace ego for humility and realise you would benefit from this pursuit instead of staying the lone wolf.

STAGE 2 - SOCIAL SKILLS & PRACTICE

Learning and levelling up your social skills is absolutely vital.

If you're reading this, chances are you aren't that 'natural' guy who is incredibly charismatic,

confident and social (the 'natural' guy wasn't naturally like that either, he just benefited from the positive feedback loop at a young age).

That means you'll get to spend some time researching and learning exactly what it takes to 'be social'.

This should feel very interesting to you as social skills are like superpowers in this digital age.

At this stage the most important behaviour is to create a burning desire to learn about social skills, influence, leadership and charisma. Start researching it more, search for TED talks and guides and courses and books.

Here's the very important part that most people miss in this stage: You must immediately practice what you've learnt, or you haven't learnt anything.

It's so damn comfy and fun to read a book and feel like you're being productive. To put that book down and immediately try what you've learnt is uncomfortable. And that's fantastic. Chase that discomfort.

By you now you already know that the uncomfortable actions usually yield greater rewards.

Look forward to that discomfort and hold the mindset 'Do the hard work, especially when you don't feel like it'.

At this stage I highly recommend learning more about cold approaching too. Since you'll be going outside and talking to strangers anyway, you may as well approach any cuties you come across. To date I have only ever seen one resource for approaching that's worthwhile: The Natural Lifestyles Youtube channel. That channel single-handedly got me into approaching successfully.

You will stay in this stage for a couple of months...

I know that wasn't sexy to hear.

You were hoping for this entire guide to be a "*LEARN THE 24 HOUR FIX TO YOUR SHITTY SOCIAL LIFE, BUY MY COURSE FOR \$497*" but real life is not like that. It takes time to level your skills, but it is worth it. (The times passing by anyway, why not secure a better social life for your future self?)

Remember the progressive overload mindset from the Recluse stage - At this point you'll be going out and practicing what you've learnt from your social skills research. Do not let your ego get ahead of you. Too many guys have been so motivated to go out and cold approach the cuties only to get blackpilled immediately.

You are not good enough. Yet.

Start small and gradually build up. Most guys would be levelling up just by saying "Hello" to strangers.

Although this stage lasts just a few months, you should consider continuing your burning desire to learn more about social skills, holding a lifelong student mindset.

STAGE 3 - GIVE VALUE

You've spent a few months learning and levelling up your social skills.

You now realise exactly why you previously struggled to make friends and you now know that the 'secret' is literally just to give the other person what they want instead of thinking only about what you want.

At this stage, start providing value.

So what value could you provide? If you're uncertain of this, you are still in the previous stages.

In short, think about what your 'target' wants, and give them that.

Here's what I did: My 'target' was guys around my age who like to workout, so I started working out in parks around my town and I'd invite people to join me. Every single person I'd invite was always so hype (wouldn't you be hyped if someone invited you to workout when all the gyms were closed?).

This created a very small circle of friends and one of those guys became one of my best friends who I train with 2-3 times per week. How sick is that? I now have a consistent workout partner.

In this value giving stage you'll become the initiator. You'll realise that the majority of people are super keen to join you in whatever you invite them to, they are just shy and so they won't initiate with you.

You'll get comfortable taking that uncomfortable step of inviting people to do stuff. You'll risk rejection but eventually become unphased by it.

This is the stage where you'll see big benefits: you'll make new friends, you'll fuck more girls, you'll get more confident.

But it won't be enough. It's a big improvement from your ordinary life, and maybe you will stay here, but for the guys with big goals we'll move onto the next stage...

STAGE 4 - SCALE

Scale the value you are giving.

You've realised now that you can only give value to a handful of people per week. Your time is limited, as is your outreach in your city (without the internet).

At this stage, move that value online, where it has scale (ability to impact thousands, maybe millions of people online instead of just the people you come across in real life).

Here's what I did: I went through my own self improvement journey, realised what worked and what didn't, then I started teaching all this for free on YouTube and created a nice little audience of guys who said I changed their lives.

Focusing entirely on what your 'target' wants, start giving value online.

The most straight forward way is through social media content creation like YouTube, or starting a podcast. Keep reminding yourself 'Focus entirely on their interests', and they will find you.

Soon you'll have an audience of likeminded guys who appreciate the value you've given them.

The timeframe of this stage fluctuates on the quality of the value you give, the platform algorithm blessing you and the niche/topic of the value you're giving.

STAGE 5 - TRIBE LEADER:

Eventually your audience will grow and they will all see you as the tribe leader. This is your tribe now.

You'll have hundreds of ACTIVE followers (usually meaning you have a few thousand subscribers

online as most are inactive).

When you now organise any kind of event or project, you'll instantly have guys who would love to join you. When you personally invite someone to do something, they'll see it as a gift.

These active followers look up to you, they'll happily pay your bills because of the life changing value you've given them. You have incredible power at this point. You're a full time content creator and leader.

Leading a tribe now means you have enough leverage to collaborate with other tribe leaders. You grow exponentially when you team up with other leaders as you essentially direct your followers to each other.

Taking this level of responsibility skyrockets your confidence and even testosterone. Maybe it's bro-science but my beard only started to grow when I became the tribe leader. It literally looks like I grew a few years older (in a good, masculine way) in just the last few months.

Your followers know, like and trust you. That means they'll do things that you suggest which means you'll have a community of men who are down to start the same hobby as you. You'll organise group calls and you'll have 10+ guys join you.

You may be reading this and thinking "no... not me" and you know what?

That's exactly the truth. Not you. Not now.

But maybe in the future.

You likely are not at this stage just yet, do not let that stop you from progressing up the stages though. Don't be scared of the 3rd set of squats when you're sat at home contemplating going to workout, only focus on the next task of getting into your workout clothes.

Conclusion

When COVID goes away you'll come out of the lockdown with hundreds of men in your tribe. We all know it's going to get crazy. Imagine being able to organise a social event like going to a festival or going camping and having 20+ guys with you.

Compare that to staying as the lone wolf..

<https://youtu.be/ISKxhR-YDMI>

How to be more popular than ever

71 upvotes | April 2, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

INTRO

If you follow this guide, this is what's going to happen to your life:

Your mindset towards friendships will be changed. There's incredible value in having a tribe and you'll be convinced that being the 'lone wolf' was not the most ideal way to live.

You'll realise exactly how to do all this in the middle of the COVID quarantine. The benefit of this guide is that you're learning directly from a guy who was feeling incredibly lonely exactly 1 year ago, and now I'm at the most popular point of my life.

You'll have male friends who are on the same wavelength as you, growing together. That means you won't need to follow the standard advice you've read on asktrp: *"JUST JOIN AN MMA CLUB BRO"* As you'll make friends with guys who are similar to you, they'll have similar goals to you. You'll get to experience that vibe of the 'Bill Gates garage start-up' where you and a couple of buddies pursue the same dream. You will often look at these sweet times with a smile on your face.

You will feel happier. Relationships give a far bigger happiness boost than most of the other goals we set, and best of all, quality relationships get you to those other goals even faster.

Only if you are up for it, the last stage of this guide will teach you how to be the tribe leader yourself. The tribe will become yours.

I made a 1 hour video in which I expand on the details and explain how to progress stages. You can watch for free by this link now: <https://youtu.be/ISKxhR-YDMI>

STAGE 1 - RECLUSE

At this stage your internet addiction is your biggest problem. You don't spend much time outdoors and that's exactly why you don't meet new people. But perhaps you don't want to. Men in the recluse stage often prefer being by themselves... but they know that life isn't ideal.

Heavy internet use is the biggest problem in this stage because you can get very similar feelings of connectivity, status and brotherhood online, without making real friends. Games like Call of Duty give you ranks which emulate how it would feel climbing the ranks of a tribe, games like Runescape and World of Warcraft give you the dopamine from levelling up so you don't have to experience the discomfort of delayed gratification IRL.

You probably have some online friends and maybe even some IRL friends, but you're not content. Becoming popular and making new friends requires a sacrifice from you... You're gonna have to spend 1 hour less on your computer per day.

The first and most important actionable step for a man in this recluse stage is get outside the house more.

That probably seems insignificant and you're making excuses as to why you wouldn't benefit from this. That's your lizard brain thinking.

How are you going to meet real life friends without being comfortable being outside?

This is where most guys will click away, annoyed at the cliché advice of "Get out the house more", but your mother was right.

Spending all day staring at a screen is a lifestyle you're already used to, and how connected and popular do you really feel? Not so much.

You've tried it your way, now try it my way.

Create a new daily routine of going on a walk and building up contact with the people in your community. The ideal situation is that you go on a walk and you speak to everyone you walk past, but that's probably too challenging for you right now.

We're going to induce progressive overload (slowly increasing the intensity and volume over the weeks and months) for this. Start by just focusing on getting out on that walk for a couple days. Then start holding eye contact and nodding your head as you walk past people. Then smart smiling. Then start saying "good morning"...

But first, this all starts with getting out for that daily walk. The easiest way to consistently do that is to create a routine where you go at the exact same time every single day.

Listen to Atomic Habits by James Clear and you'll have solidified this habit of daily walks much easier than you think. You can even listen to the audiobook whilst going out for your walks.

You will exit the recluse stage once you replace ego for humility and realise you would benefit from this pursuit instead of staying the lone wolf.

STAGE 2 - SOCIAL SKILLS & PRACTICE

Learning and levelling up your social skills is absolutely vital.

If you're reading this, chances are you aren't that 'natural' guy who is incredibly charismatic, confident and social (the 'natural' guy wasn't naturally like that either, he just benefited from the positive feedback loop at a young age).

That means you'll get to spend some time researching and learning exactly what it takes to 'be social'.

This should feel very interesting to you as social skills are like superpowers in this digital age.

At this stage the most important behaviour is to create a burning desire to learn about social skills, influence, leadership and charisma. Start researching it more, search for TED talks and guides and courses and books.

Here's the very important part that most people miss in this stage: You must immediately practice what you've learnt, or you haven't learnt anything.

It's so damn comfy and fun to read a book and feel like you're being productive. To put that book down and immediately try what you've learnt is uncomfortable. And that's fantastic. Chase that discomfort.

By you now you already know that the uncomfortable actions usually yield greater rewards.

Look forward to that discomfort and hold the mindset 'Do the hard work, especially when you don't feel like it'.

At this stage I highly recommend learning more about cold approaching too. Since you'll be going outside and talking to strangers anyway, you may as well approach any cuties you come across. To date I have only ever seen one resource for approaching that's worthwhile: The Natural Lifestyles

Youtube channel. That channel single-handedly got me into approaching successfully.

You will stay in this stage for a couple of months...

I know that wasn't sexy to hear.

You were hoping for this entire guide to be a "*LEARN THE 24 HOUR FIX TO YOUR SHITTY SOCIAL LIFE, BUY MY COURSE FOR \$497*" but real life is not like that. It takes time to level your skills, but it is worth it. (The times passing by anyway, why not secure a better social life for your future self?)

Remember the progressive overload mindset from the Recluse stage - At this point you'll be going out and practicing what you've learnt from your social skills research. Do not let your ego get ahead of you. Too many guys have been so motivated to go out and cold approach the cuties only to get blackpilled immediately.

You are not good enough. Yet.

Start small and gradually build up. Most guys would be levelling up just by saying "Hello" to strangers.

Although this stage lasts just a few months, you should consider continuing your burning desire to learn more about social skills, holding a lifelong student mindset.

STAGE 3 - GIVE VALUE

You've spent a few months learning and levelling up your social skills.

You now realise exactly why you previously struggled to make friends and you now know that the 'secret' is literally just to give the other person what they want instead of thinking only about what you want.

At this stage, start providing value.

So what value could you provide? If you're uncertain of this, you are still in the previous stages.

In short, think about what your 'target' wants, and give them that.

Here's what I did: My 'target' was guys around my age who like to workout, so I started working out in parks around my town and I'd invite people to join me. Every single person I'd invite was always so hype (wouldn't you be hyped if someone invited you to workout when all the gyms were closed?).

This created a very small circle of friends and one of those guys became one of my best friends who I train with 2-3 times per week. How sick is that? I now have a consistent workout partner.

In this value giving stage you'll become the initiator. You'll realise that the majority of people are super keen to join you in whatever you invite them to, they are just shy and so they won't initiate with you.

You'll get comfortable taking that uncomfortable step of inviting people to do stuff. You'll risk rejection but eventually become unphased by it.

This is the stage where you'll see big benefits: you'll make new friends, you'll fuck more girls, you'll get more confident.

But it won't be enough. It's a big improvement from your ordinary life, and maybe you will stay here, but for the guys with big goals we'll move onto the next stage...

STAGE 4 - SCALE

Scale the value you are giving.

You've realised now that you can only give value to a handful of people per week. Your time is limited, as is your outreach in your city (without the internet).

At this stage, move that value online, where it has scale (ability to impact thousands, maybe millions of people online instead of just the people you come across in real life).

Here's what I did: I went through my own self improvement journey, realised what worked and what didn't, then I started teaching all this for free on YouTube and created a nice little audience of guys who said I changed their lives.

Focusing entirely on what your 'target' wants, start giving value online.

The most straight forward way is through social media content creation like YouTube, or starting a podcast. Keep reminding yourself 'Focus entirely on their interests', and they will find you.

Soon you'll have an audience of likeminded guys who appreciate the value you've given them.

The timeframe of this stage fluctuates on the quality of the value you give, the platform algorithm blessing you and the niche/topic of the value you're giving.

STAGE 5 - TRIBE LEADER:

Eventually your audience will grow and they will all see you as the tribe leader. This is your tribe now.

You'll have hundreds of ACTIVE followers (usually meaning you have a few thousand subscribers online as most are inactive).

When you now organise any kind of event or project, you'll instantly have guys who would love to join you. When you personally invite someone to do something, they'll see it as a gift.

These active followers look up to you, they'll happily pay your bills because of the life changing value you've given them. You have incredible power at this point. You're a full time content creator and leader.

Leading a tribe now means you have enough leverage to collaborate with other tribe leaders. You grow exponentially when you team up with other leaders as you essentially direct your followers to each other.

Taking this level of responsibility skyrockets your confidence and even testosterone. Maybe it's bro-science but my beard only started to grow when I became the tribe leader. It literally looks like I grew a few years older (in a good, masculine way) in just the last few months.

Your followers know, like and trust you. That means they'll do things that you suggest which means you'll have a community of men who are down to start the same hobby as you. You'll organise group calls and you'll have 10+ guys join you.

You may be reading this and thinking "no... not me" and you know what?

That's exactly the truth. Not you. Not now.

But maybe in the future.

You likely are not at this stage just yet, do not let that stop you from progressing up the stages though. Don't be scared of the 3rd set of squats when you're sat at home contemplating going to

workout, only focus on the next task of getting into your workout clothes.

Conclusion

When COVID goes away you'll come out of the lockdown with hundreds of men in your tribe. We all know it's going to get crazy. Imagine being able to organise a social event like going to a festival or going camping and having 20+ guys with you.

Compare that to staying as the lone wolf...

<https://youtu.be/lSKxhR-YDMI>

Go Fuck Yourself: How to generate self love in a masculine way

101 upvotes | April 5, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Self love has incredible benefits...

Your ability to sell (products/services in your business or even selling yourself to potential friends, plates etc) will be improved.

Your frame gets stronger, you respect yourself and you take less shit.

Shit tests become more amusing (you already love yourself, this little girls opinion of you doesn't even matter anymore)

There is only 2 ways to generate self love. We will discuss one of them in this post.

Do things for your future self (Accomplishments)

You can only ever achieve accomplishments if you focus on your future self by delaying gratification.

For example...

You don't eat the junk food today, and your future self has the accomplishment of his dream body.

You learn difficult parts to your business/career today, and your future self has the increased revenue/promotion.

You approach the cute woman and get rejected today, and your future self has a far better success rate because of all of the practice that he (you) put in.

In any example of delayed gratification, your future self benefits.

You will eventually become that future self, faster than you think.

The only way you can guarantee self love is by working hard for your future self so that he can enjoy the fruits of your labour.

Wouldn't you have more self love right now if you had twice as many meaningful accomplishments?

We can't go back in time, but we can make sure our future selves look back with gratitude, rather than disappointment.

That's how we generate self love in a masculine way.

(The second way to generate self love is through introspective journaling where you dive deep into the worst things that happened to you and eventually conclude that you are grateful for them, because you are the man you are today due to those bad things happening to you).

I read a RP story about a lion who gets tamed by a woman.

Does anyone have the link please?

8 upvotes | April 7, 2021 | /r/askTRP | [Link](#) | [Reddit Link](#)

The woman tames the lion and slowly loses respect and attraction in him, eventually leaving him when he's too weak to fend for himself. It was a fantastic story. Does anyone know where to find it? I've tried searching on Reddit and Google but no luck so far

How to be immune to societies bullshit

218 upvotes | April 8, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Video version of this post: <https://youtu.be/Lj-LYSN-c3A>

You can be immune to societies bullshit influence by heavily reducing your internet, especially social media use.

Imagine how little societal influence you experience when you go for a walk - there's no big titty Instagram model encouraging you to buy her Onlyfans and herbal tea, there's no guy flexing his photoshoped muscles selling you his expensive program.

Look around you and count how many people are living their lives through a screen.

You're one of them.

If the quote "You are the average of the x people you spend time with" is true, then you are becoming more like the blue haired people on Twitter that you hate. You're becoming more like... fucking Redditors. Is that what you want? Are these the people that you want to influence your mindset and your behaviours?

Have you ever ran ads on Facebook?

It's ridiculously easy to target the exact person you want.

In fact here is my real dropshipping advert that I used to target middle aged women who watch the reality tv show Love Island (At 1:45 in the video).

The women I targeted with my advert went on social media just for some instant gratification, saw my advertisement that was purposely made to make them feel insecure of their bodies and then they purchased a shitty overpriced product.

And you think this isn't happening to you or to your loved ones?

We're spending all day, every single day on the internet. Yeah you go for a peaceful walk, but you checked your phone 15 times on that walk. You're on a social media right now. Reddit is not any different and for many people, it's worse.

The trajectory of your life

Think about the two different trajectories of your life...

In the first trajectory you continue living with your internet addiction with the pride and ego that it isn't a problem because everyone else is addicted.

In the second trajectory you have the humility to realise that this is a problem worth solving.

In the first trajectory, you stay relatively 'normal'. You keep up to date with the news and media, you know about celebrities and whatever the fuck the hype is about. Because of this your brains power (broscience) get's contaminated. You never achieve as much as you could have.

In the second trajectory, you start to live like a god damn caveman. You severely reduce your internet and technology use. You spend most of your time doing natural activities like exercising, meditating, journaling and reading. Your mental health is in tip top condition. You aren't influenced and scared by whatever the fuck the BREAKING NEWS is today. You've forgotten that Covid is even still a

thing. You don't know anything about any reality tv shows or celebrities or big events like whatever the fuck is happening in the online world. Your brain is only slightly contaminated by sources that you didn't want. You achieve close to your potential.

Excuses

B-b-b-but I need the internet and my computer to do my work!!

Yeah no shit, you can of course use technology to work on your business and hobbies. We're severely reducing 'bad' internet time, not 'good' internet time.

Some people really try to rationalise their addictions with logic...

B-b-b-but jUsT 1 hOuR oF ViDEo gAMEs peR nIghT!! I need to rest after a hard day of working 800 hours!!

This is your lizard brain thinking. Video games (and any other internet use) are not a rest. You feel more fatigued, not rested, after your '1 hour' of video games, which ends up being closer to 3+ hours.

You want to rest after a hard day of working? Try this insane tactic that healthy humans use: Get into bed and close your eyes. That's rest. Not screaming at your jungler because he didn't gank bot lane.

Even still, you can scroll down to the comments right now. There's always a handful of video gamers who rationalise their addiction in anyway possible.

Not you.

You read this far because you understand the importance of keeping your brains power (broscience) pure. You don't want this bullshit to influence your mind.

That starts with gradual changes...

The Immunisation: Internet Fasting

Simply structure your pleasurable internet time just like you would structure your eating window when intermittent fasting: Instead of spreading it all across your day, reduce the amount of hours that you have available.

If you usually wake up and check your phone straight away to pretend to be productive, you now could wake up and go on a walk without taking your phone out with you.

You could not use any technology x hours before bedtime.

Overtime you can shorten your 'internet window' following the principles of fasting. Start at an 8 hour internet window, bring it down to 6 hours, 4 hours etc.

But my work would suffer!

This is a common and somewhat reasonable limiting belief but it's widely disputed in any productivity system. By 'batching' your work tasks like your emails or general internet use, you usually will never experience any serious consequences and in fact you'll benefit a whole lot from having the mental clarity throughout the day.

And again, you wouldn't do this with any important work. This is more for the negative influence of internet use from things like social media, video games, YouTube etc.

Conclusion

The internet and technology is a blessing and a curse. The overwhelming majority of us are addicted to it but we rationalise the addiction anyway possible.

As internet addiction is the most common addiction ever, it's reasonable to not be motivated to make drastic changes, because it's normal.

Hopefully you don't want to be normal.

Reduce societies bullshit influence on yourself.

Rites of passage (How do you even become a man anymore?)

66 upvotes | April 9, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

How do you even become a man when we don't have rites of passage anymore?

Some cultures and religions still have rites of passage. An interesting rite of passage comes from the Pentecost Island tribe who jump off heights to symbolise their strength. But most people won't experience anything like this.

Video version of this post (+ tribe vine jumping clip): <https://youtu.be/sZgoNG9q5DI>

The education system somewhat is a rite of passage but it's getting more and more feminised. You're not a man because you've graduated from high school. If you've graduated from a feminine structure predominately with female teachers, you're probably more feminine.

So when are you a man?

There's no definitive moments anymore.

We have a whole generation of boys aimlessly wandering around, indulging in instant gratification because they have nothing else. They stay as boys, even into adulthood.

They're waiting for someone else to make them into men and so they commit to video games that give them a sense of status and brotherhood. They strengthen their porn addictions to emulate sexual intimacy and manhood.

Anything just to stimulate being a man. And it doesn't work because it's too easy.

The virtual world saves you from the discomfort of the traditional masculine activities, and so you never grow.

You have to create your own rite of passage

It has to be something that forces you to embrace discomfort. A whole lot of discomfort.

It could be a challenging trip, it could be pursuing a business.

My favourite: When you take responsibility for others.

No ones forcing you to take responsibility anymore, we're not getting drafted into world war 2. So you don't have to take much responsibility in your life. You can be average. And so most guys choose that option and you probably have at times in your life too.

If you choose that option, you'll stay as one of those instant gratification addicted boys. You won't have a purpose.

But there's a reason why you're here, you weren't happy to settle for that life.

And so you want a rite of passage that'll turn you into a man...

When you voluntarily take responsibility for something bigger than yourself, you find your purpose. You've heard so much about the importance of purpose and you've probably struggled with finding yours. That's because you haven't wanted to experience discomfort for the sake of other people (or animals, the environment - anything bigger than you).

But that discomfort is incredibly profitable. It's your benefit.

And the important part:

When you fail that responsibility.

When you fail something important but you pick yourself up and try again, that's when you become a man.

Why is getting laid your main goal?

86 upvotes | April 11, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

You're horny.

You think that focusing your efforts on women will get you laid and ease that horniness, but there is one thing you missed...

Money, muscle & pussy. A man can never get enough.

If you would rather watch an unfiltered rant on this topic, you can watch the video version of this post with this link now: <https://youtu.be/Y24a9VAy87k>

The pre-selection issue

4 Billion years of evolution.

Women know when a man is desperate for pussy, and nothing reeks more.

Pre-selection is incredibly powerful. If a woman knows you have other women in your life, she'll be far more attracted to you. It's a very easy way for them to judge your SMV.

"So many girls seem into him, why?"

If you've ever made a woman wonder this about you, congratulations. She's witnessed other women attracted to you and now she's thinking of all of your attractive qualities.

Let's flip the script...

"He seems desperate. He's probably not getting laid, why?"

When you make getting laid your main goal, women know. And they'll wonder what's wrong with you. Why aren't other girls sleeping with you? Well done Jeffery, now she's thinking of all of your UNattractive qualities.

Why making pussy your main goal is counterintuitive to growth

By making pussy your main goal, you sabotage your purpose (do you even have one?) and long term growth.

This is counterintuitive because it's that long term growth that actually gets you laid.

You could purposely put pussy on the pedestal and get some crumbs every now and then, never satisfied. You'll never be satisfied because it's a goal based on instant gratification, a fleeting moment. You'll have sex with a girl, feel awesome for 24 hours whilst you tell your friends and then as soon as it's been a couple of days since you've 'progressed your goal' you'll feel down. Your happiness and sense of achievement is based on women. That's how you get laid whilst making your life WORSE.

Or you could put your purpose, some goal that's bigger than you, on the pedestal. Then you'll be working to something that gives you fulfilment all whilst increasing your sexual market value. That's how you get laid whilst making your life BETTER.

You know how important goals are. Are you really willing to sacrifice the spot of your main goal for the desire of instant gratification? Should your main goal, your mission, your purpose, not be something that is delayed gratification? In that it requires commitment and sacrifice in return for growth and long term rewards.

A visualization for you to try

Imagine two different life pathways.

Pathway 1: Pussy is your main goal. Everything you do is influenced by your desire for pussy. You work relentlessly to get women. See your life play out. What mistakes are you making? What have you accomplished? What are your relationships like? How's your family and friends? How fulfilled are you?

Pathway 2: You have a purpose that is your main goal. A purpose that gets you bursting out of bed in the morning. You work relentlessly to something that's bigger than yourself, helping other people perhaps. See your life play out. What mistakes are you making? What have you accomplished? What are your relationships like? How's your family and friends? How fulfilled are you?

Outro

Are you really willing to give up on the second pathway?

And again, by putting purpose on the pedestal, you'll actually get laid more often and with higher quality women because you'll become so much more attractive.

I wish younger-me was reading this post so I decided to write it for any young dumbasses who are focusing too much on getting laid rather than their self improvement.

Simp to pimp

463 upvotes | April 13, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

INTRO

From being one of the guys in her Instagram DMs to the one guy in her mind, you're going to learn the evil, abusive and manipulative things that work.

A word of warning: By following this guide and achieving the simp to pimp transformation, you will not be satisfied. You'll fuck more girls than you thought was possible and the veil will be pulled off. You'll lose excitement for what was once your biggest goal in life. You'll possibly experience an existential crisis. The EC's and posters from 2015 were absolutely right. Purpose will save your life. But nevertheless, achieving this transformation leaves you with an eternal feeling of abundance which fuels a lifelong pursuit of your purpose, without the insecurity that you're missing out on your sex life.

This guide is spilt into sections so you can flick around. You don't have to read it all but I highly suggest you read this upcoming explanation so you understand WHY it works.

WHY IT WORKS

These evil, abusive and manipulative techniques will not work on happy, healthy women.

But lucky for you, most people in this day (men and women) are damaged.

And damaged people are turned on by abuse, especially if it's similar to the abuse they experienced when they were younger.

When you run the evil, abusive and manipulative game, she'll be reminded of the times where she felt the most submissive and weak (usually physical or sexual abuse by someone she trusted).

It's fucked up, and that's exactly why you're still reading.

You are damaged too.

For just a few seconds, think back about the abuse you experienced. Now know that the women you are fucking experienced something very similar to you.

To ease your morals, just know that damaged women seem to automatically run this manipulative game without realising it.

This guide is for plates / hookups, not relationships. Perhaps this sounds beta / blue pill and maybe some big macho red pill alpha male is going to laugh at this, but honesty reigns king in a real relationship. If you truly want to connect with your partner and want a good relationship, do not use these tactics.

If you want to fuck girls from Tinder and nightclubs or you want an open or fake relationship (a fake relationship is the beta male plate game - this is where the somewhat low SMV guy convinces the girl that he wants an LTR when he really just wants to hookup) then you can use the tips in this guide.

The following sections are diverse. Read them, discuss them and use them when applicable.

Seesaw of emotions

Make her angry, make her proud, make her cry, make her lust, make her grateful, make her ecstatic. Go from choking her with aggression on your face and then bring her in like she's your comfort away from everyday battles.

Make her feel like you rely on her... and then disappear. She'll gather the orbiters, ready to replace you but clinging onto the hope that you return. And you will return. When you come back all of the other guys will seem tame compared to you.

The more you occupy her mind, the more she'll submit to you. You can only occupy her mind by taking up space in the different emotions she has. If you only make her feel one emotion, let's say making her feel sexually desired, then you're boring, you're average. Make her feel sexually desired and then immediately make her feel undesired. Make her feel like you need her right now and then make her feel like you genuinely don't care if she dies.

Ignore her messages for a week, even when she's asking you if anything is wrong, then invite her over to fuck and act like nothing even happened.

Sometimes you can berate / neg her just as you're about to have sex - this works especially well with girls who have very high self esteem / bitchiness / unfemininity. These are usually the taller girls. You'll find your dominance in that night skyrocket.

Be the guy that makes her text all of her friends because she hates you and loves you at the same time. You want to drive her crazy, make her feel insecure, make her feel secure, make her feel safe, make her feel unsafe.

Manipulate her friends

Ignore the hot narcissistic friend unless you have the SMV to attract her. This friend's narcissism will have her advising your girl - if the hot narcissistic friend would sleep with you, she'll encourage your girl to sleep with you. If you fuck up and say anything weird to this girl, she'll convince your girl that she can do better than you. Either go with polite indifference or actually fuck this hot narcissistic friend if the opportunity arises. Although your girl will seem hurt by that, she'll be more attracted to you because you pulled the high SMV friend. Girls love that kind of drama.

Make the low SMV friend feel valued by taking an interest in her (this friend is usually the nicest person and will be genuine towards you). This is the friend that your girl has deep conversations with, more than just "he's hot". This is the friend that will encourage your girl that she can tame you and that a relationship may actually happen. This is also the girl that may tell you if your girl becomes unfaithful should you promote her to LTR in the future.

Dangle the carrot in front of the slutty family member by holding strong eye contact with open and inviting body language. Do this enough so that everyone can see the slutty family member flirting with you but you remain indifferent or amused to it. This skyrockets your perceived pre-selection and SMV.

Bro it up with her male friends. If you have any insecure thoughts at all when you meet her male friends, you're done. You have to see these guys like they are your friends. It's tricky because it's somewhat natural to feel insecure when you meet guys who are 'just friends'. She has no doubt fucked at least a few of her male friends (again, we're fucking damaged girls here). Presence is absolutely vital. Meditate.

Make her believe she can tame you

There was a red pill story of a lion who gets tamed by a woman. I can't find it. Perhaps someone may link it in the comments of this post and I'll include it as an edit.

If she doesn't believe she can tame you, you'll only be a one night stand. If want a longer term plate who's down to do some freaky stuff and fuck whenever you want, she has to feel like the special girl who was able to tame the lion. They all have this fantasy. They just don't understand that taming the lion makes the lion unattractive.

Make her believe that she could be the one who ends your fuckboy lifestyle. That you could, just maybe, stop being so active on Tinder and pulling girls in nightclubs... if you had a great girl. She'll automatically think of herself as that great girl.

You have to be wild, wilder than she can manage, but every now and then, allow her to reel you in. She wants to feel that she has to get you to do LESS rather than encourage you to do MORE.

Show her signs of your connectivity and your openness to a relationship with her. Tell her she's yours. Tell her you are hers. Open up slightly and let her know that you actually do prefer relationships but only if you really get along with the girl.

Show your beta bucks side slightly. Let her dream that you would be the perfect bad boy, caring, boyfriend. The one who seems aggressive but empathetic at the same time. Make her believe that you would be an awesome father and provider, if only she could lock you down. Use condoms, idiot.

It doesn't matter that she's taken

Boyfriend or husband, all damaged women will cheat.

The 3 factors to fuck girls who have boyfriends:

Reduced self esteem: Her partner hasn't been making her feel good about herself. She feels insecure about her relationship. Her partner hasn't text her all day or maybe he's at a party or maybe he's cheated before. If you see any of these signs, she'll cheat. Especially if she slightly believes that you could be the one to make her feel good again, for the long term. She'll cheat and possibly cry with guilt straight afterwards. She'll eventually tell her partner so watch out for him coming to stab you.

Increased self esteem: Her partners done everything right. Life's going in her direction. She's feeling good. Too good. She's had recent success in her studies or in her career which has increased her confidence and risk taking behaviour. Her girlfriends have inflated her ego with 'you go girl' attitudes. Her poor partner has been encouraging it but now she feels too good for him. She feels like she's tamed the lion and now the lion is boring. And here you are, the new sexy lion who's better than the caged one she has at home. She'll jump ship and do it excitedly. She won't tell her partner (he might find out anyway). This is the classical moment where the girl has broken up with her boyfriend months before they actually spilt up.

For both of the self esteem factors read [u/humansockpuppet](#) guide to training bitches - her boyfriend didn't read it and that's why you get to fuck his girlfriend.

The party environment: Young women increase their sluttiness when in the party environment. You can bet that she'll be more likely to cheat when there's a 'hype' event of a friendly gathering or being in a party or a nightclub. Anything that's mixed with drugs will have more casual sex. Be the hot guy

with drugs and share them with a couple of people but purposely tease your target girl asking her why she deserves to get some free weed, coke, mdma from you. Eventually tell her that she can take some with you in the toilet. She'll suck your dick for literally \$2 worth of drugs. You might think only crackheads would be like this. You'll be surprised.

It's this environment when she'll mix with her slutty friends and take their advice to cheat on her boyfriend with that hot new guy (you, hopefully).

If she's ACTIVELY going to nightclubs and she has a boyfriend, she's down to cheat (happy, healthy women still go to a club a few times per year to celebrate, it's the women who go a few times per WEEK who are DTF). When you meet a girl in this environment, she'll likely still tell you that she has a boyfriend, that's her defence. Now it's 'your fault'. The simp will be sad that she brought up her boyfriend. The pimp will ask her "Oh, is he out with you tonight?" and when she says "no", the pimp will know it's going down.

Think horizontally, not vertically

[u/VasilyZaitzev](#)

You must hold the mindset that none of these women mean anything to you. You will not even remember their names or any details of the girls you're speaking to because of the fact that for men, it's a numbers game.

As soon as you can remember any detail about them (before you've at least met in person once), you're too invested and you clearly are not busy enough. You should be streamlining your approaches and dating app use, texting for logistics and ignoring them when they aren't down to meet. Too often guys try to build rapport with a girl they're trying to fuck, only to waste time. Some idiots seriously go on phone-dates and facetime the girls before they've ever even met.

This is where your purpose and priorities must come in. You create a god level abundance and indifference mindset when you have something as the priority ABOVE women.

Dread game the fuck outta her

Damaged women respond extremely well to heavy levels of dread. Take her to a nightclub and make out with other girls in front of her. Keep the dating apps obvious on your phone, preferably with constant notifications popping up as you're together. A quick tip for that is to mass-message every match on the dating apps and Instagram DM's as you're on the way to meet a girl and then you'll get a steady stream of notifications on your phone.

Unless you have some kind of celebrity status or are very physically attractive, you won't induce much dread game in person. Sure, you might flirt with the odd waitress but it's too little for the modern thot.

The modern day dread game comes mostly from your mobile phone. She'll become far more attracted to you when she sees attractive girls liking your Instagram pictures and a tonne of messages on your phone.

Keep in mind however that reducing/deleting social media and dating apps is better for your mental health and productivity so you must choose where you stand on this.

OUTRO

Use these fucked up mindsets to your advantage. Perhaps the best sexual pathway for young men is to 'get it out of their system', being the casual sex guy with a somewhat high body count leading to an existential crisis / philosophical mindset change where you realise this whole journey was out of ego, not desire. However that isn't something that will make sense to you just yet. Perhaps you could come back to this post in a couple of years and see if it does then.

Hollywood's 'special event' fetish & your self improvement journey

313 upvotes | April 16, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

You've seen it in the movies...

Good guy is a loser. Good guy experiences a special event. Good guy is now a sick guy and beats up the bad guy.

Hollywood and our modern world fetishize over the 'special event'. The one moment that changes it all, the moment that reduces months/years of hard work down to a montage of overly hype clips of the good guy doing a few basic activities and suddenly making significant gains in just a few minutes of runtime.

Real life is not like that.

Real life is being uncertain of yourself for weeks or months at a time. It's comparing yourself to people you saw on Instagram even though you quit social media months ago. It's hitting the gym day in and day out without seeing much of a difference in your body. It's only when you look back over the past few months that you actually see progress in your achievements, but day to day? It's nothing special.

Your self improvement journey will be like this. Although there will be important moments like a breakup that fuels your workouts or a family member passing away that sparks your philosophical journey, most of the days are largely the same. Mundane. Routine. There's no montage, there's no hype music playing with you as the main character (unless you experience mindlessness often - meditation is your friend).

The culture we are in obsesses over the special event because we are incredibly lazy. It feels so comfortable relying on that special event, waiting until "the times right/you're ready". Real life doesn't wait. The time passes.

The people who commit to their daily habits that make themselves 1% better make somewhat invisible progress. The people who fetishize the special event do not. Both kinds of people end the day roughly where they started. But they do that again, and again, and again. And eventually, the person with the good habits is now 50% better. A significant amount. The person without the good habits (who has bad habits instead) is now 15% worse. They cross paths. They only see each others presumed special event. The person with good habits fears instant gratification even more - seeing the consequences of overindulgent. The person with bad habits fetishizes the special event and gives more excuses than ever "he's so lucky!".

Choose your path.

Following the advice of 99% of people will get you the same mediocre results as the 99%. Lift LIGHT weights, if you want to look good.

35 upvotes | April 26, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Disclaimer: This post is not for those that do weightlifting as a hobby/skill. This post is for guys who lift weights specifically because they want to look good.

You've seen the advice 99% of people give you, even in this subreddit:

Lift HEAVY WEIGHTS BRO

What's your bench/squat/deadlift?????

I recommend Stronglifts 5x5...

Is this the Stronglifts recommending Redditor you're taking fitness advice from?

This advice is great if you actually care about your strength in the gym but lifting for strength is silly if you actually want to lift for aesthetics.

Only take my advice if you want to look like me

First here's my fasted morning physique, no pump

Here's me getting a sickening 30 rep forearm pump

Leg pump

Everyday look whilst I train outdoors

I'm 23 years old, 6'1, currently 165lbs at the end of my cut, training consistently for 6 years (I began at 115lbs - naturally lightweight for my height), natty.

I can only tell you exactly what I've done and what got me to this point. If you want the same results as me, carry on reading.

If you do actually enjoy lifting heavy weights, it's awesome you enjoy your training. You don't have to read this post but you may still learn something.

How does my training differ from the advice I've seen on Reddit?

I do absolutely no heavy compound lifts.

I still do bench, squats, barbell rows but nothing below 8 reps.

The majority of my training is in the 15-30 rep range with very slow and controlled reps. It's the smaller isolation exercises that really fine tune your physique.

More than half of each of my workouts are those 'smaller' movements like lateral raises, concentration curls, incline flies, rear delt flies etc

That means that my strength is pretty damn low and that's not so great for the ego when talking about fitness online, but I have so much gratitude for my physique that it makes up for it.

My routine has always been at least 5 days a week. I absolutely love my training, sometimes I'll do 2 workouts in one day - 1 in the gym and 1 outdoors on the gymnastic rings (that's probably not ideal for gains or strength but I do it for fun).

Your routine should be a 6 day a week push, pull, legs split or a 5-6 day a week full body split. Lifting 3 days a week is perhaps optimum if you only care about the weight you lift, it's not optimum for aesthetics and you certainly could not be hitting all those vital isolation exercises in those 3 workouts.

One of the first videos I ever made on YouTube (which now has 37k views!) is my How to build an aesthetic body (No Bullsh*t Guide). You can watch it by clicking this text. "As I soon as I seen neck on the list I subscribed"

In the video I advised to prioritise training abs, neck, lateral delts, arms, chest, back, legs - in that order.

That seems to be the complete opposite to the standard advice you may have seen on Reddit that focuses on heavy squats and says *"Don't even bother with abs bro - heavy squats and deadlifts will hit it"*

Frequently asked questions

B-b-b-but how about I start by lifting heavy to build a good baseline of strength and then move onto training for aesthetics?

I've seen people make this rationalisation many times and it simply doesn't make sense. To grow your muscles, you have to take that muscle close to failure. Whether you do that after a year of doing Stronglifts or you do it right away doesn't exactly matter.

You've just lost a year of maximising your growth and in fact, now your aesthetic workouts are even harder, more fatiguing and more likely to cause injuries, requiring more deload weeks.

The best case scenario would actually be you being WEAK, so that you would grow from even lighter weights.

What's your diet look like?

I made a 45 minute long video teaching the most important diet learning lessons I've had - all of which differs from the conventional advice I see on Reddit and YouTube.

I was always a binge eater. Following the advice of the fitness YouTubers made that worse. Fuck fitness YouTubers and their *IF IT FITS YOUR MACROS JUST EAT JUNK FOOD* advice.

I ate like shit for the first 5 years of training, thinking it was normal because I still had a relatively good physique. But I found it incredibly hard to cut and get as lean as I wanted. I would binge eat most nights and feel awful about myself. Writing about it right now doesn't do it justice. Imagine feeling like you have no fucking control over what goes in your mouth. You just keep eating and eating even though the thoughts in your mind are telling you to stop. You don't stop when you feel full. You stop just before being sick, when your stomach is literally painful for a few hours. At least a solid 3000+ calorie OVERCONSUMPTION.

But hey, if it fits your macros right?

The issue with eating junk food and following IIFYM is that it is incredibly easy to overeat your

macros when you eat junk. Those snacks and fast food and sweets have been designed to be overconsumed.

I watched Fat Chance: Fructose 2.0 and it was incredibly eye opening.

The major change in my diet came when I reduced my anxiety and now I know that anxiety is generally the cause of binge eating. This is far more common than most people think.

If you constantly overeat, this is the brutal truth:

Getting abused as a child (by parents or someone you trusted - as simple as getting screamed at or slapped by your mother for misbehaving) puts you in a permanent state of fight or flight mode. That's anxiety. That's exhausting. Imagine constantly feeling like you're in danger, even when you're safe. Imagine being in the shower and seeing a vivid daydream of you being attacked, or being in the gym and imagining yourself in a fight (you think that would fuel the workout but it does the opposite, we want to be mindful when training, not in a daydream). To ease that feeling of worry, people with anxiety will overconsume some substance. My substance was junk food. Others is alcohol, weed etc.

I highly suggest you take this mental health test by the NHS (United Kingdoms National Health Service) to find out your depression and anxiety scores. **Nothing will improve your fitness journey more than improving your mental health, I wish I could drill this into everyone who struggles with their training / diet - It's because of your mental health!!!** I am writing a full guide to improving depression and anxiety soon.

Here's my 'Living with anxiety' video if you'd like to learn more about my story, experiencing racist attacks and how anxiety effects your day to day life. I cry in this one.

And here is a 30 minute guide I made to reducing depression and anxiety. Don't worry, although I keep saying 'client' in this video - I'm not trying to sell you anything, in fact I now coach people who experience depression or anxiety for free which you can apply for here:

<https://forms.gle/C21E9JdQ2dYDVh3x9>

Today my diet is mostly filled with unprocessed foods and a couple of treats here and there. I haven't binge ate since May 2020! Here's an example of my day to day diet:

120g of oats, 40g of peanut butter, 3 cubes of dark chocolate + whey protein shake

4 scrambled eggs, 2 toast with butter

Salmon fillet, 400g of potatoes baked with olive oil and mixed vegetables

Chicken, rice, chickpeas (good old Asian mummies cooking)

Every week or so we'll get a takeaway from Uber Eats / Deliveroo etc and that's like my cheat meal and that's still relatively the same kind of food I usually eat - Nandos chicken, Subway chicken sandwich, Greggs toastie etc.

Throughout the day I'll have my 'treat' which is been absolutely key in my diet - A single piece of dark chocolate and a cup of tea. It's insane how much this helps. I know what you're thinking...

"1 piece of chocolate? And dark chocolate at that?"

When you meditate and eat chocolate properly - by taking small bites and letting it melt in your mouth (especially if you sip the hot tea and it melts making it taste like hot chocolate), that's all you need.

My maintenance calories are currently 3300 and I bulk on 3500 which is ridiculous - When I was

190lbs at the height of my anxiety binge eating I was gaining 1lb per week on 3000 calories! That's another thing that you may not have ever been told by Redditors or Fitness YouTubers - Eating clean actually increases your calorie maintenance for a few different reasons:

1. Eating clean, unprocessed foods fuels you better for higher intensity workouts which will lead to more calories burnt in the gym. Ice cream or oatmeal, which one is going to lead to a better workout?
2. Eating less sugar lowers your insulin which straight away reduces how much fat your body stores
3. Reduced insulin stops fucking up your leptin hormone which gets you to feel more energised and increases your activity levels outside your workout

I am a beginner, what's your best piece of advice for me?

Do the hard work, especially when you don't feel like it. If you only go to the gym when you feel like it, you'll miss more than half of your workouts.

Build a habit of following this mindset: Do the hard work, especially when you don't feel like it.

Let's say you're on your computer and it's time to go to the gym. Your lizard brain will tell you that you're too tired, you have too much work to do, you'll just go later (later never comes, there is no tomorrow).

If you listen to your mind, you will fail.

And that is profoundly tricky. Think about what I just said - If you listen to your own mind, you will fail.

So what do you listen to? How do you even know when you can trust your own mind?

You must allocate time to writing down a plan (specifically sitting down and writing on a piece of paper which days you'll be going to the gym), put a whole lot of intention into that plan by reading it a hundred times or sticking it up on your wall or setting it as your phone wallpaper and then have the mindset that any thoughts you have which deviate from this plan is simply the lizard brain trying to make you into a little bitch.

And it's still tricky because your lizard brain always sounds logical "Skip today's workout because you have to do x". You must build a habit of doing the hard work, especially when you don't feel like it.

You can no longer use your feelings to direct your actions.

I really want to start working out but I just don't seem to do it. I do lots of research, watch a bunch of videos but never actually hit the workout. What do you advise?

Researching about fitness is incredibly overwhelming. Everyone is telling you different pieces of advice. Years from now, you'll be able to benefit from that but for now, you should pick just one person (a YouTuber you really like) JUST ONE PERSON, and put your 100% trust in them and what they advise.

If you haven't started working out already, it's likely that your mind is weak. You're comfortable indulging in instant gratification like watching YouTube videos but when the thought pops up to get

sweaty and fatigued working out, you don't feel up to it.

Here's a mindset for you to think about: You only need to do the next task. You feel overwhelmed because you're imagining the height of the discomfort of getting started. But the next task is to simply stand up off your computer chair. You can do that can't you? The next task after that is getting changed into your workout clothes. You got that? The next task is to put your music on and the next task is to put your shoes on etc.

You only need to do the next task, not the whole thing.

If you feel stuck in this stage, it's likely because of your mental health. Take that test I linked above and find out your scores. Prioritise improving your mental health first and then you'll see that you automatically start exercising more.

I've been training for months/years and my progress seems to have slowed down dramatically. What should I do?

You've gotten comfortable with your training and your workouts are no longer very challenging. Your ego will disagree with this.

Have the mindset that your workouts should feel as difficult as they were when you first started. A good workout is one in which you literally get the thoughts "I can't do this, maybe I'll just leave early, I'll train abs at home" etc but you still power through it.

No matter if you're on your first day or 10th year at the gym, your workouts should be challenging.

Should I bulk or should I cut?

Most people overthink this question. You want to be in a lean bulking phase forever and you should only cut when you have gained too much fat or you want to shred down for a special occasion.

How are the gymnastic rings workouts? Should I get one?

Training with the gymnastic rings has been really fun. When you lift for aesthetics and not strength, you don't really get a feeling of accomplishment in the gym - You're using light weight and you don't feel incredible because today you hit 26 reps on lateral raises compared to 25 last week.

The gymnastic rings are real nice because you work up to doing some cool movements all whilst getting jacked. This becomes your strength training as you'll only be able to do 1-3 reps for many of the gymnastic rings movements. Now you're hitting both low and high reps in your training.

Conclusion

Most of the fitness posts I've read on Reddit, including on this subreddit, have been pretty trash, written by a user who has no proof of what their physique looks like and consists of "LIFT HEAVY WEIGHTS BRO". If you follow the advice of average people, you'll get average results.

If you are lifting specifically because you want to look good - lift light, not heavy weights and prioritise 'aesthetic' muscles in this order - abs, neck, lateral delts, arms, chest, back, front/rear delts, legs. Leave your ego at the door, pick up the light weights and hit 15-30 slow, controlled reps. Feel the burn. Enjoy the growth.

Bonus 6.5 year transformation pic

Your education starts after you leave the education system

391 upvotes | April 30, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Average people will graduate from high school or university, dust off their hands and never pick up a book for the rest of their lives.

After your formal education finishes, you no longer have a teacher telling you to study a wide range of topics. Most people learn the minimal of what they need to know for their careers and nothing more.

Continue learning to continue growing

How do you find out about a healthy habit and get consistent in it? By learning.

How do you improve in a specialized skill and produce more value? By learning.

How do you optimise your body transformation? By learning.

If you are one of the very few people who continue learning for life, your trajectory will be very different from your peers around you. You'll surpass others for promotions, your business will become more effective at easing customers pain points, your mental and physical health will remain in good condition, you'll pick up interesting hobbies and habits.

Learn but prioritise taking action

How do you actually learn something? For all the years you spent in the education system, it's strange that you have never been taught a process of learning a new piece of information or skill.

Here's a 3 step process you can follow:

1. Research - Research whatever you want to learn by using books, YouTube, courses etc
2. Practice - Immediately take action and practice what you have just learnt. Learnt a social skills principle from a book? Immediately use it on your family.
3. Train - Have a system of consistently practicing what you researched. Go out for a walk 5x a week to approach strangers and practice the social skills you researched.

You can see that taking action is a whole lot more uncomfortable than simply researching. As always, the uncomfortable action will yield better results. To truly learn, you must take action.

The lifelong student mindset

Hold in mind that you will be a student for life. That throughout your life you'll come across people and situations where you could learn something seemingly unimportant. You'll be amazed at how important some random piece of knowledge becomes later on in your life.

Take every opportunity to learn. Have immense curiosity to figure out how stuff works. Speak to successful people and see what makes them tick. Ask lots of questions.

Get into reading

The internet has made things far more efficient and many young guys say that reading is too slow as they could research the same knowledge online at a much faster rate. Efficiency is not the same as effectiveness.

When you invest hours into a book, you drill into your mind the importance of the topic you are reading about.

Although every book could be shortened down to literally 1 sentence, the value of reading a book comes from the time you have to invest into it.

There is no better way to gain a great understanding of a particular topic than to read a couple of books. Reading just 1 book on a particular topic seems to be enough to make a significant difference in your life.

Conclusion

Don't think that you no longer need to stay educated just because you don't currently have school/university.

Never stop learning if you never want to stop growing.

Hypergamy favours the ever-improving man

195 upvotes | May 4, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Most of us began as victims of hypergamy.

Years of investing into self improvement and increasing your SMV flips the script and makes you grateful, not resentful, for hypergamy.

Guarantee women for your future self

Continuous learning and improving will secure your spot in the top 10% of men. That's where the fun happens. You can guarantee that you'll be in a great position in terms of dating as long as you don't quit and you do self improvement the right way (improving ALL areas that can be improved including cold approaching, social skills, entrepreneurship, body transformation, mental & physical health etc).

Flip the script

You started your dating life being somewhat scared and hateful towards the high value men who were getting the girls easily. As long as you commit to your self improvement (especially your aesthetic body transformation and social skills), you become one of those high value men.

You experience both sides to life - being resentful or grateful for hypergamy, and you'll never want to go back.

Never stop learning. Never stop growing.

Most men stop growing at some point in their lives. They get comfortable and no longer delay gratification. They waste away whilst shouting "girls like guys with dad bods!" and wishing they could slap their younger selves for not working harder.

Will this be you?

Will you stop learning, perhaps due to pride and ego or simply laziness? Or will you continue with a lifelong student mindset, hungry for progress?

The only older men who get women in their 20s

If you want to be an older plate-spinner, you must be an ever-improving man.

There are two kinds of 40ish year old men who are single and active in the dating scene:

1. Depressed, chubby, 2 divorce expat in Thailand
2. Fit, strong, leader, business man

When young guys think that a older guy couldn't get success in the dating scene, they only think about the 1st group of older guys they have come across who are clearly unattractive.

The successful, ever-improving men who choose to stay single are simply far more rare to see and it's never a shock to see these high value older guys with attractive women 10+ years younger than them.

If you don't want to get into a long term relationship but still want to have options, you must become one of these men.

Keep your relationship exciting and secure

If you prefer long term relationships, you must continue to skyrocket your SMV even whilst with a woman you plan to stay with.

Many guys get into an LTR and start to get comfortable. Now that you've gotten the girlfriend you don't need to hit the weights 6x a week right? How about some drinks for celebrations? Come on, it's just a movie you can work on your business later!

It becomes far easier to stay comfortable and make no significant progress when you have a girlfriend to do instant gratification activities with.

But guess what? She's hoping you say no! She's hoping that you stay on your purpose and grind because that's what she was attracted to in the first place. Your girl will sometimes beg for you to miss a workout or business tasks so that you can do something with her. She genuinely wants to see you but it's also like an unconscious shit test where she's evaluating how committed you are. She can't help but find you more sexy and masculine when you pursue your mission and continue growing. That excites her.

No woman truly wants to stay with a man that gets lazy and comfortable after they get into a relationship. She wants to see you stay as a winner and when you start to slip up, she'll start to eye up your competition. Hypergamy favours the ever-improving man after all.

Conclusion

There is immense value in a lifelong commitment to self improvement. Never get too comfortable. Sure, take some time off to rest and enjoy some ice cream every now and then but stay on your purpose and progress for life to continue being grateful, not resentful, for hypergamy.

How to start meditating: Improve your mental health, work rate and mind muscle connection

107 upvotes | May 11, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

Meditation has a laughably long list of benefits and may be the single most important habit you implement.

Your mental health will improve, you'll enjoy the present moment instead of constantly analysing and overthinking, you'll appear far more smooth and charismatic with girls and in social situations, your focus skyrockets which means more success in your business/career and even your mind muscle connection improves, resulting in more gains from lifting.

Maybe you've heard all of the hype about meditation, and so you've tried it but it just doesn't work for you. You can't clear your mind from generating thoughts. You don't know if you're doing it right.

Video version of this post (Extra detailed): <https://youtu.be/nDFE1GAovMw>

The 4 Step 'Mindfulness Framework'

The Mindfulness Framework helps you understand the process you should be going through whilst meditating.

Here is a picture of the 4 Step Mindfulness Framework <https://imgur.com/a/UEXmMZF>

The 4 steps are:

1. Mindful of the present moment
2. Mind wanders into thought
3. Realisation of unmindfulness
4. Re-concentrating on the present moment

You will start this framework on the 3rd step (bottom right of the picture) titled "Realisation of unmindfulness". This is the moment where you realise you were deep in thought and think "Oh I was just thinking about x".

The moment you realise that you were deep in thought (when you have a realisation of unmindfulness) simply re-concentrate back to the present moment (4th step in yellow). Doing this is like 1 rep, 1 bicep curl for the brain.

For just a short moment you'll be mindful of the present moment, focused on one of your senses (feeling of your breath, sounds, body sensations etc), then your mind will wander into thought again (at this point you won't really be aware of this, your mind will wander into thought and you will dive deep into that thought for sometime). Next you'll get that realisation of unmindfulness again "Oh I was just thinking about x" and finally you can bring yourself back to the present moment for yet another rep.

The most important mindset for success: Just show up to practice

Meditation is a tricky skill to learn. Some people quit almost immediately because of this. Do not be

like those people. It's better to just keep showing up to practice, barely even knowing if what you're doing is working, then to not show up to practice at all.

Who makes more progress? The basketball player who shows up to practice and misses most of his shots or the player who skips the practice session because he didn't 100% understand what they were going to do that day?

Outro

It takes around 2-3 months of daily meditation to significantly improve your life. DAILY meditation is the vital part. Start with just a few minutes per day and increase it overtime, following the progressive overload knowledge you've learnt from lifting.

Soon you'll look back and be so grateful that your younger self just kept showing up to practice.

What have you wrote for your 5/10 year plan? Do you follow one at all?

0 upvotes | May 15, 2021 | /r/askTRP | [Link](#) | [Reddit Link](#)

I've always had the mindset that writing a 5/10 year plan is pointless because of course your life is going to end up significantly different to your plans made in your early 20s.

I am however beginning to see the value of writing a plan and constantly referring to it as a 'best case scenario' / automatic decision maker ("Do what it says in the plan").

So far I've included business, lifestyle and relationships into the plan. What have you wrote in yours?

Pride can be a problem - The value of humility

98 upvotes | May 16, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

My father said something interesting to me:

"It's easier to help someone who knows that they are stupid than it is to help someone who truly believes they are smart."

Having pride for your achievements is awesome. You've worked hard, accomplished some of your goals and now you feel proud of yourself and your efforts.

Pride can however be a problem...

Video version of this post if you would rather watch rather than read: <https://youtu.be/9Il-VTwXFQ8>

Ego and the death of your student lifestyle

Pride can fuel your ego and blind you to your weaknesses.

Let's imagine you've made fantastic progress in your body transformation as you've been working out for 3 years. Having too much pride would give you a sense of 'I know it all'. You'll think you're hot shit when people compliment you and ask for your advice.

When you become too proud and your ego gets too big, you stop learning. You feel like you don't need to continue researching, practicing and trying new things.

Why would you continue reading research on diet and weightlifting when you've already built a body that fuels your ego?

When you stop learning, you stop growing.

The value of humility

Humility is knowing there's lots that you don't know. It seems odd to say that humility is a fantastic value to have when all of this time you may have been focusing on 'fake it till you make it'.

Whilst narcissism, ego and faking it till you make it are effective tools for the casual dating scene, they are detrimental to your growth in your self improvement.

Humility fuels your self improvement by making you constantly look out for more knowledge.

Humility teaches you that you can learn something from everyone you come across. Humility teaches you to look out for critical feedback and truly take it on board to improve yourself even further.

Humility is what makes a great student and it's what mentors often look out for when deciding to help someone.

How to use pride and humility effectively

We don't want you going out second guessing yourself and constantly having humility, you'd never get laid with that frame.

Instead, invoke humility at times of introspectiveness and planning, perhaps once per week on Sundays when you are recapping how the week went and setting goals for the next week. This would be a great time to invoke humility and acknowledge that you are still a beginner in any pursuit and

that there's lots you could still learn.

As the week goes by, invoke pride. Remind yourself of your successes and have a "I'm that guy" attitude. This'll increase your confidence in your day to day life and get you more social and sexual success.

Conclusion

Pride can be a problem if you allow it to fuel your ego and blind you of the progress that's yet to be made. Humility is the opposite of pride and it's a skill that is often not trained. Your self improvement will benefit from humility.

How to start a cult

73 upvotes | May 30, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I did a fair amount of research on cults, religions and multilevel marketing. What you'll read below is the process of starting your own cult, amassing a following of cult members who'll do whatever you say (including paying your bills so this can become your 'full time job'), skyrocketing your leadership and influence.

Clarify your cult member persona - Who is the ideal cult member?

Think of your 'target audience'.

Who are they? What do they do? How old are they? Where do they live? What struggles do they have? What have they experienced so far? What kind of cult leader will they idolize?

The best marketers and salesmen have a clearly defined 'buyer persona'. This allows them to target all of their products and sales pitches better.

It's very beneficial to take the time to draw up this persona. Give this imaginary character a name, job, hobbies, interests, dislikes etc.

We'll call our cult member persona Jeffery.

Jeffery is 21 years old and he is a total loser but he wants to change. He's addicted to League of Legends and fapping. He never gets past day 7 on nofap. He's kissed just 1 girl in his life and he's envious of guys that have girlfriends. He's found self improvement videos on YouTube but it doesn't seem to work for him.

Think in their terms - What do they want?

Start by thinking in the terms of your cult member persona.

Jeffery wants a feeling of power, success and importance. He wants to stop feeling like a loser. He'd love to make new friends who valued him.

Use this knowledge to create a plan of action of what your cult will provide to it's members.

Give them what they want

The more important you make your cult members feel, the less likely they will return back to their normal lives. Give them lots of praise and personal acknowledgement.

Give them a brand new self transcending purpose to focus on - Something bigger than them that makes it all worth it. Some religions use a faith in God and belief in heaven for this. Some cults use an imminent apocalypse.

Give them the potential to progress in the cult by showing their devotion and hard work. Publicly promote the hardest workers and have an exciting ritual that makes other cult members envious of the person being promoted so they start to replicate the hard work, in hopes for the same feeling of importance.

Create a strong relationship

Open up to your cult members. Tell them relatable stories of your past experiences and how exactly you reached a point of self-actualization. Show them the way. Show them proof of your weaknesses and proof of your unbelievable progress.

Relate to their pain points (remember the cult persona?) as they are generally not that unique. Once you've had conversations with a couple of cult members, you can immediately guess what problems a new cult member has, what thoughts they've had etc. Use that knowledge to seem incredibly relatable to new members.

Encourage existing cult members to warmly welcome newcomers. Publicly promote the cult members who take an active step in welcoming newcomers and other cult members will start to do the same. Soon you'll have members rushing to welcome newcomers, making the newcomers feel immediately valued, acknowledged and part of the cult.

Tell stories

This is perhaps the most important section of all.

Tell incredible stories of courage and bravery and honesty. You'll notice that all religions do this very well.

Tell them about characters they can relate to and how these characters were able to become righteous and live incredible lives through the culture that the cult replicates.

Create a culture that isolates them

Once they've started to trust you, have your cult members acting in ways that takes them away from their existing social network. After a while the other person will be reliant on you for all of their social life, causing an even bigger investment from them.

I like to do this step in a more positive way - The culture I induce to my cult members is one of self improvement. That immediately has them reducing their 'normal' behaviours like watching Netflix, playing video games and using social media etc. They are isolated, but in a way that benefits them.

Keep them busy with tasks and a cult lifestyle that leaves little time for other social networks. Make your cult social life so fulfilling and exciting that when your cult members original social networks begin to look plain and boring.

Give them tasks

Keep your cult members busy by making them do your work for you. If you have any manual tasks in your business that will yield profit for you, outsource them to your eager cult members who'll jump at the chance of impressing you.

Make your cult members your multilevel marketers by having them recruit new members into the cult.

Monetize your cult

Do not be greedy. Obvious signs of salesmanship will deter new cult members from committing to

your cult as warning signs will go off in their minds. Everyone is aware of the markets and YouTubers who are trying to sell them something.

Instead, go with optional donations to begin with. Follow Law 13 - When asking for help, appeal to people's self-interest, never to their mercy or gratitude. Give them something of value in exchange for the donation. Essentially you are just selling products and services to your cult members but by dressing it up as a donation in exchange for 'free' value, your cult members will not think of you as greedy.

Eventually once your cult members have committed greatly to you, make the donations somewhat a requirement through social influence. This is why churches have donation boxes stationed in particular areas that everyone can see. Create a system that makes donators feel empowered and non-donators feel guilty.

Make an event of showing what the donations have bought the cult (keeping most of the money for your own personal use, if you like), and encourage even more donations at that event.

Rewards and Punishments

Positively reinforce the cult members who are following your rules with praise and acknowledgement. You are the cult leader - just eye contact with a smile is enough to make someone feel important.

Publicly reward the cult members who go above and beyond with new status, titles etc.

Make all your punishments public. Your cult members must know what is not acceptable in your cult. Have clear rules and harsh punishment for breaking those rules, especially if the rule breaker is a cult member who you have given new status and titles to.

Always allow members to be open with their misbehaviours. Encourage them to be honest and be far more lenient when they come to you admitting their rule breaking. You must create a space where members feel that they are better to come to you after they have messed up rather than keep it a secret.

Give most rule breakers a chance to redeem themselves, but always in the public eye of the cult. Make every member aware of the rule breaker but do so in a more positive light (even if the rule broken is not a severe one or one that undermines your leadership) by asking the other members to encourage the rule breaker to redeem themselves. This strong social support will show the rule breaker the amount of value they could be missing out on if they are banished from the cult. They will fight to stay and often times these once-rule-breakers become fantastic long term cult members.

Publicly banish cult members who have disrespected you. Silently banish the people who undermine the cult as a whole.

Keep things exciting

There must always be a big event on the horizon otherwise your cult members will begin to get bored. Attention spans are deteriorating and competition is fierce. You must have exciting announcements and promotions. With great social skills these announcements and promotions and big events don't even have to be that big, you can hype up anyone for anything when they admire you

and you have a great level of charisma.

Plan your end-game

What is this all for? Perhaps you just wanted a feeling of importance yourself. Perhaps you'd like to use this as a business model to achieve financial freedom. Whatever your end-game goal, plan it specifically and make all decisions based on that plan.

Some questions to ask yourself:

Why am I doing all this?

What do I want to accomplish by the end-game?

At what point do I want to stop being the cult leader?

Will I get someone to take over my position or will I simply let the cult disperse?

What position do I want to leave my cult members in at the end point?

Conclusion

Cult creation is an incredibly fun hobby. It can very quickly become profitable, replacing your original full time job / business (how awesome is that?).

Becoming a cult leader is perhaps the most influential and powerful you could become in your life.

Why not experience that?

Here are 4 self improvement goals that truly changed my life and some advice for you

529 upvotes | June 5, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Goal 1: Build your dream body

Everyone on therepill kept telling me to lift and so I did. [Here's my body transformation over almost 7 years](#)

If there's just one thing that'll change your life the most, it's improving your looks through building an aesthetic body. You could be a video game nerd at heart but when you look muscular everyone treats you like the leader.

My advice for building your dream body: Place extra focus on the 'aesthetic muscles' (which are often undertrained or not trained at all in normal workout routines!) Neck, traps, upper chest, lateral delts, lats and abs.

If you find yourself skipping abs whilst saying "I'll just do them at home", here's how I fixed that: Take abs out of your workout routines and instead do 1-3 sets of abs as part of your morning routine as soon as you wake up. Instant consistency.

Goal 2: Make online income

If you're currently making close to minimum wage in a job that you dislike, it's actually much easier than you think to replace your wage with online income. It just takes a while to get started but after that the balls already rolling (6-12 months of upfront work).

Almost everyone can do this - On any social media platform (I used YouTube) you can make content aimed at giving advice to your younger self. Whatever lessons you've learnt, just record yourself giving that advice pretending that you're speaking to your younger self. Doing this made me realise that none of us are special or unique and that my problems were also the problems of many young men around the world. Overtime you amass an audience of people who like you and would buy things from you.

The process to make money from social media like YouTube is to make free content and then collect your viewers email addresses by telling them to 'click on the link in the description' (you can offer them something for free like a short ebook in return for their email). Then you sell cheap items through email and eventually sell more expensive items. This is a very basic overview of the process marketing and making online income...

Learning to sell is an incredibly fun and profitable (obviously) skill that you can start today and every man should have at least some basic sales knowledge (it'll help your dating life too).

You're basically always selling whether or not you know it. WallStreetPlayBoys said that sales is the most transferable skill you can learn and that "every second you spend learning sales will give you a 100x return."

I recommend reading the book Cashvertising to learn how to 'copywrite' which is like writing the product text that makes people click 'Buy Now' on websites. The book The Psychology of Selling by Brian Tracy is great for all-round sales knowledge.

Remember, every second you spend learning (and implementing!) this knowledge will pay off and give your future self a better life.

Goal 3: Write a story

I set myself a creative project of writing a self improvement novella (70 pages) and it was awesome. You can read it here if you like:

<https://docs.google.com/document/d/1XJf6HKbMQBG8S6XIZ4SPDcJ9fjU0Sv-rRxGKBHm6bPA/edit?usp=sharing>

I was waking up early, so excited to write. This goal was different for me because I'd only set traditionally 'masculine' goals for myself. Writing a story opened up my imagination and the whole process was fun.

Storytelling is an incredibly important skill. I realised this after getting consistent in writing. You use storytelling all the time when you sell. And again, you're selling all the time. Whether you're speaking to a woman, creating a social media post for your business or collaborating with someone, you're selling.

View storytelling / story writing as a skill that you can level up simply by getting XP (experience) in that skill. The more you write and the more you learn about stories, the better you'll become. After a few weeks of learning you'll find yourself telling more stories in your daily conversations and you'll see people's eyes literally glued to you - You have their full attention. Now imagine if you had that effect online when you were selling a product... Instant profit for you.

Goal 4: Physical accomplishment

I set the goal to hit a handstand press on the gymnastic rings, it was an awesome feeling.

Now I can hit 5 pretty good reps per set and I can't even do a normal handstand on the floor!

I've also been training the front lever for the past few months and seeing this video got me so hyped.

It might not look so impressive but seeing how far I could get my legs down and hold for a second was awesome. Front lever is by far the hardest exercise I've ever trained in my life.

This goal goes hand in hand with building your dream body. Set yourself some kind of challenging physical accomplishment, something that you want to work towards, and then chase that goal relentlessly. You'll often make visible gains whilst also getting a huge sense of accomplishment when you finally hit the move that you've been practicing for.

Practicing for a physical accomplishment is like the cornerstone of self improvement - You learn about discipline, willpower and consistency. You battle your lizard brain that tells you that you're too tired to practice today. Accomplish some big physical feat and the rest of your life will change.

There's no reason why you can't get into the top 10% of men (90% of men aren't even trying!)

284 upvotes | June 11, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Look around at your competition...

There isn't any.

70% of people are fat. Just don't be fat, and you're in the top 30% of men already.

B-b-b--bbut Hamza!!! I'm my own competition!! Just do more than you did last week hehe

It's a feel-good story to say that you are not in competition with others. You are. You just don't like to admit it because it makes you anxious thinking about competing and potentially failing. You should absolutely be 'beating your score' from last week (using what you've learnt from progressive overload) in all areas of life. But you have to keep in mind, whether you like it or not, that you're in competition with everyone around you.

Competition is incredible for us. It's what creates innovation in businesses. It's what fuels athletes to build such raw strength and skill, not because they are progressively overloading and trying to be better than last week, but because they have an upcoming competition and they plan to dominate. The thought of other men competing against you for resources spikes your testosterone and discipline sky high. Your ego gets threatened and makes you wake up early and go to sleep late, constantly practicing and honing in on your skills to beat the competition. Everything in your external life revolves around competition.

You're obviously competing against other men to attract women.

And here's a reminder of a cold, hard fact. The winners receive a skewed level of rewards compared to the near-winners. The top 1% of salesmen make more than the rest. 90% of sexually active women are fucking the same 10% of high value men.

What does this mean for you? Keep going. You haven't hit that sweet 10% point yet. But when you do, you'll know. Your results will instantly skyrocket. You'll go from getting 1-2 Tinder matches to 15+ PER DAY as soon as you upload better pictures. Your income will double, if not more.

From my experience, you can dip into that top x% and dip out too, depending on your environment and current characteristics. That means you have to continuously stay on top of your self improvement, keep levelling up your mind and body.

But isn't this a shallow pursuit? Doing all this work just for some stinky hole?

This work is for you to create a life that you enjoy. Plus, working and achieving something great is the most enjoyment you'll ever get. Think of women, money, muscle (or any other result) as the fruits of your labour. We put in the labour because we are men and that's what we're supposed to do and then the world rewards us. Pick the fruits of your labour that you want to enjoy. But at least guarantee your future self to have those ripe fruits by planting the seeds today.

Here's a goofy video I made titled 'Your Competition'

The bottom of the bucket crabs will try to pull you down

340 upvotes | June 12, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Everywhere you look, especially online, you'll see guys who have given up.

Not only have they completely abandoned hope, they try to convince you to do the same thing.

You see these incel / black pill guys sneak into this subreddit trying to convince the men who are actually working on themselves to give up.

It's like a loser multilevel marketing strategy...

They've quit self improvement (many of them have never even tried to improve themselves!) and now they want you to do the same so they don't feel as bad.

What a repulsive attitude to life.

What arguments do they bring to the table?

"If you didn't start with above average genetics then you'll never get any success with women."

Does my 'before' picture look like I have above average genetics to you, black pill sperg?

I used to be a little bitch too. I used to think that girls didn't like me because I was brown skinned. After years of self improvement guess what I realised?

Girls didn't like me because I was a negative, socially retarded piece of shit... who just happened to be brown and ugly too.

I took control of my life instead of using genetics as an excuse with this one mindset:

How far can I go?

And as it turns out, pretty damn far.

Now I have no respect for any man who uses genetics as an excuse unless they have already made incredible progress in the other areas of life they can level up.

And of course, there's no man with a 10/10 body who still complains about genetics. Because after years of self improvement no matter where you started, you get to enjoy a completely new life.

"Look at these statistics and graphs!!! It proves that the black pill is right"

I've found that the hopeless black pillers / incels seem to be a certain kind of young man, you probably know what I'm talking about.

They're all 18-22 years old, skinny, above average intelligence, analytical brain, socially autistic.

I usually never speak to these guys directly but I do often see them arguing in the comments about all the random facts that they can pull up.

These guys have no experience in real life and they rely on 'facts' which are just pictures that some other black pill sperg has put together like this

They spend all this time collecting this data and making these autistic graphs instead of just working on themselves.

The one black piller I've spoke to admitted that he doesn't lift but that "Lifting wouldn't do anything

anyway because the data...."

There we go. None of these guys actually have the experience themselves.

"Self improvement just doesn't work to get girls"

These guys actually think 100% of self improvement is to attract women...

Now we would be liars if we said that attracting women didn't influence our improvement efforts, but we understand that women are just one of the rewards of self improvement, just like money, muscle, respect, confidence, self esteem.

They're wrong simply because self improvement increases your SMV. The higher your SMV, the more (and better quality) women you attract. And again, they wouldn't believe this because they've never put in the work to see it themselves.

Why we should care about this

I usually never spend my time considering the arguments of people I have no interest in, but these guys do effect us.

More and more men are taking the black pill and you will be tested by these guys.

You'll see them comment on this subreddit, you'll see their YouTube videos pop up on your homepage, and you've already seen them on the news after they snap.

The black pill sends men down an extremely negative, hopeless path. There's not much that's more dangerous than a man who has nothing.

It's worth taking a few minutes to understand their mindset so you can steer well clear of any man you meet who could be black pillled. Don't let the crabs pull you down.

I did a 1 hour podcast / interview with a devout black piller who thinks that the red pill is rubbish, game doesn't matter and that men who don't have above average genetics should just move to South East Asia. You can watch here: <https://youtu.be/efqNT23WAPQ>

How to take sexy Tinder pictures that actually get matches

74 upvotes | June 15, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I went from getting 0-1 matches to around 20 + PER DAY (keep reading to see my pics)

Please for the love of god do not take any Tinder advice you see on Reddit, unless if [u/killyourinnerloser](#) wrote it. In fact just go dedicate an entire evening to read his Tinder guide.

To this day I've never read Tinder advice on Reddit, including on this subreddit, that didn't make me cringe and think "this guy has no idea what he's talking about" (apart from killyourinnerlosers guide, that was good)

Why Average Men Get No Success On Tinder

Look at the 6 pictures below.

<https://imgur.com/a/T2vaXXy>

If you take a look at the dating profiles of average men, there is nothing special. There's no reason for a woman with unlimited options to even spend a single second on any of these profiles.

Let's compare that to my Tinder pictures...

<https://imgur.com/a/YZhYJUT>

You spent far longer looking at my pictures than you did looking at the pictures of the average men. Why? Because there's simply more to look at, respect and admire. For women there's more to look at, screenshot to show to their friends and lust over.

For you to understand which kind of dating profile pictures get the most matches, you have to understand how women actually swipe on dating apps...

The Left Swipe Streak

Most guys have never actually watched a woman swipe on Tinder and so they don't know how it works.

As guys, we right swipe most girls and unmatched/ignore the girls we aren't attracted to later. It's just far more efficient to do this rather than to slowly look through each profile, building up a level of emotional investment into the girl and then not matching with her anyway.

Women don't use dating apps like this. They main the left swipe. They are always on a left swipe streak.

She swipes like this:

Left, left, left, left, left, left,

"ooo this guys kinda attractive"

she flicks through his pictures and reads his bio

...

then she left swipes him too lol

Left, left, left, boom.

She comes across a guy with a shirtless picture and pauses. She swipes right

Most guys think that they'll at least get a fair shot on dating apps. They won't. They'll get less than literally 0.1 seconds because she's already on the left swipe streak and the guys basic picture didn't stand out enough to create the 'left swipe stopper' effect.

Your First Picture MUST Be Sexy & Shirtless

You can test this if you like. Next time you meet a girl from Tinder, have her go onto the app and see the % of guys that she's matched with who have a shirtless picture as their main photo. It'll be at least 50%, probably more.

You cannot use a 'normal' picture for dating apps. You just don't stand out and you'll fall victim to that left swipe streak.

But Hamza! My body isn't good enough to post a shirtless picture yet!

This is the beauty of this advice - You could use a shirtless picture, not even look muscular and you'll still get more matches than normal because more girls are stopping on your picture to look at you. Just because they're stopping their left swipe streak you'll get a higher % of women who right swipe you.

And if you're training your body in the right way (prioritising 'aesthetic' muscles - neck, traps, upper chest, lateral delts, lats, abs) you'll be looking significantly better every 3 months. You may as well level up your shirtless picture taking skill now so that you can consistently take pictures as you progress in your body transformation.

When you've built your dream body, you may already have 1-4 years of shirtless picture taking skills. Do not wait until you look great, start taking pictures now and just upload one as your main photo. You'll instantly get more matches and if you were planning on sleeping with these girls they would have seen you shirtless anyway.

What Kind Of Shirtless Pictures Work Best?

Go with the 'fuckboy' look: <https://imgur.com/a/h7MPkrF>

Instead of the sweaty gym look: <https://imgur.com/a/rpR2SIJ>

You can see that the gym picture looks bigger and stronger than the fuckboy picture but the fuckboy picture will undoubtedly get more matches on dating apps. That's because pumped up gym pictures are just not as attractive even though you'll look far bigger. Girls don't want you to be massive, they just want you to look good.

(We of course want to get huge but when you're specifically on dating apps to get laid, why not take pictures that actually get you laid? Save the sweaty gym pictures for yourself + your buddies)

How To Start Taking These Pictures

Copy.

Just find some guys on Instagram, screenshot their shirtless pictures and then copy them as best as you can. Recreate the pose, clothing, angle etc.

In time you'll find out your own characteristics - what lighting you look best in, what pose gives you the most matches etc. Before that you may as well just copy what works.

View picture taking a skill, just like a skill in a video game. This is simply a skill that you haven't levelled up because you haven't gained much XP in it yet. Most guys don't get XP in this skill and then complain that they don't get matches on dating apps. That's the name of the game. Your pictures are assets in this modern day and actually have a high return on investment based on the time/energy used compared to the results (women, business, friends) that you get back.

My Full Shirtless Pictures Guide

I wrote a 10 page guide on how to take better shirtless pictures (including how to find inspiration + how to take pictures with women that get more matches) that I sell to my audience. You guys can have it for free here: <https://hamza-ahmed.co.uk/pl/2147508544>

(You get 7 aesthetic workout routines sent to your email too)

Mental health is potentially the most important factor of your self improvement but it's usually not a popular topic. Here's an argument for the importance of mental health and how you can improve yours.

505 upvotes | July 3, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

Your mental health determines your productivity, frame and willpower.

You may have lived with depression or anxiety for years without even knowing that you have a mental illness that's impairing your work rate.

Due to our modern addictions of heavy internet use, lack of physical activity and social isolation, the overwhelming majority of people seem to have symptoms of at least mild depression and anxiety.

Have you experienced these symptoms?

- Knowing the good habits / work you should do, but you just don't do it
- Less enjoyment in things that used to be fun
- Constant worrying about something bad that could happen
- Overthinking negative thoughts
- Not looking after yourself properly, not brushing your teeth or showering every day

If you do the right things you will see some improvements to your mental health within weeks. And those improvements will make you feel more pleasant, you'll have more confidence in yourself, you'll become more attractive to girls (happy people are more attractive), you'll become more productive and actually start to enjoy the work.

It's a very worthwhile pursuit to consider mental health as part of your self improvement. Set goals for it just like you've set goals for your body transformation.

The main mindset

Your mental health is a symptom of your 'healthy human activities'. (broscience)

Imagine how our ancestors used to live, the closer you can get to that natural, caveman life, the better your mental health will be.

The early humans exercised every single day. They ate natural, unprocessed, low sugar foods. They did minimal sitting, 0 screen/internet time. They had challenges and feelings of accomplishment. They stayed out in the sun. They lived in tribes and had close connections to family and tribe members that they could rely on.

We don't do any of that.

Most people don't get up from their computer chair unless it's to get a coffee and some junk food from the kitchen. We spend our entire lives in the virtual world looking at people who are more attractive, happy and successful than us. We fear failure and don't set ourselves uncomfortable challenges. What real tribe do we have these days?

B-b-b-but mental health is genetic!

There's absolutely genetic links to mental health but it's not something you should keep in mind. Instead just ask yourself "Have I improved as much as I could have?" The answer is always no. You'll find with the improvements even a genetic cause of mental illness can get improved significantly.

Test your mental health

This is a simple depression and anxiety self assessment from the NHS (United Kingdom's National Health Service):

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/depression-anxiety-self-assessment-quiz/>

It's incredibly value to get your scores so you know where you stand and you know where to aim your efforts. If you screenshot your scores it also serves as a 'before picture' for a before and after progress picture.

Once you have your depression and anxiety scores you can continue reading to the section that you'd like to learn more about and improve...

Depression

Quick plan of action to reduce your depressive symptoms: Daily meditation, gratitude journaling and cardio.

Don't overthink the plan. Literally just download any meditation app and start using it. Just write a couple of things down that you're grateful for. Do whatever form of cardio you can do.

The symptoms of depression unfortunately stunt your self improvement growth. Imagine having no motivation to do anything, you literally feel fatigued even when you should have energy.

You'll feel like you don't want to live but you don't want to die. You're not even enjoying the instant gratification activities anymore which bothers you even more because now you're not even having fun during the fun activities.

Main habit for improving depression: Progressive Overload

You know exactly how progressive overload works. Progressive overload your meditation, gratitude journaling and cardio.

Think of depression as resetting your progressive overload. People get stuck with depression because they know for a fact that they couldn't do what they used to (imagine a stubborn weightlifter who refuses to go to the gym because he couldn't hit his old PR).

"Go on a 5KM run? No I couldn't manage that"

But that's the point, if you can't manage it, don't do it. When you're improving depression, focus on setting yourself a small challenge relative to how you're feeling right now, not how you used to feel. Maybe you used to run 5k's but now, you're only up for going on a very short jog whilst listening to your favourite music. Maybe you can't even manage that. You must set the bar of success real low. This is why you've heard the very common advice of "Start with making your bed". That advice is

incredibly cliché and sounds stupid but it's profoundly effective. Set the bar of success low enough for you right now.

Depression is often coupled with ego - You don't make your bed or go out for a quick walk because you don't think it would help you as you used to do so much more. You must forget about how much you used to do.

Do you think it would be a good idea to try to hit a PR on squats immediately after taking months off?

When we take time off, we ease ourselves back up and the important part is that we do what is a challenge relative to where we are right now.

Forget how much cardio or meditation or journaling other people do or how much you used to do. How much could you do today? Even if it's literally seconds, that's progress as it's seconds more than you've done over the last while. Now the bars moved slightly higher and tomorrow you can do a couple more seconds.

Anxiety

Quick plan of action to reduce your anxiety symptoms: Label anxious thoughts when they arise, daily meditation and weekly 'deep journaling'.

Anxiety can be simplified as worrying but it goes deeper than that. Anxiety can give you PTSD flashes of that traumatic event, it constantly pulls you out of the present moment and keeps you into a state of fight or flight. It's exhausting.

If you have anxiety you'll likely know your triggers. The trigger is usually somewhat linked to the trauma you experienced and the average advice is to simply avoid those triggers. That doesn't exactly work for long term growth.

There is a cause to your anxiety and it's usually some kind of trauma or abuse that you experienced. You're probably seeing flashes of that memory right now.

The simple broscience of anxiety is that it comes from the amygdala which is one of the oldest parts of our brain is the part of our brain that puts us into that fight or flight mode. The amygdala is the lizard brain.

Main habit to improve anxiety: Introspectiveness

The mindset to improve anxiety is to firstly be grateful for it. Your amygdala is just trying to keep you safe. There was a traumatic moment when you felt so unsafe and so now your lizard brain is working around the clock to save you from more moments like that. Be grateful for your little lizard.

Anxiety can only be improved for the long term after some introspectiveness. This is where 'deep journaling' comes in. Get out a notepad and pen (don't be silly, 'journaling' on a computer is obviously not the same as writing it out with a pen) and dive deep into the trauma you've experienced. Ask yourself how you can reframe your mind about that event, how you could be grateful that it happened, how it's shaped you into the person you are today. Deep journaling is something you should do weekly for the rest of your life. It's incredibly beneficial.

Daily meditation will enable you to dissociate yourself with your anxious thoughts over the long term. The more you meditate, the less your thoughts will bother you.

Labelling is an awesome technique that you can use in the short term. As soon as you realise you are experiencing anxiety, 'label' the thought with a simple statement such as "That's my anxiety" or "That's my lizard brain thinking". It's incredibly. The moment you label the thought, it's like the entire anxious thought loses its power over you. Labelling works by switching your thinking from the amygdala (which cannot do things like label itself) to the prefrontal cortex. We'd like to stay in the prefrontal cortex.

Conclusion

It is very, very worthwhile to just do the mental health test to check your scores. If you have almost no symptoms of depression or anxiety, you probably aren't being limited by your mental health.

If you had mild symptoms (8+ points in either depression or anxiety in the test) then this is literally a handicap to your productivity, frame, happiness. It's worth the direct intention to improve it, just like you'd improve your body.

Do you relate to (and enjoy) this story?

90 upvotes | January 14, 2022 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I wrote a novella about a young mans self improvement / red pill journey.

I've asked some questions at the bottom of this post if you would like to help me

Here's the first chapter:

Chapter 1 - Morning Routine

You fucking loser.

Asif stares at himself in the mirror. His lifeless eyes stationed above dark circles stare back at him, looking like a depressing eclipse. He looks empty, defeated and slumped. He starts his morning routine with his usual negative self-talk....

I spent all night watching pointless YouTube videos again...

Why do you keep doing this?

You made it so clear that that's a complete waste of time, now it's 12pm already.

The day feels like it's half over and I just got up.

Fuck sake...

Asif remembers the morning routine YouTube videos he watched for inspiration. All the successful 17 year olds enjoying themselves whilst living in exotic Bali villas, the ones who wake up at 5am to meditate, are circling in his mind, taunting him. He wants that success. He wants the money and the confidence and the 90 day nofap streak and eye contact from girls. He wants six-pack abs just like the guys in the videos and he wants to fuck their attractive girlfriends.

They don't even work that hard.

It makes him feel better to believe that anyone more successful than him is a product of luck and genetics. Asif snaps out of his daydreaming haze and almost leaves the bathroom without brushing his teeth, but he grabs his toothbrush, lathers on the toothpaste and begins aggressively brushing. He slips back into his usual mindless state...

I'm tired of all these fucking guys who are so successful.

They all make so much money from YouTube and they live such nice lives.

What the fuck do I have?

He spits. There's blood in the spit and that brings him back to the present moment, temporarily. He shrugs his shoulders, returns to his slumped posture and goes straight to his safe space.

Back at his computer desk, Asif's muscle memory takes him straight to YouTube.com where he instantly clicks on a self improvement video. He has work to do but this feels productive, for now. Asif keeps his hand on his dirty computer mouse. He doesn't bother to clean up anymore.

Oh my god, get to the fucking point and stop wasting my time.

Constantly clicking forward in the video, skipping 1 minute each time, Asif hopes to find something of value that will change his life. Nothing in this one, onto the next. And the next. And the next. He checks the time and gets frustrated at yet another hour wasted.

Come on, time to eat.

Asif doesn't eat breakfast until a few hours after waking up. He remembers the intermittent fasting videos on YouTube stating that this way of eating is the most effective at burning fat. And he needs to burn fat.

Asif isn't exactly fat, but he's not skinny either, and he's certainly not muscular. He's skinny fat. He's cursed with the disadvantages of being skinny coupled with the disadvantages of being fat at the same time. He hates this. He envies the muscular guys who he sees on the YouTube videos getting girls.

They literally get all the girls.

All he has to do is take his shirt off and the girls are all over him...

It must be nice to be a Chad.

He's in the kitchen, drowning out what his mother says with the negative thoughts in his mind.

I need to concentrate on my work and she just keeps talking...

He stays deep in thought whilst his mother goes on and on, giving him advice that he didn't ask for. He just wants to keep his focus on his work.

Finally, after what felt like an awful long time, his mother has finished preparing his breakfast. She passes the plate to Asif with a smile. 2 fried eggs and 2 slices of toast. Asif's mother immediately sits down at the kitchen table to continue eating her breakfast that she paused to make his meal. She eats alone. Asif takes his plate to his computer desk so that he can focus on his work. He opens YouTube and begins watching more self improvement videos.

He loves his mom, but he just finds it awkward to express that. Plus, it's a waste of time to eat at the kitchen table with her when he could be productive and learn whilst eating at his desk. He begins to eat.

She didn't even put enough butter on the toast...

He speedwalks downstairs with his plate and aggressively gets the butter out of the fridge, spreading it over his toast unsuccessfully and ripping the toast apart. His mother notices and apologises for not doing it herself.

Just shut up.

He doesn't actually tell his mom to shut up, but he thinks it. And it's so clear that's what he's thinking by the way he looks at her. His mother looks sad, gives him a faint smile, puts her head down and continues eating by herself.

Asif takes his breakfast up to his computer for the second time and instantly clicks on the first enticing self improvement video about building discipline, something that is dangerously deficient in Asif.

He eats his breakfast but doesn't really enjoy it or even taste it much. He paid no attention to the food with his mind scattered all over the place. He scrolls down to the comments of the video and leaves his own comment, pretending to be someone that he's not...

I found your channel a few months ago and I've improved so much.

I wake up early and hit a workout whilst average people are still in bed.

Asif posts the comment and feels good about himself for a few seconds. He likes his own comment to

make it seem a little more popular. He clicks on the next video. And the next. And the next. Soon his brain feels fried. He feels like he's in a haze.

Asif did plan to workout today but it doesn't seem likely now.

It's so fucking annoying, I feel like I have a headache.

I was gonna hit a workout just now.

Maybe I'll skip it today, but that's annoying because I really wanted to go.

I'll have a rest day today and I'll do an extra long workout tomorrow.

Plus, I have so much work to do, I'll focus on that today.

Asif feels good about this decision, he didn't feel like getting up from his computer anyway.

It's time to start the grind.

Asif opens up his business plan and reads it again. And again. He's reading the words on the screen but it's not really going inside his head. His mind wanders...

Fuck, my nofap streak!

He almost forgot that he reset his 'nofap streak' in the middle of the night again - A counter of how many days he made it without masturbating. He goes onto the nofap subreddit and starts reading the posts there, annoyed that he reset all of his progress.

Reading the posts makes it so much worse. He reads about guys who are on Day 14 and another guy is on Day 31! And another on Day 50!! He reads the posts and is incredibly jealous of their progress and the benefits these men feel.

Why is it so easy for everyone else?

Asif spends the next hour alternating between binge-reading the posts on the nofap subreddit and binge-watching nofap YouTube videos. He reads a comment about an additional benefit of nofap - Having the energy to help your family and the people in your community. Asif clicks the like button on that comment just as his mother opens his bedroom door, instantly putting him into an annoyed mood. She asks him if he could Hoover the house as the floors are dirty. He quickly responds that he'll do it later and then he tells her to close his door.

Why does she always interrupt me when I'm working?

Asif opens up his business plan again and glances at it one more time as he starts his business work. His business is growing an Instagram meme page and he just knows he's going to crush it, all of the entrepreneur YouTubers say so...

There's meme pages with millions of followers!

I bet they're making so much money from selling shoutouts.

His business work consists of scrolling down his Instagram feed looking for memes to reupload to his account.

He does this for 5 minutes until he searches for an Instagram model. It's strange. He spends an awful long time researching these models and masturbating to their pictures but he also has an intense hatred for them at the same time.

Dumb bitch.

Girls have such an easy life and they don't even know it.

She literally makes money just for taking pictures of her ass.

Asif rapidly flicks through the pictures and then clicks on the suggested tab to take his pick of a seemingly unlimited number of Instagram models. It takes seeing tens, if not hundreds of sexy pictures for him to feel satisfied now. He briefly remembers what it used to be like when he first started masturbating. His imagination was more than enough back then.

He doesn't even enjoy it anymore. It feels like it's fuelled by resentment rather than sexual desire. At the exact moment of climax, his negative thoughts switch back on and ruin the moment. He cleans up, inadequately.

Feeling shameful, Asif closes the Instagram app, his business work done for the day. He proceeds to go on the nofap subreddit. He resets his nofap streak counter back to 0 days and muscle memory takes him back to YouTube.

You fucking loser.

Questions:

Was the formatting understandable and fun to read? The text in italics is the main characters thoughts

Was the character relatable? (not saying you're a loser lol but I think a lot of us started in this situation)

Would you read an entire novel that was written in the same way?