

What's your Monk Mode essentials?

January 30, 2019 | 57 upvotes | by [iamtheamaznzn](#)

Thinking about entering into Monk Mode while I finish up school and move back home with my folks for about a year. What do you guys think would make the ultimate Monk Mode? So far here's what I've got:

- Pay off all my debt other than my car payment, get my score above 720, then refinance it
- Ween myself off of caffeine and learn to fall asleep/wake up based on my sleep cycles
- Contribute to some open source projects to pad my resume (I'm a software dev)
- Dedicate 3-5 days a week to working out
- Read more books. Hell, read ONE book
- NoPorn and maybe NoFap. Or at least fapping without recalling porn.
- Learn a new language
- Save up >10k in a high yield savings account
- Identify and remove all of the leachy/unnecessary people in my life

I still have a bit of a social life that I don't plan to give up, but rather fine tune and find a balance with, so it's not "true" Monk Mode, per-say. What would you guys include or so in your ideal Monk Mode?

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Comments

airmcnair06 • 29 points • 30 January, 2019 08:02 PM

I would Journal at least once a week to start. About anything really.

I used to do video updates where I talked to myself on camera in my car out loud for hours... It was on of the most therapeutic things I've done while in monk mode. Spending so much time alone... You need to get your thoughts out to someone. **Nobody** (except you) wants to listen to you speak for as long as you want to, so I found this to be a wonderful trade off for the toxic friends I cut out of my life (who I normally would have been telling these stories too)

Even something as simple as going out into nature alone and just talking to yourself to clear your head can do wonders. If that sounds insane to you, try Journaling to start. Either way, get your thoughts out of your head is important for mental health.

iamtheamaznzn[S] • 5 points • 30 January, 2019 08:08 PM

I was thinking about starting to go to therapy so I can an unbiased person to talk to about things and help to clear things out of my head, but I like your idea too. If I recorded myself it could serve as a visual form of progress as well.

ghosts_of_me • 9 points • 31 January, 2019 02:55 AM

I like to do what i call brain dumps. Get a new page in your journal and just write exactly the words that come to mind. Just ramble into the page with whatever you are thinking about. Keep going until theres completely nothing left and your mind is blank.

Then you can review the page and identify whats important and whats not and then concentrate on those things.

RinkyInky • 2 points • 31 January, 2019 06:45 AM

Sounds like a cool idea.

Any examples of what you write down? Do you write down even the most obnoxious things in your mind or is there a limit you stop at?

Also how long does it usually take you in a day to do a journal? Thanks!

ghosts_of_me • 1 point • 31 January, 2019 08:37 AM*

I get really weird in what i write because its just for me and no ones gonna read it so it completely doesnt matter. Follow the fun tangents and see where your mind takes you, no limits.

I could be writing for just 5-10 minutes until im done.

RinkyInky • 3 points • 31 January, 2019 09:36 AM

Cool thanks. What about things you concentrate on later? What do they include? Things that you want to continue working on? Things you're missing in your current lifestyle?

ghosts_of_me • 1 point • 31 January, 2019 11:27 AM

My short and long term goals are usually the main things that come out. As well as things that I'm still hung up on and wish I could forget. I feel like writing them down helps with the purge of the unwanted, and the development of the improvements.

Hey, try it! Write randomly, it does not have to be full or coherent sentences. Do word association amongst the full thoughts.

ghosts_of_me • 1 point • 1 February, 2019 03:22 AM

I thought of another thuming thats fun to do with the brain dumps. You can try to restructure your thoughts into poems or songs and then learn to sing them to yourself as a little memento.

chocolatex • 2 points • 5 March, 2019 04:48 PM

check out the Morning Pages Ritual

justathrow_account • 2 points • 31 January, 2019 01:12 PM

How great is that, huh. Was just writing on my journal. I think the journal is a great way to see things from a different perspective, especially when reading the old entries. Also, i like to plan my actions and write them somewhere, so i can analyze what went right or wrong after some time. Of course, lifting is the most important addition to my monk mode, along with reading and nofap. One month now woohoo.

[deleted] • 29 points • 30 January, 2019 09:04 PM

The inferior man consumes.

The superior man creates.

AnabolLecter • 47 points • 30 January, 2019 07:43 PM

Add meditation to your list.

chasethebanks • 12 points • 30 January, 2019 11:03 PM

Lifting is VITAL

I'm at 250 days of Monk Mode. Without lifting, I would not have made it this far.

Melanoma_man • 16 points • 30 January, 2019 09:42 PM

Go camping alone for a week in the middle of nowhere and no human contact.

I learnt a lot about myself in that week. Some self reflection. Think what would make me happy etc

It's a strange feeling but I grew to love myself a lot more.

Prob sounds hippy.

No bright screens like phones or caffeine or alcoholic beverages. I fished and trapped animals for my own food. Slept in a hammock and saw a clear starry sky with no light pollution before I went to sleep.

Woke up to hear the birds singing and I could even hear the trees swaying in a gentle breeze.

Beautiful.

Was like a detox mental and physically. First few days are hard and you get that boredom and ya miss easy dopamine hits etc but the last few days feel great.

SenorSwole • 5 points • 30 January, 2019 10:54 PM

Definitely agree with this. Did this in Alaska and it was a life experience I'm glad I had. My father did the same back in the 80s.

Radioactivebuny 1 points 30 January, 2019 11:20 PM* **[recovered]**

You live up there currently? I'm looking to move there within the year probably. Probably Bethel to start. Aviation.

SenorSwole • 1 point • 30 January, 2019 11:40 PM

Gotcha. Aviation is huge there. Haven't moved there yet but I will be in the future. Beautiful place, it holds its nickname "the last frontier" exceptionally well

iamtheamazn[S] • 3 points • 31 January, 2019 01:22 AM

Sounds amazing. I'm a little too city boy to feel confident that I'd be okay in the wilderness, but I've always wanted to take my motorcycle on a little road trip and bring light camping gear or stay in some major cities and just enjoy the open road. Definitely a good suggestion.

CasaDeFranco • 2 points • 31 January, 2019 02:07 AM

For those who aren't familiar with hiking and camping.

Don't go straight to one week, I've seen a lot of tourists in Australia try this and get lost, and not prep with enough food and water.

Take a tracker and inform family and friends before you go too.

Great advice otherwise.

Don_Draper27 • 7 points • 30 January, 2019 08:42 PM

Like others have shared, meditation for 10 minutes a day and journaling every day are HUGE essentials. Not just for monk mode, but just for an overall healthy lifestyle.

Journaling doesn't even need to be "quality" writing. You can just write your goals for the day, you can rant, you can write about how you have nothing to write about.

I don't see lifting up there on your list, and being mindful and aware of your nutrition should be up there too.

Also, give yourself some "free" time or allow yourself some hours a week to relax. Make sure it's controlled and you don't overdo it, but playing a video hours of video games or watching a few episodes of South Park could help your brain refresh and take a break from all the hard work you're going to be putting in.

zxblood123 • 1 point • 1 February, 2019 02:19 PM

type or hand-write ?

Don_Draper27 • 1 point • 1 February, 2019 03:34 PM

Hand

RPwhitefrost • 7 points • 31 January, 2019 12:20 AM

I just graduated this past semester. I'm living at home, too, and I've set a number of goals for myself this year. My daily goals, which I keep in a checklist app I have:

-work out (for 6 days of the week at least)

-read for at least half an hour

-journal

-clean room (I have issues keeping my room uncluttered, so I clean a tiny bit every day)

-study for GRE

My year long goals:

- get in the best shape of my life (I was in incredible shape before my hernia 2 years ago, and never really got back to it; I want to get back there and then some)
- save \$15-20k (thankfully I graduated without debt, so this is possible since I live at home and my car payment is small)
- make significant progress on writing a book
- read at least 25 books
- take the GRE and get at least a 160 on both sections

iamtheamaznzn[S] • 4 points • 31 January, 2019 04:59 AM

Best of luck to you bro. You can do it.

As a tip, try to save the 30 minutes of reading as the last thing you do before bed if you can and don't check your phone at all. It'll give your brain 30 minutes to unwind and produce more melatonin and you can passively build a habit of not using screens before bedtime.

K3ystr0k3 • 8 points • 31 January, 2019 04:34 AM

This is why I love this community.

indigenoushorizons • 3 points • 31 January, 2019 03:48 AM

im about to go into monkmode too. ur last bullet really struck withme. thx

also, add nofap meditation and coldshowers to ur list; instead of 3-5 days of working out, maybe try some yoga or stretching to mix it up

iamtheamaznzn[S] • 2 points • 31 January, 2019 04:56 AM

Glad I can be of some motivation to you bro.

Life really only matters if you have people to share it with, and that only matters if you have the right people to share it with or else it's all for nothing.

I'm definitely going to add meditation and keep on no fap and yoga once I'm able to balance my mind and my body a bit. I'd do cold showers but I grew up at times without having heating so I psychologically can't do cold showers but I appreciate the suggestions.

finally_a_free_man • 4 points • 31 January, 2019 06:21 AM

Remember not to take this shit too seriously. It doesn't mean to cop that bottle of Henny and a bag of coke, but maybe a little (meaningful) toké with the buddies or some video games is fine. People who take this shit way too seriously are really missing out on the bigger picture... remember to have fun and enjoy the process.

TheStrand23 • 4 points • 31 January, 2019 05:23 PM

I am bucking down at work, working as much OT as I can. Saving a bundle.

Never eating out. I buy frozen spinach and cut the box in half. Eat it for lunch. Also with a few raw almonds.

Not because I am broke but to just eat enough to sustain myself.

We don't need a 1500 calorie meal every night. I learn to enjoy minimal meals.

I moisturize my skin and face every morning.

Brush and floss everyday. (Brushing habit, flossing not so much until 6 months ago)

No internet at house, no cable, satellite Netflix etc.

Keep place neat and tidy.

HeadingRed • 2 points • 2 February, 2019 01:52 PM

If you can just accomplish this you are miles ahead of everyone else. My 50-something self would love to go back in time to my 20-something self and knock some sense into his dumb ass.

Guys - do not neglect your skin\teeth.

Legndairy 1 points 31 January, 2019 04:08 AM **[recovered]**

One thing I'm planning on doing is to spend no less than a week with no use of my phone and little human interaction in order to sort out my life and be able to think deeper and be in almost a meditative state

iamtheamaznzn[S] • 3 points • 31 January, 2019 05:08 AM

If you're like me and have a lot of "acquaintances" that you talk to that you don't consider to be a full blown friend, or maybe just some bad friends in general, after your break, pay attention to the people that you realize you missed or the first people that you get in contact with once your week is up. That says a lot about who you really consider to be important. Also see who tried to get a hold of you without you texting them back. That says a lot about if the person is good to have in your life or not.

DigitalDragonSlayer • 1 point • 7 February, 2019 12:59 AM

Keep it up bro.

Learn how to fight. Take juijitsu classes under a black belt.