

To Those Struggling For Progress: You MUST Be Consistent

457 upvotes | 17 March, 2020 | by ArnoldT1000

If you want to make any sort of progress in your life, you MUST be disciplined and hold yourself to certain standards you set for yourself which build toward the fulfillment of your mission.

Things like going to sleep on time, getting your calories in, not spending too much, meditating, reading for an hour, etc. are what OVER TIME and with CONSISTENCY will lead to your transformation and long term success.

Achievement isn't just something you go out and grab off the grocery aisle when you feel like. It's a result of hard fucking work over a long fucking period of time. Exhibiting discipline and consistency in everyday life is what adds up to success in the long term.

Now this isn't to say you should be a stuck up boring fuck who doesn't know how to enjoy life. Enjoy life, but do so on your own terms while not straying on your mission or bending on your priorities.

Back in his bodybuilding days, Arnold Schwarzenegger would be in bed by 11 PM every night, even on Fridays while his friends were out partying and drinking, because it meant him getting the sleep necessary to recover and grow.

The little things like going home a little early on Friday nights are the sacrifices you have to make to achieve the goals you set for yourself.

Discipline and consistency will make you successful in reaching your long term goals. Hold yourself accountable. Be someone who sees the power of consistency, and take pride in setting yourself apart from the herd.

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Comments

AutoModerator[M] [score hidden] 17 March, 2020 08:32 AM stickied comment

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Hayekr • 62 points • 17 March, 2020 10:57 AM

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

YousifMhmd • 97 points • 17 March, 2020 09:59 AM

Start with studying 1 hour a day, reading 2-5 pages a day of a book or when you feel like it, eventually you will find yourself enjoying it more, don't stop gaming rather limit the time you play, for me I always play when I'm not tired free and finished all my things around the flat of cooking, cleaning and such.

Meditate for five mins eventually you will find yourself meditating for 30 mins a day and even more.

It takes time, discipline and It is really normal to feel a bit bad sometimes doing the things you are not used to do, or doing the little of the things you are used to, it is part of the process.

[deleted] • 21 points • 17 March, 2020 11:16 AM

Reading is an exercise, for sure. I see it very much as similar to building cardio or muscles.

When I was a little boy I'd cry and scream because I didn't want to do my reading homework. I couldn't handle sitting down and concentrating like that, it drove me insane. The only book I ever managed to read was The Hobbit.

Now I have a BA and an MA in literature.

I didn't even start reading books until I was 14. It was a struggle at first, but I found the authors fascinating. I was into the rock star authors, people like Hemingway and Hunter Thompson. Gradually my endurance and attention span grew, and now I can sit down and finish a 9 book series with each book at 500+ pages no sweat.

Standgrounding • 2 points • 18 March, 2020 09:01 PM

> Reading is an exercise

Depends. If you're reading something like Harry Potter, it's not. However, if you read **Stephen Covey's 7 Habits of Highly Effective People**, then damn right it is.

I do get your point though, u/MR_SKINNYPENIS69. You do have to start somewhere so your attention span grows.

[deleted] 18 March, 2020 12:00 PM

[deleted]

YousifMhmd • 1 point • 18 March, 2020 12:06 PM

Wish I was a champ and read something like half a book or something but I'm getting there.

SoulRedemption • 33 points • 17 March, 2020 01:47 PM

One of the pits that I have fallen into when trying this is mental masturbation.

I plan things out, get things ready, get a to do list done, add them in, get the books ready, get thr study material ready...but then....no execution. Doing all that gives you good vibes and makes you feel like you have accomplished something so you end up not executing.

A way that I found to get around this not plan too much. No perfect time to read a book, no perfect time to do the studies. Got some tine in hand? Just grab the book and read a few pages. About to hit the bed? Spend 15 mins on some type of studies or area you want improvement. This will start snow balling and that's when you will be able to focus for longer, stick to a time, and figure things out.

Do not over plan.

Anusunset • 10 points • 17 March, 2020 05:19 PM

Kinda like taking a cold shower. Don't think or plan. Just do. In the cold shower case don't prepare just turn that knob.

Mental gymnastics is tiring and defeat-ful.

[deleted] 17 March, 2020 02:35 PM

[deleted]

SoulRedemption • 1 point • 19 March, 2020 11:31 PM

Spot on about the current activity to procrastinate about the next one. This is where priorities come in. But if execution is not made of power of will, it fets harder to prioritize. Rather, execute on the priorities.

epixs • 9 points • 18 March, 2020 03:00 AM*

About to finish medschool in a few months . 8 years of total schooling plus another 3-6 of residency training in the new few years. People ask me all the time , you must be super smart ! Nah , just average intelligence with consistent work. That's it. I knew I was never gonna be naturally smart , so I did what others didn't and worked/studied consistently everyday . Same shit with working out and finance. Can't believe I got to this sub 7-8 years ago as a lil winy bitch starting college and now I'm about to be a physician.

Everything in this post is so true, the formula to success is so simple ... it's just most people don't wanna put in that work.

Btw same shit goes for working out , Im jacked af. 7-8 years ago? lol I was a fat piece of shit who could barely lift 135 on bench. Life's bitter sweet, I used to dream about where I am today and then you keep grinding and one day you realize your that person you wanted to be , but the double edge sword of it is, the journey don't stop. You now got your eyes on even higher.

Just some late night typin, fuk what do I really know .

xX_bullitt_Xx • 9 points • 17 March, 2020 11:28 AM

You couldn't be more right about this, and it's definitely something most men (not just red pill up and comers) need to focus on. Women are validated by existing, men must make themselves valid. That starts with discipline and holding yourself to a higher standard. Wunderlist reminders are a great start.

lalaetia • 15 points • 17 March, 2020 11:08 AM

Had a 6 and a half month gym routine going (6x per week) on and they decided to lock down the gym for 3 weeks minimum. Working my physical side job full time now to make sure my muscles don't disappear completely, but still sucks that you can't control everything.

Nighthawk_Black_ • 16 points • 17 March, 2020 11:52 AM

There is plenty of stuff you can do at home

DC_Disrspect_Popeyes • 5 points • 17 March, 2020 12:31 PM

My gym is done as well, grabbed some adjustable dumbbells and bench from Amazon to help fill the gap.

philltered • 2 points • 17 March, 2020 02:48 PM

Look up all these recent home workouts that all youtubers have been releasing. A deload week is good for recovery anyway.

Train other skills like handstands and such.

TheDonald21 • 3 points • 17 March, 2020 02:07 PM

One must consistently tank brews and maintain premium subscription to the hub. Its this type of dedication that will lead to success.

ToraChan23 • 2 points • 17 March, 2020 12:10 PM

Yeah I need to work on my consistency. I tend to set high requirements of myself, and then start off well for several days and start thinking I need a "break" and end up stopping.

I need to start setting more realistic, sustainable goals. Thanks for this message and reminder.

DerekMorganBAU • 2 points • 17 March, 2020 02:30 PM

Good shit I needed this. I told myself that I'd grind like a mutha-fucker while I'm out of town on my contracting job. But I've been bullshittin' hard.

I'm getting out of shape too. Shit's unflattering af to me even though my bottom bitch is still sending me ass pics and shit.

Fuck it. Time to fucking grind hard.

Thanks for the wake up call.

uwey • 2 points • 17 March, 2020 04:34 PM

Reading is one of the most important skills that require patience and consistency.

Anyone can't read must rely on other skills to thrive, but those who fail in life often have poor reading skills.

Read

angelfire369 • 2 points • 17 March, 2020 07:22 PM

Winners don't have goals. They have systems.

mrpmonk • 2 points • 17 March, 2020 11:15 PM

I'm a simple man, when I see

Schwarzenegger

I upvote

[deleted] • 1 point • 17 March, 2020 12:29 PM

I've failed to this recently just wanted to drink last night and feel bad/stressed cause of the 8pm lockdown I love parties. But I'm back on it and only lost one day

Redpill_morpheus • 1 point • 17 March, 2020 02:34 PM

Yeah I definitely have this problem. I tend to bounce around allot. I get so hyper focused on one thing but then I'll loose interest after a few days or even a week. I'd love to work on one goal and not stop until I achieve it. Like reading a book start to finish.

disciplined91 • 1 point • 17 March, 2020 02:35 PM

"Be someone who sees the power of consistency." That sums up the whole post and what allows a person to hold themselves accountable. Great post and a great way to end it.

imatworkpleasenonsfw • 1 point • 17 March, 2020 06:36 PM

thanks man i'ma go and f*cking get it

Battagliare • 1 point • 17 March, 2020 09:12 PM

How are you going to ensure consistency without an intellectual root?

clon3man • 1 point • 17 March, 2020 09:13 PM

Whats also important is to clearly define and write down what you're going to be consistent about. Otherwise you do some surface bullshit like take the stairs instead of elevator which is completely useless ego masterbation.

clamdiet0331 • 1 point • 28 March, 2020 01:59 PM

This is an important concept, I remember one day when I was meeting with my small group (Which I think is essential for all young men get involved in with only trusted and vetted quality men), our small group leader who was a pastor/mentor helped clarify something for me. In this group we would all share thing about our lives... thorns, roses, ups, downs, relationships, dating, sex, family problems, mental health etc.

I would constantly open up about how I was constantly struggling with alcohol/drugs, loose sex with random meaningless whores, and constant partying, porn/masturbation addiction. I would often go "cold turkey" and quit all these things, only to fail and backslide either a few days later or a few months later. After about a year and a half of this he asked me to roughly estimate how many times I have tried to quit all these things, mainly the drugs/alc. When I responded with all of the little "breaks" I had, he pointed out that over that last year and a half I have been drug/alcohol free for about 1/3 of that time. This was a big improvement from the previous years where I never took any breaks with the exception of a few days every few months. Now, another year and a half later, I've been drug free for over a year and alcohol free for about 6 months.

Consistency is key to building power