

What Do You Do To Remain Consistent

June 30, 2019 | 103 upvotes | by [oldschooltx](#)

When I'm at my best, I'm crushing it. Everything just seems to fall into place. It's like I know exactly what's going on in every game. My frame is rock solid. At the same time, I have days where the walls cave in and this vision I have for myself collapses. How do you stay consistent with who you are?

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Comments

Holacrat • 116 points • 30 June, 2019 05:25 AM*

If you screw up once, dust it off and keep moving rather than using it as an excuse to drop everything and slack off.

TheRedPillRipper • 32 points • 30 June, 2019 10:40 AM

I'll add *book-end my day*. I start every morning(usually after my session) mentally going through my day; what are the goals, to-do list; plan of attack etc.. Then at night(usually in the shower); I'll review the day; the plan; the outcomes and assess where I went wrong and what was accomplished. Helps with progression and continuity.

Godspeed and good luck!

growingstronk • 2 points • 30 June, 2019 05:49 PM

I really needed this one. I've gotten into journaling and scheduling but I never follow through the day of. Need to start reviewing my day morning of

olinvomibo123 • 5 points • 30 June, 2019 06:38 AM

This

drsherbert • 2 points • 30 June, 2019 02:28 PM

Yup!! It happens to all of us. It's like meditation when you lose consciousness. We tend to get upset with ourselves when we can't stay focused. It's better to allow it all in , stay in the moment and keep it moving.

GloomyReindeer • 1 point • 30 June, 2019 07:33 PM

Use it not as an excuse but motivation.

Casanova-Quinn • 1 point • 30 June, 2019 07:52 PM

That's the best advice here. Don't let mistakes distract you from your larger goal.

StoneHurk • 45 points • 30 June, 2019 06:15 AM

I have the same issues as you OP. On some days I feel invincible, other days not so much. I just don't sweat it. Treat it the same as getting sick. We all get sick sometimes. I just take it easy with myself on those bad days and the next day I'll recover my frame just fine, better than ever before.

drsherbert • 3 points • 30 June, 2019 02:29 PM

Always do your best! Your best will fluctuate depending on how you're feeling on any particular day.

goldenshoelace8 • 3 points • 30 June, 2019 07:51 AM

Good way to put it!!

hiem3w • 23 points • 30 June, 2019 06:26 AM

Everyone has off days. You spoil yourself, get it out of your system, then get back to the grind.

Your body sends you signals for a reason. It will tell you when you need a break and it'll tell you when you're being a lazy fuck. Work hard, treat yourself. You're a person, not a machine.

If you have to be consistent at something be consistent at ALWAYS getting back to your mission regardless of how much effort/time it takes.

RoccoPinkman • 4 points • 30 June, 2019 10:39 AM

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This

[deleted] • 41 points • 30 June, 2019 05:16 AM

You can't.

Look at world class sporting athletes. They're the best of the bunch and they still get inconsistent.

If that's what happens to the best, what does that mean for us mere mortals?

pussykiller009 • -10 points • 30 June, 2019 11:49 AM

Messi and Ronaldo are consistent ,they have been for more than 11 years It's all about the mindset

Ijohnored • 13 points • 30 June, 2019 11:50 AM

They still have their off days where they can't seem to score and keep getting tackled

pussykiller009 • 0 points • 2 July, 2019 06:24 PM

Scoring is not always the most important thing (in football) There's a lotta moments when one of em could clearly score but decides to give it to their teammates Score or not they will 9.9/10 be the best players in the field, whenever they play

Oh And it's not soccer it's called Football, the real one.

[deleted] • 3 points • 30 June, 2019 11:51 AM

Lol user name checks out.

awalt_cupcake • 12 points • 30 June, 2019 08:26 AM

I don't try to be "consistent" anymore. I tried for 4 years. First 3 years I killed it. Fucked a record number of girls. Excelled in my financial life, made friends of all kinds, etc. Then I got settled. I realized settling isn't the end, it's a sign that something *new* has to happen in your life. All that energy got you from point A to point B. Now you are in point B that same energy doesn't cut it. You need new energy to get to point C.

While I believe in all of my truths and tenants the red pill has helped shape, I know that I need to try and look at new things to create that new energy. For example I used Spite and Anger to get me to where I am now. I'm good on paper. That same energy won't do anything productive. Now I focus on making friends instead of enemies and using them to get to point C.

MindFuktd • 1 point • 30 June, 2019 04:10 PM

Good story. Sound motivation and discipline to move you forward, whatever/wherever it is, is all you need. Sounds so easy, in actuality it is extremely difficult arduous and neverending campaign.

A ton of modern day philosophers distill it down to the self-discipline mechanism we have, but tend to want to avoid.

Bear-With-Bit • 18 points • 30 June, 2019 05:37 AM

Make friends with similar goals, hobbies, ambition, etc.

send_it_for_the_boys • 4 points • 30 June, 2019 07:24 AM

Yes, Accountability!!!!

INNASKILLZ2K18 • 9 points • 30 June, 2019 09:05 AM

If it's consistently falling, then it isn't who you really are. Your frame is a mask.

Becoming 'red pill' takes a long time. At first, it's superficial shit. Running around in a masked frame.

Then you realise you're still human, still real. Then you rebuild yourself around your humanity. Even when you're down, tired, worn out...you're still high value because it is inherently who you are. It's authentic. That frame is unbreakable, no matter how you feel.

On my worst days, the hardest days, the toughest....I'm still better than 80% of men...and I always assume a chick would wanna fuck me...I don't need to hold up walls. I am the wall.

malemedicine • 3 points • 30 June, 2019 09:23 AM

I'd say the process takes years right?

INNASKILLZ2K18 • 9 points • 30 June, 2019 10:21 AM

Everyone's journey is different, but on the whole, yes.

To truly get it. To have your own approval, validation and acceptance. To know you've come far enough in your own self as a man, that it's authentic.

You reach a point where you TRULY don't give a fuck what others think of you. It takes a long time, because things happen along the way to trigger what really lays in your frame. Insecurities, validation seeking, needing women's approval, rejection etc.

You reach a point where you are truly invested in your opinion of yourself. You go after what you want, because you know you're good enough to have it.

The imitation, 'game' and fake alpha shit falls away, because who you are, is truly it.

You stop 'trying to be'...and just start being.

Takes a long time, but if you stay on the path, things click at different points.

It's why RedPill isn't pick-up.

RedPillAlphaBigCock • 4 points • 30 June, 2019 12:57 PM

Sleep good, eat good - Lift weights - when this is consistent for me everything is easy

But yes, NOBODY on earth has all good days - JUST GET UP AND GO AT IT AGAIN

Fuktiga_mejmejs • 1 point • 30 June, 2019 07:29 AM

When you feel shits not going your way, reach down in the cookie jar, what i mean by that is think of all the girls you've scored, or better yet think of that one smokin hot girl you scored that one night and think to yourself "i got this"

uptimex • 1 point • 30 June, 2019 07:46 AM

I personally continue the game with lost self-image. Every time I am surprised how wrong you can see yourself

from the side.

mojokabobo • 1 point • 30 June, 2019 10:47 AM

I feel like a lot of people forget how great of a resource YouTube is. Here's three several searches that I recommend you utilize..

"Guided meditations", "shamanic breathing", "self hypnosis", and any combination of those subjects along with whatever topic that you'd like to improve yourself upon.

Here's my sleep playlist. I pick a spot there and listen to what I feel like depending on my mood when I go to sleep. It's helped me greatly!

mojokabobo • 1 point • 30 June, 2019 10:52 AM

Consistency.. the way I see it, almost everyone views the ~8 hours that they're asleep as a resting time where nothing significant gets accomplished. I use subconscious affirmations, self hypnosis, guided meditations, and binaural beats in an effort to make use of my sleep time, granting myself a better mind!

BurnoutRS • 1 point • 30 June, 2019 11:39 AM

fiber supplements

MindFuktd • 1 point • 30 June, 2019 04:11 PM

already a 3-a-day kind of guy.

zxcvb7809 • 1 point • 30 June, 2019 01:06 PM

OBJECTIVE.

Is there something you are so passionate about that you wake up before your alarm at whatever time and you aren't tired? Is there an occupation/hobby that you would feel not only gainfully employed but also feel no need to retire from? Is there something you would do for free and additionally for money if it so bore profit?

This is what solidifies who you are. Separate yourself from both the inkling and notion that you are good as is, that we are all equal and that we all deserve equal out come, this is propaganda.

We are men, the buck stops with us. We are responsible for the out come of our lives and ultimately the success or failure of our species. We are responsible, not someone else, we are, you and I.

Bitter as it may sound it is also sweet. If we are responsible, then ultimately it is our call. What others think is merely advise. We do not need to take or follow the advice but if it is beneficial to us we may use it as we feel necessary.

We are kings in our own right and a king does what he must by his own constitution and what he wants as he so sees fit.

You stay consistent with who you are by internalizing just what I have said. Know that this life is yours, even in your mistakes you learn. The only failure is in giving up. Once you give up the walls begin to cave in as the castle crumbles. Just because the castle is under attack doesn't mean the walls are caving in.

TLDR: As long as the king stands the castle stands.

letmereadthatshit • 1 point • 30 June, 2019 02:10 PM

Journaling daily goals visuallization

BatsNightmares • 1 point • 30 June, 2019 05:01 PM

Try NLP on how to control your subconscious. Various simple techniques out there to rule out how you feel, where you feel it in the body, accepting it and understanding its not you. It's just a temporary feeling. Helps getting rid of negative feelings like anxiety, momentary depression, anger, fear etc. Hope this helps.

User-31f64a4e • 1 point • 30 June, 2019 07:44 PM*

this vision I have for myself collapses

A vision of yourself as perfect is unsustainable

A vision of yourself as able to overcome adversity is the goal

If your vision of yourself includes failures, setbacks and difficulties, then life's little vicissitudes are not so much of a challenge.

As for holding frame when beset by the slings and arrows of outrageous fortune:

Consider that you are up to the task of overcoming such setbacks.

It will take more than a little [whatever] to keep you down!

As to the Red Pill: Women frequently have greater respect for someone who can take a shot and keep on than they do for someone who never faces difficulty at all. At some level, they have a realistic outlook coming in to play.

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When you get into the mindset of not calling any difficulty or setback a "failure", you begin to develop **outcome independence**.

With outcome independence comes the possibility of **amused detachment**.

Once you are in the place of amused detachment and not giving fucks, then it becomes trivial to **hold frame**

It's all in your mind; train yourself to look at things the right way, and it's all easy. **The red pill, properly understood, is mostly about improving the way you look at the world.**

nobody_thinks • 1 point • 30 June, 2019 08:22 PM

age old question. When you find the answer, write a book and become famous.

Anasthaesium • 0 points • 30 June, 2019 07:29 AM

this