

#NoNothingNovember 2015 Challenge

October 28, 2015 | 383 upvotes | by [redpillschool](#)

Last year for the month of November, we challenged men to give up three vices for a month. They say that it takes just 21 days to form (or lose) a habit, and from those who participated last year, you'll remember that there's great satisfaction from achieving self-set goals, so let's get started on our 2015 #N3!

The Challenge

No Nothing November concentrated on giving up vices last year, but this year we're going to upgrade just a little bit. Let's take a look at the phrase No *Nothing* November- It's more than just giving up some vices.. in fact, that should be called Nothing November. But we're here to say **no** to nothing. So this year the challenge is:

- Give up Three Vices for a month.
- Take up One Daily activity for a month.

As we did last year, we want you to choose three vices you want to ditch for the month (and maybe for longer!) Some chose porn, some chose alcohol, and some chose [/r/theredpill](#) (*bastards*). Pick three vices or distractions that you want to remove from your life and kick them to the curb. If you pick alcohol or cigarettes, get them out of your house. If you pick porn, install that parental control software. If you picked [/r/theredpill](#), close this window now.

Now for the new part of N3, making sure that no day is wasted, we say **no** to nothing. Pick an activity or chore that you want to make sure gets done daily. It can be big, or it can be small. Clean your apartment, make your bed, hit the gym (best option), approach at least 3 women a day, shave, work on your hobby project at least an hour a day. Whatever it is, it's time to pick it and make a real schedule to include it in your day.

Sit down with your calendar and figure out what time of the day you'll need to dedicate to your NoNothingSomething. Figure out Thanksgiving. If you are ditching alcohol or taking up the gym, there's no excuse for Thanksgiving. You must commit.

Track your progress

- Track on your personal blog, or
- Twitter, use hashtag #nonothingnovember or
- Use this subreddit to post your progress: [/r/nonothingnovember](#)

Start tracking your progress by announcing your goals. If you make a new post in [/r/nonothingnovember](#) you can use that thread to post updates as you go. If you use twitter, sticky your goals at the top of your page. Discuss how you plan to achieve these goals and what steps you're going to take to ensure that they happen.

Contest

Last year we made it a contest, but the format of this challenge doesn't really lend itself to contest modes, so this year we're doing it a little different.

Every day that you update your progress, update how many days you have completed the challenge. Yes, this requires the honor system. If you're using [/r/nonothingnovember](#), you can edit your user flair on the top right corner of the subreddit by clicking "edit", selecting the first flair option [Days], and edit it to the number of days you've been successful.

At the end of the month, people who have the number 30+ in their flair and enough logs in their thread (or blog or twitter) to reasonably corroborate it will get a special 2015 #N3 badge next to their name in TRP. If you cheat, then that badge will serve as a daily reminder that you did not complete the challenge, and that you dishonor those who have the badge by being a fraud.

We start November 1st So get your last drink, smoke, wank out of the way and get ready for

#NoNothingNovember

Archived from theredarchive.com

Comments

KidStrangelove • 191 points • 28 October, 2015 07:51 PM

I am beaming with pride right now. Thank you for /u/redpillschool for picking up the ball after I semi disappeared, and giving many men an outlet for their self improvement. You are the man

First - a little bit of background.

I started my first #NoNothingNovember 2 years ago. I jacked off too much, smoked too much weed and consumed too much media.

I was dying a slow death.

After a very trying month, I learned a lot about myself - my strengths, my weaknesses, how my mind works - I grew to become a better person all around.

Last year #NoNothingNovember, thanks to this amazing community, grew larger. People from all walks of life were taking their discipline into their own hands.

For me personally, it was up to that point, the most life changing moment of my life. I got a new job at a tech startup, vastly increasing my earnings, while consulting on the side. My fitness level skyrocketed thanks to my dedication, and a brand spanking new state of the art Crossfit gym I was able to easily afford thanks to my new-found earning potential.

I disappeared. I had a lot of new experiences to process, a new life to live. Little did I know life had other plans.

In February, I was diagnosed with Cancer.

I can tell you a lot of stories from this year, from the pain I faced, to the friends I made, to the eventual euphoria when the doctor, after looking at the type of scan that was designed to spot needles in haystacks, told me that I am cancer free. But those stories are for another time, and right here, right now, I am here to talk about discipline and perseverance.

I was absolutely terrified of the diagnoses, but I knew right away that I was going to beat it because I had no other choice. **Live, or die. I chose life.**

One of the drugs in my chemo cocktail does a number on your lungs, so smoking was immediately out of the question. People struggle for years to quit smoking. I did to. I always relapsed. But I quit cold turkey that day because the alternative was that if my lungs were in REALLY bad shape, they would take me off this life saving drug. Life was more important. Living was more important.

I cut out drinking completely. I cut out bad food completely. I was entirely dedicated to getting better, and it was the easiest decision I ever made. Because the alternative is death.

So here is my advice to you - **choose life!** Don't look at this challenge as a challenge, look at it as the easiest thing in the world - because it is. Especially when you consider the alternative - death. You are the only thing standing in the way of your perfect life.

I chose life. I beat death. Now I want you all to do the same Go out there and kick ass this November!!!

PS: if you wanna check out my old posts on #NoNothingNovember -hit up my blog

RedSugarPill • 13 points • 28 October, 2015 07:59 PM

Wow, inspiring story man. Thanks for for sharing!

bobjoe177 • 4 points • 29 October, 2015 01:33 AM

way to go bro i had the same thing in 2010/11. Don't let any health problems become your identity, you're more than that. Was the one that fucked your lungs bleomycin? I had that and cisplatin. In the last couple of years I've taken up long distance running, I can run til my knees give out now, the lungs are a non issue long as I'm not inhaling anything pressurized

AnAbsoluteSith • 3 points • 28 October, 2015 09:22 PM

Is the particular med affecting your lungs platinum based? Had a similar experience: a few times during chemotherapy we had to stop altogether because my lungs would start giving out. I'm glad to hear you're finally free though. Here's hoping we don't have to face that adversary ever again.

WeRAllOne • 2 points • 12 November, 2015 04:02 PM

As someone who is beginning to leave all of my vices behind, thank you for this. If it was your intention to get others motivated, you have done it.

TRP_Werther • 1 point • 2 November, 2015 09:43 PM

Extremely well put, when I was a teenager ill health and coming to grips with the death of my father really knocked me down, so much so I spent an entire summer in bed, waiting for everything to end.

I don't know why but one day I woke up and vowed to choose life over death, after that day I never looked back.

You're a living a living testament to life overpowering death

paradwarf • 1 point • 13 November, 2015 07:55 AM

Hey man thanks for sharing this post. I really enjoy reading stories like this.

-your internet friend.

J_AsapGem • 0 points • 31 October, 2015 03:34 AM

great story bro, thanks for your testimony

dogextraordinaire • 35 points • 28 October, 2015 05:11 PM

I'll kick this off then. For this month I give up porn, pot and purchasing (needless shit).

I'll update here because I don't have a blog and don't use much twitter.

redpillschool[S] • 20 points • 28 October, 2015 05:12 PM

What's your daily activity you're committing to?

dogextraordinaire • 2 points • 29 October, 2015 08:27 AM

I think it will be interesting to post a semi-ambitious goal everyday. E.g. start a blog one day, do 100 pages of a book, apply for x amount of jobs, etc.

[deleted] • 11 points • 29 October, 2015 12:10 AM

I did this for lent. Gave up all tobacco, porn (still jerked off. Interesting effect on my imagination), and pizza/pizza affiliates.

Half the joy was creating a challenge and completing it. I actually kept it up awhile after. Those vices were less exciting after. I felt cleaner. Stronger.

dogextraordinaire • 3 points • 29 October, 2015 08:33 AM

I'm glad to hear that worked for you bro. For me, pot dulls my overall cognizance, porn stops me from giving a shit about approaching women (why bother with their shit when I'm so busy with all my own shit and can always bust a nut anyway) and purchasing all sorts of luxurious items I don't really need is keeping me poor.

So a change is definitely needed and this is the perfect excuse to give it a shot.

[deleted] • 1 point • 29 October, 2015 11:45 AM

If it doesn't work you can always go back.

acartoontiger • 33 points • 28 October, 2015 05:20 PM

I'm in. I give up alcohol, porn, and food from restaurants/businesses. Proactive activity is 30mins daily studying for my medical board exam that is nov 30th.

Good luck everyone

redpillschool[S] • 8 points • 28 October, 2015 05:27 PM

Good luck on your exam. Let's fucking do this

Kidterrific • 7 points • 29 October, 2015 05:00 AM

I can honestly say that some of the best times of my life were when I was studying for my boards. I am a diamond under pressure. I would go into lockdown mode and was disciplined in every area - diet, time, study, play. I always lost weight and partied hard when I allowed myself to. Nobody fucked with me because I never allowed them to. It is the time that comes to my mind whenever I read a post that starts with: "Used to be alpha."

But a few years of practice brings a different pressure that, while real and justifiable, doesn't put the "I must do this or there is no plan whatsoever. Failure is no option." - fear into me that snapped me into a warrior for a few months.

I've been looking forward to studying for my recert boards in the next year for this reason, but this post and challenge made me realize that I can, and quite honestly SHOULD, live with that intensity right now, and all the damn time - forever. You've inspired me. I'm in.

No porn.

No escapism (phones, Internet)

No tobacco products.

Will actively devote time to address all calls, paperwork, and billing daily. I've never been able to do this, probably because of porn, escapism, and tobacco.

I have zero days off in November.

Downtime to be spent completing the sidebar.

Good luck, man. Boards suck, but you will crush them.

Holy fuck, I'm about to hit submit....

acartoontiger • 3 points • 29 October, 2015 01:54 PM

Good luck to you. Right now is a pretty crucial point in my life, and I already have the minimal alcohol and the 5x/wk workouts, the last things to cut were porn, the last of the alcohol, and any unhealthy food.

Also, I know 30mins/day is nothing when talking about studying for boards, but I work like 12 hours a day in the hospital which in many ways is more than studying. But I really want to make that promise to myself that every day when I'm home from work I will still hit those notes so I can kill those boards.

Its nice to see another doctor here in red pill. Are you a physician? 6 months from now I will be a veterinarian at 26, its daunting but I am proud to be where I am.

If you are taking a second round of boards you must be in residency for a specialty. Thats hardcore, I wish you the best. Also if you are new I do definitely recommend reading all the sidebar material as you said, there is a lot of gold there.

Kick some ass and let November be your most productive month yet.

Kidterrific • 2 points • 1 November, 2015 05:07 AM

Physician, here. Good for you on being a vet at 26! It gets amazing - stick with it and get at me for professional advice towards the business end.

I'm taking my 10 year recertification - going to start now.

GoldenCocaine • 1 point • 1 December, 2015 04:29 AM

Hey hope you did well on that exam. Should be feeling pretty proud right about now (I hope lol)

acartoontiger • 1 point • 1 December, 2015 04:52 PM

Hey thanks man. It was hard as fuck but yeah I'm proud I got through it. Now just gotta wait for results, the sick bastards dont release scores until January.

Hope your November goals went well.

RevMick • 51 points • 28 October, 2015 05:47 PM

Dear Vices,

Suck it.

I'm giving up booze, slinging yogurt somewhere other than in/on a bitch and my snooze button.

I'm going to study for the CCNA exam every day.

Love,

RevMick

Cyralea • 5 points • 30 October, 2015 04:11 PM

I gave up my warm, comfortable Saturday mornings to attend CCNA classes several years ago. My salary has quite literally doubled since then.

Keep at it. The prize at the end is worth it.

DONT_reply_with_THIS • 3 points • 29 October, 2015 08:49 PM

CCNA comes after security+ and network+ for me. Stay focused brother!

648262 • 1 point • 29 October, 2015 06:43 PM

Snooze - I'm stealing that, thanks.

Subbbie • 1 point • 29 October, 2015 11:52 PM

I had to urban dictionary slinging yogurt. I guess I've just never heard it described that way.

[deleted] • -1 points • 30 October, 2015 01:52 PM

No, he actually means throwing yoghurt at people. Whenever somebody talks shit to him or cuts him in traffic he throws a little thing of yoghurt at them.

[deleted] • 1 point • 30 October, 2015 01:57 PM

slinging yoghurt

Looks like I finally found the asshole who's been leaving little half eaten containers of yoghurt on my front doorstep every morning...

Braaaaaapp • 16 points • 28 October, 2015 09:25 PM

Vices:

1. Video Games
2. Masturbation, already gave up porn a long time ago
3. Browsing reddit randomly during the day

Activity:

Doing something OUTSIDE. I find that most of my day revolves around being inside, the gym, studying, cleaning. I'd like to start going fishing more or going on a hike anything outside once a day, being in the sun and outside is proven to have a lot of benefits.

[deleted] • 1 point • 1 November, 2015 01:32 PM

That's a great goal. I think i'm going to try and get outside more as well. It's kind of crazy how little I am outside on an average day.

justfaded • 16 points • 28 October, 2015 06:29 PM

Hi, I plan to give up:

Pornography

Mindless browsing

Foods with high; sugar, oil - content.

I plan to study everyday for atleast an hour for my A Level examinations.

Thank you for this, u/redpillschool. Thanking you from across the world, here in Pakistan.

Just wanted to confirm, if I just post on the subreddit, will I still get my reward (The badge next to my name)?

redpillschool[S] • 13 points • 28 October, 2015 05:24 PM

My Goals:

https://www.reddit.com/r/nothingnovember/comments/3ql3gz/rpss_nothingnovember_thread/

throwaway-aa2 • 1 point • 29 October, 2015 12:39 AM

Awesome.

By the way is there a way I can post links too or is this a special privilege you have... I want to link to my post as well and auto moderator just pruned it

redpillschool[S] • 3 points • 29 October, 2015 03:17 AM

I approved it.

recon_johnny • 2 points • 30 October, 2015 06:14 PM

I also tried to post the link to my goals.

[deleted] • 15 points • 28 October, 2015 06:23 PM

How convenient that November is also national write a novel month, something I've been planning for. My daily activity will be writing - at least eight pages (2000 words) a day.

As for my three vices: based on /u/-r_r-'s excellent comment in this thread, I'll be eliminating all of mine (browsing, media binging, fapping) in one swoop by giving up the internet all together for a month. On Oct. 31st I'm just going to pop the wireless card out of my PC and turn it over to a friend for safe keeping.

[deleted] • 4 points • 28 October, 2015 08:12 PM

Done the novel writing month before. Good luck, don't fall behind it you'll hate your life trying to catch up. 2000 a day is much easier than having to do 3500 per day like I did

RedPillJax • 3 points • 29 October, 2015 02:32 PM

As a guy who's had 4 novels published, let me know if you want any tips or anything along the way!

2000 words is an ambitious goal, but if you pound out 2000 a day for 30 days, you'll have a (short) publishable manuscript at 60,000 words by the end of it all.

Good luck!

Danedina • 1 point • 10 November, 2015 11:40 AM

It is a lot. I'm also wondering if it would be better to set a time based goal rather than quantitative. Either way, I'm jumping in on this. My goal is more modest: 1 solid hour of writing/rewriting and one 1 hour of guitar. That's about as much as I can cram into an evening after work.

[deleted] • 68 points • 28 October, 2015 05:43 PM

[permanently deleted]

throwaway-aa2 • 11 points • 29 October, 2015 12:00 AM*

This is interesting. I came here to possibly swear off TRP for a month... but I might just kill my internet. Actually not a bad idea at all.

Edit: I think I'm going to not only kill internet but tuck away my computer completely.

lv1mebruh • 3 points • 29 October, 2015 09:14 AM

Interestingly enough my computer had an OS issue a week ago that I couldn't fix immediately until about now (almost fixed, I have a short term workaround), and since I've been hitting the gym daily, meditating, and reading a lot, I didn't give a shit. I even didn't bother trying to fix it for like 5 days because I genuinely didn't need or desire it. I had my phone if I really needed the internet, and it also kept me updated on emails and other important stuff.

In the past I would've been depressed and gone into rage mode, but this time around I was like eh, fuck it, and went and read a bunch of books on my reading list. Pretty refreshing.

[deleted] • 5 points • 29 October, 2015 01:30 AM

What about those of us who run a business, or businesses from home? I'm thinking maybe I could only do work at the office, but my work is my hobby.

Then again maybe it shouldn't be. I may have answered this for myself... Still looking for tips if anyone has some.

lightfire409 • 1 point • 30 October, 2015 10:45 PM

My concern as well. When i get stumped by a compiler error or a design flaw in my code, my first response is to google it. Its pretty vital to my hobbies.

Its a catch 22 because i spend way too much time on the internet, but i need it to be productive. Halp.

eviledddy • 3 points • 28 October, 2015 09:31 PM

Very interesting.. also the cash savings from not paying for internet can add up over the years!

I'd do it but I rely on the internet (at this point) to make cash but I would love to try it out... seems like the more people are plugging in the more I want to disconnect.

fingertmoon • 1 point • 30 October, 2015 01:11 AM

I can't do that because I have unlimited data with Verizon. I was grandfathered in and if I shut it off it's gone forever.

I tether with my laptop and let other people use it. Last month I pulled 150gigs. No throttling. It's awesome.

30303030303030 • 1 point • 30 October, 2015 07:50 PM

Here is the advice: cancel your internet service.

I moved some time ago and I had not had an internet access for over a month.

I was amazed how much time I waste mindlessly browsing, even though I'm actively trying to avoid it. I was bored, I was walking around my room not knowing what to do with myself.

I was cooking, reading, working out, meeting people, visiting my parents more than I did in half a year. I had time for everything. Big eye opener.

Unfortunately, due to my current profession and me trying to change it, I need it to learn after work.

[deleted] • 1 point • 31 October, 2015 10:06 AM

To everyone considering this but thinking they still need the Internet for some things: perhaps you could add one of those softwares to not only block porn but all other time-wasting sites. This way you could make sure you are only using the Internet for what you say you "need".

Enjoyitbeforeitsover • 1 point • 31 October, 2015 04:50 PM

I disagree, for some you really do need to be online for school purposes and also for entertainment. For some cutting their internet is an effective means to cut out distractions. Whoever it's all ultimately all in your mind. So if you don't want to be distracted that's where self discipline comes in. It takes time and many failures to get to a point where you can actually get shit done and balance everything and also include any form of entertainment. Meditation is starting to become important to me now.

[deleted] • -3 points • 28 October, 2015 09:21 PM

[permanently deleted]

[deleted] • 7 points • 28 October, 2015 10:23 PM

[permanently deleted]

aDrunkenWhaler • 6 points • 29 October, 2015 03:49 AM

Jerking off while using your imagination and fantasizing of real women in your life that you plan to bang is a hundred times better than watching porn. If you do want to wank one out every now and then, which can be actually healthy, this is the way to go. Reasons: 1. You don't screw up your expectation regarding how women look and act during sex. 2. Fantasizing of banging said women will increase your motivation to actually do it, and even make it an actual mission. You'll be a horny fucking animal when you'll met her, exude testosterone, easily build up sexual tension, won't beat around the bush. Natural and primal. All good things.

This of course is ok only if you are alpha. If you're a looser that doesn't take action and build oneitis you might as well stick to porn, at least that won't run away with half of your income after 2 years.

dr_warlock • 17 points • 28 October, 2015 06:18 PM*

Vice

I never thought I'd say this because it's hard to admit it to myself, but /r/TheRedPill is my main vice. I spend too much time on here. I also don't go to bed early enough to have time in the morning to cook my lifting meals.

Goals

Work on personal projects

Get more sleep

Hit the gym more often

Finish creating and setting up my blog.

See you guys in a month.

laere • 1 point • 29 October, 2015 01:43 PM

Looking forward to your blog man, you got some good content. Keep it up!

Kafkaevsky • 1 point • 8 November, 2015 07:29 PM

How is the progress so far?

[deleted] • 1 point • 12 November, 2015 09:42 PM

Yes! Finally! Can't wait for a dr_warlock blog.

RedPharaohRising • 9 points • 28 October, 2015 06:25 PM

Signing up:

Vices: 1. Porn/jerking off

2. AU fiction

3. Reddit between 11am and 11pm (this is going to be impossibly hard)

Things to do: 1. Meditate (10 minutes at least) 2. Stretch ankles and groin

3. Read a little non fiction every day

[deleted] • 1 points • 8 November, 2015 06:48 PM

[permanently deleted]

RedPharaohRising • 1 point • 9 November, 2015 05:32 AM

Yeah, I've blacklisted all these.

[deleted] • 8 points • 28 October, 2015 05:23 PM

Giving up porn, fast food and putting off laundry/apartment cleaning.

I'll shoot and edit 2-3 minutes of raw footage every day.

rp_valiant • 2 points • 28 October, 2015 05:25 PM

RPS:

https://www.reddit.com/r/TheRedPill/comments/3qkwt4/nonothingnovember_2015_challenge/cwg38u8

BlueChilli • 9 points • 28 October, 2015 06:47 PM

1.) Porn. (Been doing pretty good on this one already. Have been getting up to 10 - 14 days free at a time.)

2.) Energy drinks. If no other reason, that's money that should be saved.

3.) Junk foods. Real food only.

New Habits:

1.) Meditation. 10 minutes per day.

2.) Study programming 1 hour per day.

laere • 3 points • 29 October, 2015 01:42 PM

With you on the programming bud! Javascript is becoming fucking fun for me.

4delicioustreats • 1 point • 30 October, 2015 03:15 AM

Javascript isnt fun for anyone. Typescript, ECMAScript or Coffeescript maybe...

IMO Learn Golang.

Throwawaters • 9 points • 28 October, 2015 07:03 PM **[recovered]**

Vices

Stop masturbating: I don't think it's that much of an issue, but I'm sure it's a good willpower exercise.

Start going to bed on time/stop using the snooze button: Due to tougher/more frequent workouts, I've been feeling fatigued a lot the past few weeks, my body needs more sleep.

Brush teeth at least twice a day: My teeth are in good condition, but I only brush once a day, sometimes twice. I need to be more consistent!

Daily Activities:

Drink more water: I'll be needing it as well because of the more frequent workouts.

Clean my place: Just 5 minutes of cleaning a day can keep everything nice and tidy.

alfasauce • 1 point • 31 October, 2015 07:57 PM

I used to wash them 3 times a day until i got them whiter with some gel dentists sell you. It made me wash them every time i ate something, it might help and its always cool to have white teeth :)

GraphicSeniorNudity • 8 points • 29 October, 2015 03:50 AM

I'm giving up porn, video games, and internet/reddit binging.

I'm taking up meditation.

And I'm also gonna add a weekly goal of exercise. Everyday at the gym is just not realistic for me.

Those of you giving up masturbation, be warned, it is really really really difficult, especially if you don't have a woman around. I suggest giving up porn instead, and making a conscious effort to reduce how often you jack off. But going cold turkey straight out of the gate might be setting yourself up for failure, which could cascade down onto the other goals you set. 1 step forward 2 steps back kinda thing.

akc151 • 9 points • 29 October, 2015 06:54 AM

I'm down.

Giving up booze, spanking the monkey and sleeping more than 8 hours.

Proactive activity is reading 20 pages each night.

alexstryka7 • 6 points • 28 October, 2015 05:49 PM **[recovered]**

I fucking love this, a real initiative that I can take part in to definitely improve who I am and make me stronger, I'm well in! I'll give up porn, any unhealthy foods (even though I was barely eating any before), and procrastinating my studies. My challenge will be to lift hard 2-3 times a week with no excuses, instead of 1 or 2 times and sometimes half-assing it. Cheers TRP, see you on the other side!

putinbush10 • 1 point • 29 October, 2015 08:35 PM

If your foods thing isnt that bad, then pick something else. No just skating by.

ManRAh • 7 points • 28 October, 2015 06:28 PM

No: Porn, fapping, caffeine.

Was going to say no alcohol, but I enjoy getting shit-faced with my family over Thanksgiving.

Take up: Drawing every day for at least an hour.

cashmunnymillionaire • 8 points • 28 October, 2015 07:23 PM

Ditching: Porn/Faps, Cigs, Fast-food

Daily: Workout, Music

[deleted] • 3 points • 28 October, 2015 08:15 PM

I quit cigs Jan 1. Told myself I want to go 1 year without a cig. I kinda do the same thing at the gym. when doing a set of 10 I tell myself 100, it makes getting to 10 much easier. Best thing I've ever done is quit smoking....I will never go back. Good luck dude, you got this shit!

cashmunnymillionaire • 2 points • 29 October, 2015 02:17 PM

Thanks bruh. I'm a pretty light smoker so it shouldn't be hard, except when I'm drunk.

RedSugarPill • 6 points • 28 October, 2015 07:43 PM

-chewing tobacco (this will be difficult)

-television (including ballgames and MASH, goddammit)

-surfing Internet (including TRP, I'll miss you fuckers)

+meditate

Rebikhan • 11 points • 28 October, 2015 06:09 PM

Vice 1: TheRedPill/Facebook/Youtube Internet Meandering

Vice 2: Checking phone more than once per half hour

Vice 3: None (1/2 are high priority, can't handle a third)

Daily Activity: 15 minutes meditation

Sum purpose: Remove mental clutter. Detox a bit from negativity from TheRedPill.

Primemale • 5 points • 28 October, 2015 07:07 PM

Giving up:

1) Alcohol (as a social crutch)

2) Fear- causing inaction/procrastination of things I WANT/NEED to get done

3) limit internet use to 2 hours a day at most.

Daily activity : read 1 hour per day (one of the many recommended books I've bought but still not read)

lightfire409 • 2 points • 30 October, 2015 10:13 PM

Nice! I'm doing the same daily activity. Its gonna be awesome!

throwaway1994 • 6 points • 28 October, 2015 09:30 PM

Dear TRP,

I've been lurking this subreddits for about 3 months now and have applied the knowledge here slowly but surely to parts of my life. TRP gave me the knowledge as to how to run my life and as a result, I'm taking 19 units this college semester with a part time job. I'm managing well, and I am doing everything to form this into habit. My one biggest offence is that of complacency which is slowly dying each and everyday.

There's always room for improvement and with my mindset set on "tryhard mode", I will be joining you all on this journey. My 3 vices will be porn, gaming, and unnecessary purchases. I've brought those 3 down significantly however I haven't gone cold turkey. This is the perfect time to do. To the best out of all of us brothers, may this be a hard battle.

Subbbie • 1 point • 30 October, 2015 12:16 AM

I too am taking a tough semester, and complacency is what is hitting me at this point in the semester. I started out so strong.

[deleted] • 6 points • 28 October, 2015 10:53 PM*

So let's kill my addiction useless games, manga aaaaaaaaaaaaaand porn. Gonna do math and physics everyday from now on.

I will start a journal as well.

snakw12 • 7 points • 28 October, 2015 11:46 PM

Going to start the vices + daily activity after I write this comment.

Giving up 3 vices: - no Reddit, only time I'll be on Reddit is when I'm looking up a keto recipe - Playing my xbox 360. Hard as hell for me not to sit at the TV for 6 hours on a Saturday playing madden. - No Netflix or any TV show related shit. Been watching 1 house of cards episode each day for past two weeks and I always watch the latest episode of The blacklist. RIP for a month

Daily activity: - 2 approaches a day, can be literally anything. Just as long as I say something to a random person. This will be tough due to my AA - Making my bed every morning.

[deleted] • 6 points • 29 October, 2015 05:32 AM

VICES

Porn

Nail biting

Sugar

POSITIVE

Meditation every morning (Headspace)

rp_valiant • 12 points • 28 October, 2015 05:14 PM

This year I'll be giving up porn, mindless internet surfing/gaming and netflix for the month. I would give up cigarettes but with my 100-hour-week work schedule I think I would kill myself. I'm going to take up healthy eating - keto specifically. I'm going to go out on a limb and also take up journalling - I've been keeping myself accountable on-and-off for about 2 years and need to get consistent, and this is a great excuse.

Best of luck to all participants!

justindumke • 5 points • 28 October, 2015 05:31 PM

You can suspend your Netflix account for up to 90 days. This way you won't have to pay.

Lanefiger • 4 points • 28 October, 2015 06:21 PM

That's sort of cheating. If there's no possible way to access it then there's no real danger of giving up. That's like giving up lent for lent.

rp_valiant • 1 point • 28 October, 2015 06:26 PM

nah, I'm not roping the wife into my choices. Plus what Lanefiger said.

BananaFingerer • 3 points • 30 October, 2015 11:40 AM

Give up the cigs man, its the best thing you can do for yourself. Its step one.

rp_valiant • 4 points • 30 October, 2015 11:46 AM

you know what, you're right. I'll drop the cigs.

rp_valiant • 1 point • 1 November, 2015 01:09 PM

Update: I hate you, and I hate how right you are that giving up cigs is a good idea.

Geckobird • 11 points • 28 October, 2015 05:19 PM

I'm down! No weed, porn, or masturbation starting November 1. I might even start now, at least with porn and masturbation. Forcing myself to do something daily will help me succeed this semester in college instead of procrastinating like I've been doing all semester. Let's go!!!

redpillschool[S] • 4 points • 28 October, 2015 05:26 PM

Don't forget, this year we're adding a daily activity to our goals.

Geckobird • 2 points • 28 October, 2015 07:56 PM

I thought this meant to give yourself a task each day and do it. If is a specific daily task, I'll go for at least 20 push-ups daily. It's not much, but it's something.

putinbush10 • 3 points • 29 October, 2015 08:43 PM

Go 50, dont puss out man. You gotta make it something that you can look back on and be proud of.

fingerthemoon • 2 points • 30 October, 2015 01:22 AM

I heard Bruce Lee did 1000/day. I was up to 500 at one point but then started lifting heavy.

duckrelish • 6 points • 28 October, 2015 06:17 PM

Cool. I'm down.

Vices to be kicked: Reddit front page. Staying up past midnight. Social media.

New habit: write for an hour a day.

jb_trp • 5 points • 28 October, 2015 06:31 PM

Count me in. I'll give up booze, porn, and those expensive coffee drinks that are loaded with sugar.

I'll commit to at least 45 minutes of cardio a day. It's time to cut!

psyflux • 1 point • 29 October, 2015 10:54 AM

Cutting out as much processed sugar as possible was huge for me. Good luck!

may2005 • 4 points • 28 October, 2015 06:52 PM **[recovered]**

NO fapping, NO internet surfing, No seclusion

Starting with journaling/mediating and lifting the iron consistently

[deleted] • 1 point • 1 November, 2015 01:42 PM

Seclusion is an easy thing for me to fall into as well. Good luck!

TooMuchToDo • 5 points • 29 October, 2015 04:01 AM

I'm giving up Facebook, Porn and Reddit for NoNothingNovember. So much time is wasted online but I can't afford to give up internet entirely.

My goal is to finish at least one 300 page book over the course of the month.

1v1mebruh • 4 points • 29 October, 2015 09:29 AM

Giving up:

-porn (Been watching that shit since 4th grade, for the past half year I've been able to go about 2 weeks at a time without it before I relapse for a couple days and I'm about 2 weeks "clean" right now, so let's take it all the way through November at a bare minimum.)

-unproductive computer use past 1 hour (I like to go on the internet for some low energy relaxation, but more than 1 hour a day is just draining time I could be using to improve myself at something more valuable. I need the computer to stay in touch with my professional network, complete applications for grad school, and trade forex, but everything else classifies as unproductive activity for me.)

-weed (I've been on probation for the past 4 years and only have until January until I'm off and get all my charges dropped, so just gotta keep staying clean. I've been clean for a bit before now, but this one's important

and sometimes hard to stick to so gotta keep it going.)

Taking on:

-meditation (I've been trying to start meditating daily, but I've only been able to string together a couple days in a row before falling off for a couple days, finally found some good resources to start learning how to meditate for real so I'm gonna do this every day for the next month. I've already been hitting the gym once a day for the past month or so consecutively and that's not hard for me at all so I won't try to scrape by with just that.)

bodiwait • 1 point • 29 October, 2015 01:34 PM

Good luck with your challenge. Where are you learning meditation from?

fingerthemoon • 1 point • 30 October, 2015 01:39 AM

meditation

I recomend Zen Mind Beginners Mind. He gives a good explanation of proper form in the beginning of the book.

The most important thing to learn that takes some people many years, is to rock your hips forward. When you find the right position it doesn't take any muscles to hold it, your body will balance perfectly. Good luck.

lv1mebruh • 1 point • 30 October, 2015 08:28 AM

Interesting, thanks for the tip I appreciate it.

[deleted] • 9 points • 28 October, 2015 06:22 PM

Vices

-There will be no more porn and masturbation. Only cumming inside a vagina is allowed.

-I will not buy food when going outside and I am hungry. Exceptions include essential meals breakfast, lunch and dinner. I will try to always bring my own food when I go to university and when I go clubbing I will just bring a fucking banana to get those energy levels up again.

-I will not visit theredpill for a month. I will merely use reddit to update my thread on nonothingnovember daily.

Daily activity

-I will start reading one chapter of a novel at least every day. When I finish a book, I will start a new one.

I CAN DO THIS.

ChinmayT2 • 5 points • 28 October, 2015 05:46 PM **[recovered]**

Vices to be avoided :-

☐ No masturbation.

☐ No eating outside.

☐ No Soda.

Daily activities:-

☐ Start making entries in journal (left in between).

☐ Read a novel for atleast 5 minutes. Haven't read one in 10 months.

growingstronk • 4 points • 28 October, 2015 06:25 PM*

I'm in. I give up porn, dessert, and pot

I am going to do 2 new activities: I will study 1 hour more than normal, and I will take up krav maga. Where to update?

And more importantly good luck all!

edit: on second thought giving up pot is too easy since I do it like once a month anyways. I'll switch that with netflix as it is the boon of my existence

Whirly315 • 2 points • 28 October, 2015 10:46 PM

Nice on the Krav Maga, I'm joining a Krav Maga gym November 3rd. Best of luck on your goals

Trail_of_Jeers • 4 points • 28 October, 2015 06:32 PM

Give up: Porn, Breads with a low fiber ratio, and oversleeping even when i am exhausted from work and the gym.

Not sure what task. I shall add.

[deleted] • 3 points • 29 October, 2015 08:02 AM

Here's a suggestion: 10-15 minutes of Duolingo per day. Easy to do.

EnlightenedViking • 4 points • 28 October, 2015 06:44 PM*

Porn, Tinder, & Alcohol

Get back into Boxing/Muay Thai

la_bond • 4 points • 28 October, 2015 07:11 PM

Give up 1. Porn 2. Poker 3. Alcohol

Take up 1. 2L water daily

[deleted] • 3 points • 28 October, 2015 07:14 PM*

In November I give up porn, fast food and I won't cram for my exams. I have relied to much on my ability to learn quickly and I could do better if I did a little each day which is the good habit I will form. 1 hour of study a day at least.

Edit: throwing in a 4th one not spending loads of time watching football. Watch way to much football on the weekends.

Sofakingcoolstorybro • 5 points • 29 October, 2015 01:53 AM

I was only able to honestly stick with one vice. But it was alcohol, and that was huge for me! I also made it a goal to compete in every jiu-jitsu tournament during the winter. Did well, because I had quit drinking and ate healthy (no more drunkenly buying crap to eat) thanks everybody, stay strong!

aDrunkenWhaler • 4 points • 29 October, 2015 04:01 AM

1. No more porn
2. No more facebook (fucking time waster)
3. No more messy house (fuck clutter)
4. Yes to 1h/day of Yoga. I go to the gym every day, which is awesome, but flexibility is equally if not more important for health and longevity. It also helps to model your body more armonious, makes you feel better etc.

throwaway-aa2 • 6 points • 29 October, 2015 04:26 AM

Be careful: the same way you can get injured lifting, you can get injured doing yoga. Just make sure you have a good teacher who knows what they're doing and is very vocal about voicing your problem areas or injuries. Also the type of yoga you practice definitely makes a difference.

Moreover there is also mobility you can get into too. But yoga is pretty dope.

aDrunkenWhaler • 2 points • 29 October, 2015 04:50 AM

Thanks a lot for the advice. I will be careful. I don't think I'll get a trainer, at least not for now. I'm sure it helps but there are plenty of free stuff out there to teach me what I need to know, and as long as I'm careful and listen to my body I'll be fine. But I do need to take it easy and let my body adapt. I started a few days ago and already feel the difference.

[deleted] • 4 points • 29 October, 2015 08:19 PM

Hi guys, 3 months into TRP here, long way to go. Do we just comment our 3 vices and 1 goal for the month over here to show we're participating and then head over to the nonothingnovember sub? But but there's too many betas there! jk jk, Here it goes.

Giving up porn and all forms of ejaculation that isn't sex.

Ideally this should give me the balls to approach more, and force me to release the energy in other ways - which is related to my goal.

Giving up the habit of staying up late

This should help with two things:

getting my stupid roommate who's sleep is about as delicate as a melting icicle to shut the fuck up about how I keep waking him up by opening the washroom tap or showering at night. More importantly it will force discipline, help with paying attention in school, and paying more attention and being more alert to IOIs and shit tests.

Giving up hot showers

Hot showers are a terrible thing - at least for me. It takes grit to start the day off with a cold shower and you feel much better for it. It adds on. You start your day off in a lazy manner it doesn't help. I don't have the vocabulary to better express what I mean, but with each time you challenge yourself you grow.

Going to the gym and following Stronglifts 5x5 for a month.

Will help with everything else too. Should help with releasing some of the extra energy, should help me sleep which is something I have struggled with lately, and will get me in good shape!

DONT_reply_with_THIS • 3 points • 29 October, 2015 08:50 PM

I started fasting 4 days ago but I plan on fasting for November, not smoke and cigarettes and not drink any alcohol.

I will study for my Security+ exam every day.

emiesmoove • 4 points • 29 October, 2015 09:49 PM

No more: fapping, social media and gaming. Adding: 1 conversation with a stranger a day and 15 min meditation.

Doc_redpill • 3 points • 28 October, 2015 05:34 PM

Im in, ill give up facebook, fastfood, and all drinks except water. And I'll start studying 30 minutes a day.

[deleted] • 3 points • 28 October, 2015 05:40 PM

[permanently deleted]

SlappaDaBayssMon • 2 points • 28 October, 2015 07:44 PM

Make sure you set yourself some leisure time each day or "no procrastination" is going to end up fucking you up.

mr_nate_ • 1 point • 28 October, 2015 08:26 PM

Will do.

[deleted] • 3 points • 28 October, 2015 05:53 PM

This November I am going to give up going to bed after midnight on work days and getting up after 8 a.m., needless spending on stupid shit (alcohol, etc), and unhealthy eating and snacking.

In this period I want to commit to bettering myself every day for at least one and a half hours. Activities that fall into this category include reading non-fiction novels, studying chess, practicing golf, and writing (poetry or reflections), and working on my side business.

Gym six days+ a week, I'll throw in an hour of both ab work and stretching a week too.

I have an excellent excel sheet to track goals if anyone wants it.

Cheers gentlemen.

Lanefiger • 1 point • 28 October, 2015 06:25 PM

Please link your goal tracking sheet

[deleted] • 1 point • 28 October, 2015 09:35 PM

PM me your e-mail unless you have an easy way to link sheets online.

powersoul • 3 points • 28 October, 2015 06:19 PM

This November, I will give up Porn, Cigarettes, Weekday Drinking and my habit of avoiding sleep.

I will hit the gym for at least an hour or get 10k steps on my fitbit everyday in November including the holiday weekend.

[deleted] • 3 points • 28 October, 2015 08:11 PM

Vices:

Porn for all purposes and masturbation for the purpose of avoiding work. One of those "good in moderation but we left moderation behind long ago" things.

FB, Reddit, 4chan. Press f5 too much, never end up running out of content so I never get back to work. I'll come back in a month when I can resist the f5 button.

Laying in bed after I wake up. Wastes time, makes me late, encourages sloth.

Virtue:

Hold to my full nightly routine. Start by 11:30, finish by 12:00. Meditate, journal, update tomorrow's schedule/goal list, and foam roll if it was a workout day.

[deleted] • 1 point • 8 December, 2015 05:45 PM

I honestly never realized how much free time I had in my day. Letting yourself hit f5 and spending five minutes scanning to find one new article just isn't worth it. I never knew how people could watch a movie

every day but I was spending longer than a movie's length on Reddit. This is a late update because I've still been pushing away from coming back to social media too hard. New rule is that FB, Reddit, and 4chan are only for downtime. Between sets, eating, in line. A book will always be kept on my phone so when I run out of Reddit to read I can read something productive instead of spinning my wheels.

[deleted] • 3 points • 28 October, 2015 08:27 PM

Abandoned vices:

porn

weed (except for Nov 25th. Brother and I are going to universal studio for his birthday. We have already planned on smoking and eating some mushrooms)

the word "um" I want to consciously remove this word from my vocabulary.

Daily activity:

Been weight lifting since Jan 1 and cardio on the in between days so I'm good there.

Since I won't be smoking I think I'll get back into lucid dreaming. So the daily activity will be to record dreams and practice reality checks. This will also make me go to bed earlier.

fingerthemoon • 2 points • 30 October, 2015 01:58 AM

Without weed your dreams will become much more memorable.

Lucid dreaming is cool. I use the look at my hands as a trigger to awake in a dream.

csehszlovakze • 3 points • 28 October, 2015 11:00 PM

remove:

fast food

sugary drinks (except 1 coffee in the morning)

being on the computer after 10pm

add in:

walk at least 3km every afternoon

prime_zero • 3 points • 28 October, 2015 11:44 PM*

I'm game. New account but have been lurking for quite a bit.

No alcohol during the week

No porn

No unhealthy food

&

Reading daily for one hour (at least)

sexxy_latin • 3 points • 29 October, 2015 03:08 AM

I'm surprised to see how much a problem masturbation is for everyone. At least I feel better knowing I'm not the only one!

•giving up porn/masturbation - I will seek other alternatives to keep me busy like going outside for a physical activity.

•giving up junk food/overeating - I'm going to stick to raw fruits and vegetables until I can find some healthy recipes to start cooking.

• I will give up not cleaning house/being sloppy. - my will start dressing better and stop procrastinating on chores.

I think that pretty much included the positive activities I'm going to add.

Good luck everyone! I know I'm going to need it. Stay strong and maintain frame.

Sweetmoe • 3 points • 29 October, 2015 05:44 AM

For no #NoNothingNovember I commit to giving up masturbation, Processed foods and needless anger. I commit to spending 30 minutes a day practicing my archery. I'll hang in there if you guys do!

AlphaAccountant • 3 points • 29 October, 2015 11:20 AM

I'm in, giving up

alcohol (going to be hard)

porn

mindless browsing

Activity:

produce music at least an hour every day

Nebulose11 • 3 points • 29 October, 2015 11:33 AM

No marihuana, video games, or frivolous interneting. I don't masturbate, watch pron, killed the home internet a while ago (gigantic increase in productivity for all family members) but I find I still fuck off on it at work.

My no nothing activity: Finally going to stop making excuses, gym everyday!

Its time to get over the worry and just do it.

Also giving up sex, but that's a bit more forced. Wife is having a cesarean, no sex for 6 weeks afterwards.

hipster-jeezus • 3 points • 29 October, 2015 01:10 PM

1. Stop smoking pot
2. Stop spending money on dumb shit
3. Stop wasting random ten minute to one hour periods doing nothing
4. Spend that time and focus working on developing a business with my buddy

ShounenEgo • 3 points • 29 October, 2015 01:52 PM

I'll give up PMO (Porn + Masturbation + Orgasm), video games and Reddit (gasp!).

In exchange, I'm picking up web development!

RedPillJax • 3 points • 29 October, 2015 02:30 PM

I've been hitting the booze too hard lately. It hasn't been *excessive* excessive, but as a guy who used to have a nasty cocaine habit - I should know better than to let addiction creep up on me again. Booze is gone for November.

I quit smoking long ago, but I still go through a tin of Skoal every few days. It's a total vice, makes me spend excess money not only on tins but on whitening strips to keep my teeth in check, and it's just plain gross.

Tobacco is out for November.

I've been so-so with my diet lately, but I still 'reward' myself with shit food way too often for it to actually be considered a cheat day or anything of the like anymore. Shit food is gone for November.

As for the daily habit, I'm going to go to the gym every day. Even if it's for twenty minutes to hit the Stairmaster, to stretch, and leave. Any time in the gym is better than not going, period.

I'm starting a new investment plan with my asset manager as of Nov 1 anyway, so saving cash on booze, going out, chewing tobacco, and unnecessary (and shit) food is going to be of nothing but a benefit towards hitting my financial goals for November. Even if the habits don't last, I will have experienced a financial benefit from it.

Here goes nothing - Sunday's going to come quick, but I'm not afraid of it.

spottedstripes • 3 points • 29 October, 2015 06:41 PM

Reddit

Pot

Porn

I'm going to start meditating since it's been the most challenging for me

See ya'll on the other side

Persaeus • 3 points • 29 October, 2015 07:46 PM

Vices: 1.) Non-work internet at work. 2.) Non-logistical internet on phone. 3.) Faping to porn - zero (already down from 1-2 day to 1 every week or two)

Activity - Pick up my bow I put down years ago; and hunt deer with it.

IllimitableMan • 3 points • 30 October, 2015 04:49 PM

NoNothingNovember is a great time to re-read **monk mode**. To help assist with the event I'll polish the article over to make it an easier read!

[deleted] • 5 points • 28 October, 2015 06:05 PM

For NNN, I've decided to do something very extreme, but I'm doing it to build my willpower and discipline. The vices I will give up will be:

1. **No junk food.** Pretty standard: no eating out, no eating anything frozen or from a box. No booze.
2. **No electronic entertainment.** No TV or movies. No streaming media. No video games. No porn.
3. **No sleeping in my bed.** Instead, I will sleep on my balcony in my sleeping bag and bivvy sack. I've done this many times before in my last job, and I know the sleeping system I own is up to the task of protecting me from the elements. If I get sick, then I failed to properly use the system and have failed the challenge.

As for my daily activity, I will spend every day developing my web series. I am in charge of writing, costumes, storyboards, and concept art.

I have chosen an extreme challenge because my bed has ruined every attempt at Monk Mod I have ever taken.

WarmApfelPi • 4 points • 28 October, 2015 06:30 PM

Sleeping in bed is awful for me. I've been sleeping on the floor for nearly two months, while the wife stays in bed, and I've never had so many epiphanies in such a short time.

tirpt • 3 points • 29 October, 2015 01:32 AM

Can you elaborate on why you don't sleep on your bed anymore? And what you got out of it?

WarmApfelPi • 1 point • 9 January, 2016 05:47 AM

Didn't realize I never replied to you. I don't wake up if I sleep in bed. Alarms, etc do nothing. I got on the floor because of a foot injury and didn't see a reason to go back.

I got to heal, get good rest, was able to get up with an alarm. Before I'd drift off I'd always go into meditation and I'd figure something out.

[deleted] • 2 points • 28 October, 2015 06:46 PM

The bed... It's too much of a luxury. Just like so much in the world.

WarmApfelPi • 4 points • 28 October, 2015 07:30 PM

Even being alive is a luxury.

naMlliPdeR • 5 points • 28 October, 2015 07:21 PM*

I already haven't jerked off for two years. So that kinda doesn't count. The vices I'm giving up:

- 1: Be in bed before 1 am every night, ready to sleep (stop staying up late)
- 2: Stop squeezing pimples and black heads obsessively when stressed
- 3: Stop worrying about rejection (approach anxiety)

Will do:

- 1: Meditate 20 minutes every day
- 2: Cold approach at least 2 girls a week

skeletonized • 1 point • 29 October, 2015 09:04 AM

- 2: Stop squeezing pimples and black heads obsessively when stressed

I can't even fess up to it. It's the actual worst, self-destructive thing I ever started. That was courageous, mate. Good Luck!

naMlliPdeR • 2 points • 29 October, 2015 04:52 PM

I'm pretty attractive, so while I have a few acne scars it really has very little affect on physical attraction alone.

skeletonized • 1 point • 29 October, 2015 06:16 PM

Oh, I'm glad to hear that. My spots are shoulders, chest, upper arms. I wear a shirt and it's completely hidden, but makes me feel like a cutter.

naMlliPdeR • 2 points • 29 October, 2015 06:23 PM

Oh I get those days where I destroy my chest and arms (up to elbow) and don't have sex or go to a pool /beach for a week or two... The worst.

skeletonized • 1 point • 29 October, 2015 09:12 PM

Now we're getting to real men's issues, lol.

psyflux • 1 point • 29 October, 2015 10:57 AM

Just a thought:

Incorporate some kind of facial cleansing/meditative process to offset your #2.

Make sure whatever cleanser you're using has Triclosan, you won't have anything left to squeeze.

Redmajora • 2 points • 28 October, 2015 07:21 PM

3 vices: No porn, masturbation and take-away.

Daily activity: 4 hours of study towards assignments, not including class prep

bonus: striking up conversation with strangers

[deleted] • 2 points • 28 October, 2015 07:31 PM

I'm in.

I will give up porn+masturbation, junk food and oversleeping.

I will start studying for this upcoming exam for at least 30 minutes a day after work, and 2 hours a day on weekends

-Luthe- • 2 points • 28 October, 2015 07:49 PM

I'm giving up masturbation, needless Internet surfing, and FanDuel.

Daily activity: 30+ minutes a day studying Portuguese, and upping my weight lifting and meditating from 3 days a week to 5.

Operator216 • 2 points • 28 October, 2015 07:53 PM

I give up the following things for the following reasons:

Porn and masturbation. As for the same reason as many men here; Instant gratification of this type may be detrimental to personal development of our game. Get the satisfaction from your plates, not your hand.

Cigarettes. I've personally slumped from my electronic variant to these easy to buy, easy to use, easy to share classics. Not something everyone will quit however I need to focus on the long-term, not the easy.

Sleeping in and late-late nights. In combination these two have slowed my personal development by half, just by shortening my days. Bedtime is now 11-12 on weekdays, 1 on weekends. Wake up has to come before 9 each day. Ideally 7am.

I will also be focusing on academics, spending, at least, an hour a day to study and do homework. This should keep my mind at ease through November.

AM_Industries • 2 points • 28 October, 2015 07:54 PM

I'm in. No TV, no beer, and no porn.

I will run every fucking day.

psyflux • 1 point • 29 October, 2015 11:00 AM

Every day is good...but throw in some variety.

Check out item 1...

AM_Industries • 2 points • 29 October, 2015 06:39 PM

It will be part of a larger varied workout. But I hate running, and I need to do it to overcome it mentally more than physically.

CallMyBS • 2 points • 28 October, 2015 07:59 PM

I'll give up porn, sitting down (when I could be standing up) and video games.

I'll pick up reading books. at least 20 pages a day.

trpentine_ • 2 points • 28 October, 2015 08:15 PM

Giving up porn, facebook, and fast food as an "I'm-too-lazy-too-cook" meal.

Also going to ween myself off of video games & reddit and instead focus on:

Lifting at least 3 times a week, practicing German, watching/learning from Ableton tutorials, and meditation.

See you on the other side.

Lukedawesome • 2 points • 28 October, 2015 08:32 PM [recovered]

I give up wanking, League of Legends, and sleeping in past 7.

I will pick up cleaning my room everyday. Typically I clean it every 2 weeks when it gets really messy.

tempusers • 2 points • 28 October, 2015 08:40 PM

I give up porn, booze, and team fortress 2.

94redstealth • 2 points • 28 October, 2015 08:42 PM

Here are my goals

Give up

-Staring aimlessly at the computer screen(such a time waste)

-Eating fast food(with an exception for times when I'm out with my daughter)

-excessive spending(related to previous vice)

Do something

-Actually work on one of my electronics projects

94redstealth • 1 point • 30 October, 2015 12:24 PM

Day 1 10-29-15

Caught myself staring at a screen a few times and was actually able to pull myself away

no fast food

no excessive spending

failed to work on my projects but did do a halloween project with my daughter so I count it as a win

outcome for the day = success

SW9876 • 2 points • 28 October, 2015 08:43 PM

Vice 1: No "junk/snack foods" - meaning potato chips/candy. It does not include unhealthy food items such as wings.

Vice 2: No soda

Vice 3: No masturbation

New activity: 30 minutes a day of school work minimum. No more cycling of easy weeks of slacking followed by hell weeks to catch up. If I have literally 0 work to do I will read a book for 30 minutes.

ASAP_Bickle • 2 points • 28 October, 2015 09:15 PM*

Fucking perfect timing. My exams for my final year of high school last all through November, and our schoolies (drunken binge) starts Dec 2.

I give up all jerking off/porn, all internet that isn't study/once a day TRP, my snooze button, hot showers and all alcohol.

I'm committing to a daily routine. I will wake up at 7 every morning, do push ups and sit ups til failure, meditate, eat A1 all month, do 8 hours minimum of study every day, and get to bed by 9:30 latest.

If I can fucking do this and this thread helps keep me on track, I will be forever indebted to TRP (not that I'm not already).

ThreeEyez • 2 points • 28 October, 2015 09:36 PM

For November: I'm giving up pot.

Daily Activity: Reading.

slip-up • 2 points • 28 October, 2015 09:42 PM

I'm in. I'll give up porn, games and YouTube. For my daily activity I will meet someone new and small talk.

Exothermic_buttsex • 2 points • 28 October, 2015 09:47 PM

I'll go with: 1) Reddit outside posting to this thread. 2) Porn. 3) Stop being lazy and do 20+ pushups/day or lift for physical activity. Daily activity: 5 page/day on my dissertation.

Got a spreadsheet, tracking this motha. Let's do this.

IVlaskerade • 2 points • 28 October, 2015 10:34 PM*

In the spirit of No (to) Nothing November, instead of doing something everyday, say no to nothing. Someone invites you out? Go. I don't care that you were going to organise your yugioh cards, go. Local radio competition appealing for callers? Guess who's calling? (it'syou, dingus) Friend looking for partners for a charity run? Good thing you've been hitting the gym.

This works better for college-aged guys with at least a basic social life, and it'll really improve your outlook if you're always going out and having fun. It'll show you the downs of being impulsive, and help cultivate a more well-rounded personality.

In my first year of uni I committed to doing everything I was offered on fresher's week at least once. Joined every society I could, went out every night for three weeks straight, and had an absolute blast being rushed off my feet with things to do.

NewspaperMuppet • 2 points • 28 October, 2015 11:18 PM

I give up porn, social media(<--fuck this seriously), and jerking. I will approach someone everyday

Silthir • 2 points • 28 October, 2015 11:27 PM

I'm in for this!

Vices to give up will be

1. No more staying up longer than my set wakeup time allows
2. No kind of unhealthy food (except for the canteen at university, which I pretty much depend on)
3. No more clicking around aimlessly on Reddit and similar sites - I will be checking TRP sometimes, because I'm still thirsty for information, and don't think this counts as aimless

Daily activities will actually be 2 at once, because I pretty much have to do the first one either way. Here goes:

1. Spend at least 8 hours for studying
2. Play a set on my guitar, and learn a new song when everything goes well

I will be updating on reddit, only real option for me.

Cheers everyone, kick your vices good

tuxidomasx • 2 points • 28 October, 2015 11:30 PM

Giving up: weed alcohol soda

daily habit: meditation

keep yourself accountable. noone else will.

[deleted] • 2 points • 28 October, 2015 11:33 PM

First, I'm going to disallow all depressive thoughts - instead of reasoning with them.

Second, I'm allowing only one small sugary drink or sugary food item per day. I'm not fat, but I currently use sugar to boost my mood. Going to see what happens without it. (If anyone has psychological dietary advice, feel free to comment.)

Third, I'm going to eat only meals I make.

I'm going to meditate for at least 20 minutes every day.

[deleted] • 2 points • 28 October, 2015 11:38 PM

This is a great idea and you can count me in.

I'm giving up porn and watching TV. I'm spending way too much time watching political coverage on the 24hr news networks. I'm also considering user -r_r-'s idea and cancelling my home internet service.

As for my daily activity I will talk to five women a day or what Dante Nero calls "laying the five bricks".

See you on the other side gents.

Debauchery_Tea_Party • 2 points • 29 October, 2015 12:20 AM

I'm in. I'll quit porn; reading web articles and forums as a procrastination tool, mindlessly refreshing every ten minutes; and my dependence on coffee, I'm addicted to it and it's not good when I'm either jittery because I've had five cups, or jittery because I've had none.

For my activity: minimum 30 minutes a day of specific touch-typing practice for an audio transcription job I've got lined up once I finish Year Twelve in three weeks.

[deleted] • 2 points • 29 October, 2015 12:21 AM

Should've done this last year.

Goal 1: No Reddit (Yeah, I can live without a badge.)

Goal 2: No leaving things disorganized - this absolutely kills my productivity. A clean workspace makes for a clean mind.

Goal 3: No procrastination - this too kills productivity. As stuff builds up, you put it off more because you want a nice large block of time to do it. Then you spend all your time on Reddit, because you never have large enough blocks of time to do anything else. Need to buckle down and do things, even if I only have 10 minutes to work.

Thing to accomplish: Having a working knowledge of Ruby on Rails by the end of the month. Started learning

coding in C last month, hoping to have some applicable skills by the end of the year.

SonicTRP • 2 points • 29 October, 2015 12:27 AM

I give up porn, processed foods, and biting my nails.

I will in turn to go to the gym everyday.

RedPillduNord • 2 points • 29 October, 2015 12:32 AM

I'm giving up porn, booze, and fast food.

Going to add a set of daily exercises. Making 1 exception on the booze though - am driving down to spend a weekend with my best bro in a different state and to watch our rival college football teams play.

throwaway-aa2 • 2 points • 29 October, 2015 12:38 AM

Here is what I'm doing:

https://www.reddit.com/r/nothingnovember/comments/3qmq7j/throwawayaa2s_relinquishing_of_vices/

[deleted] • 2 points • 29 October, 2015 01:38 AM

I'm in (already doing nofap/noporn)

(-) no internet or TV when alone. Watching games or movies with someone is OK

(-) no eating out or buying fast food/restaurant food (pack all meals for work)

(-) no snooze button, strict wake up on alarm

(+) 1 hour guitar practice a day

(++) meditate every morning 15 min

MrJugsMcBulge • 2 points • 29 October, 2015 01:42 AM

What the heck, I'll give it a shot.

Vices to Give Up

Leaving the television on for background noise while I'm doing other things - I do this a lot and it's a big waste of time and mental effort. I end up 'watching' a bunch of dumb shit like football, cooking shows, episodes of South Park/Family Guy/Simpsons/Futurama I've seen dozens of times and pseudo-historical documentaries on the History Channel ("was Hitler an alien ghost trying to count his pawned cars in Alaska?"). I'll still watch the few TV shows I actually like, but when I need background noise while I do paperwork or house-cleaning, it'll be music or talk radio.

Mindless, repetitive internet browsing - I spend too much time checking the same sites (reddit, news, some sites related to my hobbies, etc) over and over and over throughout the day, just to see if there's anything new. It's a sign of addiction or 'fear of missing out' or whatever and it wastes way too much time; all the updates will be there whether I check a sites 10 times a day or once. For the month of November, and hopefully beyond, I'll restrict myself to checking my favorite sites only once each per day, with only 30 minutes *total* each day for checking news/updates.

Video Games - I'm not a hard-core gamer or anything, but I waste *far* too much time playing Magic the Gathering on my tablet. On November 1st, I delete those apps and I'll read some of the e-books in my 'stuff to read' pile instead of gaming.

Daily Activity

Writing - I'm not at the stage of 'writing' my novels yet, but I have a bunch of plot, world-building and character-sketch notes that I need to organize and some gaps to fill in concerning important details. During November, I want to spend at least 30 minutes per day doing some kind of writing.

[deleted] • 2 points • 29 October, 2015 01:55 AM

In.

First of all I will give up porn AND masturbating. No edging, no pictures, nothing. The other 2 times in my life that ive done this I was on fire. My only release will be the mouth/pussy of a girl.

Second I will give up facebook apart from the messaging app and event pages.

Third I will give up youtube/reddit/ random internet searching to only when I am eating.

Each day I will meditate for 15 minutes and approach 1 person in the street.

ProfDiddy • 2 points • 29 October, 2015 02:55 AM

I can do chocolate, malbec wine and masturbation. I will hit the gym four times a week and write the other three days.

lepies_pegao • 2 points • 29 October, 2015 03:02 AM

This month i'll give up porn, sugar, and cigarettes.

I've been postponing practicing my dj skills, I would like to practice for 45 minutes everyday. Amen brothers

RuffRedder69 • 2 points • 29 October, 2015 04:26 AM

I plan to give up porn, laziness (skipping goals) and excessive daydreaming. The daily activity I will take up will be meditation.

retired_destro • 2 points • 29 October, 2015 04:53 AM

Giving up: Video games Social media Junk food

I am doing ok on the junk food, but I will binge and be sick for the rest of the day. For my activity, I will:

Work on my affiliate website for 1 hour per day.

I'm in my last class for my MBA so it may seem tough to add an hour of something else, but I waste way more time on the three activities so I will be fine!

Corndog_Enthusiast • 2 points • 29 October, 2015 04:55 AM

For November, I'm going to give up PMO, junk food (only whole foods; no refined sugar or added sugar), and procrastination.

My daily activity will be at least 15 minutes of meditation, morning and night.

Aphoc • 2 points • 29 October, 2015 07:08 AM

I give up gaming of any kind and focus on the hobbies I laid aside such as my guitar.

I'll also have to eat more healthy stuff such as white meat and salad, and stop masturbating again.

bodiwait • 2 points • 29 October, 2015 08:42 AM

No wanking. No staying up late at home. No TV alone.

Since I'll have a lot more free time, I'll pick 3 habits:

30min calisthenic exercises everyday (lost the habit with my new job)

Study everyday for my medical internship exam (December 4th)

Be on time in the morning (job)

It's a lot to pickup, so I'll allow two missed days per week and still consider myself on track (for exercise and studying)

skeletonized • 2 points • 29 October, 2015 08:52 AM

Vices

Stop masturbating: I've done it before as a willpower exercise. Regressing back into it has become an opportunity cost burden to other major life areas. It's an addiction.

Start going to bed on time/stop using the snooze button: I've been feeling fatigued a lot the past few weeks, too many family/workplace changes, my body needs more sleep.

Brush teeth at least twice a day: I had a root canal in January and that \$\$\$ could have been allocated to a different project.

Daily Activities:

Drink more water: My office has free water bottles and I still don't even average 1 a day... and I live in a desert!

Transcendental Meditation: I keep hearing about it from Howard Stern and Jerry Seinfeld. If I maintain the improved sleeping pattern I will have time for this in the morning, before daily life starts.

Justtherightone • 2 points • 29 October, 2015 09:10 AM

I thought about this today, and had decided to go with something simple, like picking porn, wanking, and fast food as my vices.

I decided to say screw that and go harder. I'm going to bundle up porn with everything else on my laptop (Media, Games, Netflix, Youtube) My own exception being playing games/Watching movies hotseat with friends.

As for the daily activity, I'm sure anything that I'll be doing is infinitely better than being plugged in, but I'm going to focus on proper eating, meditating, finding a job, exercise and more.

This is my birthday gift to myself, and I'm both anxious and excited.

[deleted] • 2 points • 29 October, 2015 09:19 AM

[permanently deleted]

Hawadleh • 1 points • 30 October, 2015 10:30 AM [recovered]

I thought TRP will be toughest one.

[deleted] • 1 points • 30 October, 2015 10:33 AM

[permanently deleted]

AltomonsterFR • 0 points • 29 October, 2015 09:30 AM

You can try decaf, mate. Now, at least in EU, the one they sell tastes pretty damn similar, so you've just got coffein lacking.

phantomorg • 2 points • 29 October, 2015 11:36 AM*

1. I'm giving up porn/ masturbation.
2. Social media on top of that and completely limit my internet access. (3. Finally I'm going to stop being so

depressed and break the negative cycle the world has created for me.

3. Stop saying I will find a job and actually take action and find one. With that money I will regularly go to the gym.)

5.No last minute work

Daily activities; 1. Go to sleep on time "When the sun goes down, you go down" 2. Reading every day. (The limiting internet will allow this) 3. Go outside every day (for a walk if I have nothing to do) and drink more water. 4. Meditation. 10 minutes minimum.

There is no more giving up or slacking off anymore. I'm sure many of us can agree that we've fucking had enough. I feel like I've been stuck in the same place in my life for a long time and doing the exact same shit everyday will keep me there. Suffering and enduring through this is the only way to get through it. Don't expect it to be easy because often times fighting these habits will feel like the hardest thing you can face when really they are fucking microscopic in the bigger picture. Just fuck it, I'm doing this.

Electric_Romeo • 2 points • 29 October, 2015 12:28 PM

I'm in. I'll give up procrastination on the internet, porn, and junk food. I'll go to nothingnovember and post details.

Party_Olive • 2 points • 29 October, 2015 12:40 PM

Signing up

Vices

- 1) Not getting enough sleep
- 2) Pornography
- 3) Cleaning bedroom/bathroom

Activities

- 1) Walk the dog for at least an hour 3-4 times a week
- 2) Do my 90 minute yoga routine once a week
- 3) Conventional workout (pushups, jump-rope, squats, etc) 3 times a week.

SuccinctlyVerbose • 2 points • 29 October, 2015 01:16 PM

I am in, and I am going to do better than the last challenge. I will be giving up pornography, the snooze button, and t.v./youtube videos/etc.

I will commit to reading/studying sidebar material and/or recommended books for at least 30 minutes per day. Bring it on November.

[deleted] • 2 points • 29 October, 2015 01:46 PM

It took me a while to decide, but I finally set my goals.

No: - Porn and/or stroking the purple-headed yogurt slinger. - Social media (including Reddit, other than to continue studying TRP). - Online video games.

Once a day: - Work on my graduate school applications (4 top 10 programs in the nation).

Betterthanuatlife • 2 points • 29 October, 2015 02:13 PM

Sure I'll quit PMO, Alcohol, and drugs for this extended period of time. Alcohol, drugs, and porn will be easy (because I'm not a degenerate) but Masturbation in general will be a bit harder. I already do a lot during my

days, like manual labour at home (helping around tending the garden, shoveling gravel etc), I work out 5 days per week, I read, and I study up on a lot of things. Actually I'll go and tend to to garden right now.

borjita • 2 points • 29 October, 2015 05:58 PM

Vices: 1) Fap. Won't Fap this november. If I Fap I'll let you cut my happy closest friend. 2) Internet. I only have it on smartphone and college. So gonna turn it off unless necessary/not having nothing more to do (bus) 3)

Procastination. Gonna try to notice when I procrastinate and avoid it. It easier without fap/internet though

Goals: 1) Read non-fiction or/and study 1-2 hours daily 2) Waste less time lifting. I mean, being more efficient.

3) Improve my inner self. It may be meditating, anxiety, social relations... Etc

I won't include drinking or smoking because I almost never drink or smoke.

And, as an interesting goal, you could try to go full vegan/vegetarian mode, don't eat something if it comes from animals.

Pd: not so good in english, tell me if I had some mistakes or could improve something.

ReturnThroughAether • 2 points • 29 October, 2015 06:42 PM

Count me in. I'll give up porn, mobile games at work, and tortillas (bye bye breakfast burrito/moe Mondays).

I'll be adding a good amount of sleep every night and some guitar practice. Time to focus up at work, not feel run down, and lose more weight.

Blahshizer • 2 points • 29 October, 2015 06:47 PM*

My Plan: ||| No porn and masturbating only once a week ||| No gaming including mobile games, PC games and console games ||| Necessary home gyming every day of the week until the end of November.

Wish me luck and thanks TRP!

surely_joking • 2 points • 1 November, 2015 04:37 AM

Long time lurker here. I know it's last minute, but it's still October here and I want in. Here are my vices:

1) Masturbation / porn 2) Going to sleep after midnight on a weeknight 3) Picking at pimples on my face

For my daily activity, I would like to ride my bike for 30 minutes minimum every day to get some cardio and to get out of the house. If I am away from my bike, I will go for a walk or a run. I have been going to the gym for lifting very consistently, and I think I should supplement it with some light cardio. I was not sure if I was going to participate, but you guys have inspired me. Best of luck to everyone!

qpinto • 3 points • 28 October, 2015 05:41 PM

porn, fapping, and eating out. continuing my cut for my diet this month and trying to get as lean as possible for graduation. im going to dedicate 10 minutes of cleaning my house and car a day. not saying my place is a mess, however 10 minutes will easily make this place almost sterile and no clutter. should free the mind.

[deleted] • 1 point • 28 October, 2015 05:28 PM*

[deleted]

What is this?

[deleted] • 1 points • 28 October, 2015 06:18 PM

[permanently deleted]

redpillschool[S] • 7 points • 28 October, 2015 06:21 PM

Only cumming inside a vagina is allowed.

Careful with that...

[deleted] • 1 point • 28 October, 2015 06:24 PM

Would it be a good idea to invite the LTR to give up one of these things with me, such as week day drinking?

fingerthemoon • 1 point • 30 October, 2015 01:46 AM

Nope. Because if she breaks you probably will too. You don't need her support. Just do it for you, on your own.

swizzlstik • 1 point • 28 October, 2015 09:16 PM

This will be my first #nonothingnovember really looking forward to doing this not only for myself, but to be part of something with a group of people dedicated to testing themselves, and pushing their limits to try to become a better version of themselves.

The things I'm giving up:

Impulsive spending - this speaks for itself, I'm sure some of you have been here.

Snacking - biggest detriment to my progress in the gym.

Party drugs - been meaning to stop altogether, this could be a good place to start.

As for my daily activity, I will do something creative. Either draw in my sketchpad that I've used once in my life, or work on a painting. If I whip up anything decent I'll make sure to post!

htbf • 1 point • 29 October, 2015 12:45 PM

Any advice for the parental control software to totally and completely cut off porn ?

GiskardReventelov • 1 point • 29 October, 2015 09:32 PM

I'm already doing exactly that. Every week I choose one new thing I want to do every day or one thing I don't want to do anymore. So I just keep going, but good luck to all.

My advice, create some chart or table that makes yourself accountable.

Schveen15 • 1 point • 29 October, 2015 10:32 PM

3 Vices: Internet, Alcohol, Goofing Off at work

1 thing to pick up: Reading at least 7 chapters from my reading list every week

[deleted] • 1 point • 29 October, 2015 11:07 PM

late night web surfing

porn (may try nofap as well)

drinking too much alcohol (2-3 drinks or less when going out)

daily workout or stretching

meditation (20 min in morning, 20 at night)

daily leisure reading, no matter how little

hudson701 • 1 point • 29 October, 2015 11:40 PM

I intend to delete Internet dating apps (Bumble), and any gender-related/dating sites i.e. Redpill Reddit, loveshack etc. Whilst the information is useful it is highly addictive, very destructive to read and is absolutely making me miserable. I have to ease myself out of this addiction, it is quite literally poisoning my mind and making me despise women to such an extent it's unhealthy. Furthermore, I am also going to stop looking at my bastard iPhone so much, it is a complete waste of time, vacuous and self-absorbed. Lifting and job are already taken care off, but I'm really excited to be buying a new flat within next couple of months, with a lot of renovation work to get stuck into and really focus the mind! I've done it before and it is very satisfying work.

Subbbie • 1 point • 29 October, 2015 11:49 PM

Giving up Fast Food, swearing, any form of wasting time before 4pm - social media/reddit/games.

Going to pick exercising back up, am still recovering from knee surgery, but there is now things I can do that I couldn't 2 weeks ago.

Hopefully those 3 things will help me keep my good grades through the tougher part of the semester and get my health back on track.

The fast food and swearing are going to be so hard. I'm a 3rd year pre-med student, and taking heavy core science classes in preparation for applying next summer. Fast food is my life right now, I never have time to prepare food at home. And even if I did I don't know what I could take with me that could last all day in my rucksack. I leave my house at 6.30am or so, and drive 30min to school and stay there till about 10/11pm. Any ideas anyone?

HappyScribe • 1 point • 29 October, 2015 11:54 PM

Okay...

1. I'm giving up sugar. Let's see if I can go keto for a month.
2. I'm giving up fapping.
3. I'm giving up Reddit and Facebook.

I'm going to write. I've been trying to do stand up comedy for a couple of years, but I've never sat down and properly written a set that I'm happy with. I'm going to write every day.

Daisy_DukeNukem • 1 point • 30 October, 2015 02:08 AM

Alright, time to state my NNN goals:

Vices to eliminate:

- No more mindlessly browsing reddit/internet, (TRP, news, essentials max 30 mins per day)
- No more overeating/stuffing myself, watching nutrition in general
- No more mobile gaming and gaming in general (holy shit this might suck)

Next: The To Do Goals:

Daily Activity: Make a TWO hour block of time every day to study for or review my class work. (Exceptions for exam or paper due the next day)

locolopes • 1 point • 30 October, 2015 03:14 AM

I'm in for this, except my aim is not for it to be just November, I'm aiming to get rid of these vices for good.

I am done with cigarretes, I've been a social smoker for a while.

I am quitting pornography, I've used it as a crutch and as an excuse to not go out at times, especially in between relationships.

I am significantly dropping my consumption of internet blogs, even TRP, limiting it to 30 minutes a day.

Good luck to everyone taking on this challenge, let's get shit done.

TrumpsHairAdvisor • 1 point • 30 October, 2015 04:18 AM

Let's do this boys. No cigarettes, porn, or booze for me. In addition to this, I'd like to get back to the gym. I also want to stop seeing woman as walking fleshlights.

Booksarefun666 • 1 point • 30 October, 2015 04:35 AM*

I already don't smoke or drink so I can't really think up three at the moment.

But no porn and I'll stop eating junk food/cut down carbs.

I'll also chat up more broads.

RageLife • 1 point • 30 October, 2015 06:20 AM

Exactly the kick in the ass I was looking for.

No weed, no alcohol, no buying stupid shit.

I'm going to really get back into the gym with a vengeance, kick up my diet a notch and start a budget/tracking my finances (I know I only need 1, buttfuck it).

ThePhenomenal1 • 1 point • 30 October, 2015 12:19 PM

I have improved myself enormously over the last year. I lost 60lbs (still have another 50lbs to go before I'm at 10% BF). I stopped deluding and lying to myself and other people. I lift 3 times a week and fight depression daily. So there are not many **BIG** things left on the list to improve on.

Vices

Keeping some things to myself

Stop texting girls unless it's about me shooting a load inside her

Goals

Doing at least 2 times a week some cardio

Reading/learning 1 hour a day

Positive self talk

Going outside for a walk, socializing at least once a day.

NoNothingNovember

redadactyl • 1 point • 30 October, 2015 12:55 PM

Alright lets do this. Giving up Porn, Food in the house that doesn't need to be prepared, and Using my Computer/Ipad at all on the weekends.

[deleted] • 1 point • 30 October, 2015 01:49 PM

Imma go with a break from the porn, no unhealthy food and no more reading outrage posts (your average "billy the boring beta gets cheated on" post).

And Im gonna start doing pushups before breakfast.

Iam7777 • 1 point • 30 October, 2015 02:35 PM

I'm giving up on stopping (physically and mentally) without a purpose of doing so. I only plan to stop for sleeping and meditation, all else is purposeful movement.

Dishmayhem • 1 point • 30 October, 2015 03:54 PM

I'm already in recovery (alcohol), so giving that up would be cheating.

1. tobacco
2. contacting any of my exe's (yeah I know... bad habits die hard)
3. I will work on FPGA's every day

ReignitedAshes • 1 point • 30 October, 2015 04:37 PM

Vices: Giving up porn, alcohol, and useless internet scrolling. Activity: Working out daily.

Good Luck Everyone. See You At The Finish Line.

qkon • 1 point • 30 October, 2015 05:55 PM

Vices:

1. Fapping
2. Fast food.
3. Useless purchases.

I've decided to go for two aims:

1. Stick to bulking diet.
2. Read an hour a day.

recon_johnny • 1 point • 30 October, 2015 06:16 PM

Since my link was removed:

My Goals:

Over the next 30 days, I'm going to:

Give up porn/masturbation

Give up Internet time wasters (I do need Internet for work, but for non-work related will be here for updates and to pay bills

Calorie count daily/maintain food log

My daily to do is:

Do cardio for at least 30 mins everyday and stretch for at least 30 mins everyday. I have a torn rotator cuff that has been problematic since surgery. I may have additional tear, but am taking a "let's wait and see if things get worse" approach. This has severely limited my lifting. Compounding the issue is a surgically repaired meniscus and arthritis in my knee, making jogging near impossible and walking difficult.

But fuck it. It needs to be done.

Additional to do: There are a number of projects (not listed here for anonymity) that need to get done. My spare time freed from time wasting will be put into these efforts.

redpillyoda • 1 point • 30 October, 2015 06:40 PM

I am giving up porn, hot showers, and shitty food.

I will be trying to day game every Sunday while doing work at a café.

supersport69 • 1 point • 30 October, 2015 07:58 PM

Vices to drop:

1)Wanking off. 2)Checking my phone so often. 3)Eating junk food.

To pick up:

1)Meet one new person each day.

Bring it on #NoNothingNovember!!

30303030303030 • 1 point • 30 October, 2015 07:59 PM

vices to drop:

sugar

nsfw pictures/videos (it's ridiculous how hard it is even if you are in ltr...) and completely stop mindless browsing, get on internet with purpose and goal, leave after you achieve it

flour 6/7 days of the week

goals:

add some cardio after workout

put at least 10 hours a week in learning Centos 7

lightfire409 • 1 point • 30 October, 2015 10:38 PM

I made a post in nonothingnovember but we can't link to reddit for good reason so I will paste the goals here.

I vow to give up:

Porn/Masturbation

Alcohol

Reddit after 9pm.

Every day I will:

Read for at least one hour (I've got a backlog the size of my steam games library)

[deleted] • 1 point • 30 October, 2015 11:20 PM

Vices:

1. Too much time wasted on computer, limit myself to work and an hour of whatever.
2. Swap from dirty to controlled bulk.
3. Being a bitch about approaching and not bothering on a night out.

Which leads into my goals:

1. Start approaching at least five girls per night out.
2. Read for at least an hour a day
3. Start meditating

Shire_Leaf • 1 point • 30 October, 2015 11:45 PM

Vices to give up - Porn/fapping Bad food/sweets Alcohol

Habits to start - Hit the gym seriously. No excuses. Start learning a new language.

Gigandeth • 1 point • 30 October, 2015 11:47 PM

This post came at the right time. I am slowly getting to where I want to be. I hold more eye contact with pedestrians, sing on the street if I want to and I am no more scared of speaking out when affected.

The only issue is that porn/masturbation are drawing me back in what I want to do. I don't want to kid myself and just resist to the temptations for 1 month just to comfortably slide back into them again. Therefore all the things I say no to this November, at least for me, will remain in the place where they belong to. Away from me.

List of Nos:

No porn/masturbation

No more procrastination

No more fear of social interactions

No more reddit (1 month)

List of Dos:

Finish all the books planned to read

Get on top of my programming skills

Learn how to play the guitar

Achieve internal peace

I no I listed more than 3 objectives. I however do not care because this is what I need to do.

I wish you all a great journey.

FarCryExperience • 1 point • 31 October, 2015 01:39 AM

Giving up:

1) Porn 2) People taking charge of my life and not me 3) Weed

PickUp:

Becoming an android app developer. Always wanted to work with tech.

thebadmanpundtbaxter • 1 point • 31 October, 2015 01:47 AM

1. Social media

2. Porn

3. Fast food

Stonish • 1 point • 31 October, 2015 06:04 AM*

Took some time to figure them out but here I go:

Vices - quit porn, working on it for a while, I can make this happen - no masturbation, I struggle with it and it's a source of a big problem, sounds difficult so seems worth it - stop making mess around me, I never put things back on its place, this needs to change.

Daily activities - clean up the room once a day, I need this habit A LOT - clean the dishes once a day, seriously!

Stay strong brothers!

bigcaslon • 1 point • 31 October, 2015 06:51 AM

FUCK YES. 3 things I am giving up: porn, media, and fast food.

Daily activity: study medicine for at least 1 hour.

Thotwrecker • 1 point • 31 October, 2015 09:04 AM

Long post because some of the replies in here had me feeling some type of way.

I've been browsing TRP and been involved with early PU way back in the day, but never really participated. Mainly because I had an active, semi-popular reddit account on a few subs I would hang out on, and I didn't want people to flame me for being on RP.

But I read this and knew what I had to do. Reddit is a massive fucking waste of time if you're not using it for something very specific and beneficial. Learning about a career from a career subreddit, learning about financial strategies, learning about lifting and nutrition, etc, reddit can be OK for that, but I cannot believe how much time I've wasted on validation seeking by trying to "help" the netizens of reddit on stupid ass subreddits like askmen, relationships, seduction, relationships, politics. I got into this because I work super hard and felt like I needed some good, chill intellectual discussion, but Reddit has turned me into a validation junkie.

I spent my HS overcoming this shit, learning not to give a fuck, and pursue real life accomplishments. I quit gaming and porn, got girls, joined a frat. But now I'm a 20-something posting on bullshit redds for zero purpose.

So I deleted my account and am starting with **#1: No Redditing**. Going to use TRP for 10 minutes a day to update my November log, read or two articles that are relevant to my life, learn, and close the window. Not going to bother with the rest of reddit; it's a complete waste of time. Go learn by checking out the rare gems on subs relating to health, wealth, and sex, but never again will I become some purposeless participant in the karma game.

For number 2, I'm giving up excess sugars and bullshit foods. I'm sticking to a strict plan. I was ripped in college, but 3 years of being a software engineer have transformed me from a broke college stud to a chubby, typical Bay Area guy. I am pretty tall and good looking, so I always just rationalized it away as "whatever I still look good." I don't know how I've been in denial about this for so long - I feel like a chick.

My GF does crossfit and is in great shape - and when I got her, I was still reasonably shredded. I realize now I worked out in college because I wanted to get girls and look cool, and once I started getting girls and feeling good about myself, I let my body go to waste. I can't believe I have blinded myself to this and I feel disgusted. When I was young, I worked out with so much pain motivating me; I wanted to defy the stereotype of indian guys and look like a physique bodybuilder. Somewhere along the way, I realized "hey, I look good enough to use my game and confidence to have decent success, why get better?" And I look at all my bros from college and they are all chubby or skinnyfat now. What happened to us all?

For number 3, I'm giving up Sundays. I have realized that being in a relationship has drained me of monk time. I have no time to just be alone and think, no time to just work out, prep some meals, work on advancing a career or hobby, go hiking alone, or just do things. Every Sunday, I waste it doing dumb coupley shit with my GF. But Saturday's going to be her day, Sunday is going to be my day. My ass needs to get into a top B-school; my company will subsidize my MBA and I'm basically pissing away an opportunity if I don't make it happen. But what do I do Sunday morning instead of waking up to get my GMAT up? Brunch & lazy morning sex with the GF, followed by some pointless activity, chilling with friends, etc.

Sundays gotta go. M-F belongs to my job and my workout plan now, Sat belongs to social commitments, hobbies, GF, going out, etc. Sundays are mine.

As for what I'm going to do... I'm getting my ass back in the gym. I used to love going to the gym, but I stopped because oh poor me, work is so hard. Oh poor me, I'm tired, I have so much to do, I still look fine. 3 years of fucking around, 1 week on, 1 month off type of shit has left me chubby. I still have good strength - I can bang out 250+ DL and squats, and thankfully I have some muscle tone that's remained. But I shudder to think of

what I could have been if I maintained the gym work ethic I had from 18-20.

Bottom line is, the pain of remaining the way I am is finally too much. What's the point of money if you are not mentally and physically strong? What's the point of pussy if you use it as an excuse for why you are "fine as you are, thank you very much." What's the point of being 24 if you're going to live with this "it is what it is, I'm doing OK and that's enough for me" kind of mentality that a 60 year old might have?

Big thanks to /u/KidStrangelove - His post at the top about cancer & regaining his momentum helped me see that my excuses and the story I tell myself for why I do what I do is complete bullshit.

Time is running out. If I keep up my current habits, this predicts I'll die in 2063. If I change, I might have till 2085. Somewhere between 1.5 and 2.5 billion seconds. So I'm going to smoke the last of this weed, bust a nut to my favorite Alexis Texas video, hit up my favorite food korean BBQ, and spend Halloween getting high with my GF, watching dumb shit on netflix, and eating munchies. The day after that, I'm going to try to start adding 20 years to my life.

Skica25 • 1 point • 31 October, 2015 10:02 AM

No Porn, No eating out(garbage food), no lurking on internet more then 1 hour per day

I will learn everyday (minimum one hour) for my exams

Gl everybody

[deleted] • 1 point • 31 October, 2015 10:25 AM*

Long time lurker, this is my first post. Apologies in advance for the wall of text below.

I swallowed the red pill in July after a girl fucked me over and immediately embarked on Monk Mode. I've made great progress since then regularly lifting 5x a week, maintaining a keto diet, meditating 45 mins a day as well as instilling a mentality that I have to put myself first and constantly be striving to be the best version of myself. However i've stalled this past month and now is the best time to stop the 3 vices I feel have been holding me back:

1. Porn/Masturbation - I havent been laid in a long while and this is one of the things stopping me from going out and being social and meeting women. I waste lots of time finding the perfect clip and its time better spent on doing something beneficial to my life.
2. Internet - Directly linked to number 1, i find myself at times surfing the web when bored and wasting time on youtube. While it has its uses I am going to cut the internet off in my house. I am giving my modem to my friend so if I really want to use the internet I have to go to the library or a starbucks. Maybe can even meet a girl there. I still can use the internet at work but this will minimise the most unproductive time spent.
3. Alcohol - I use this as a crutch in social situations. I rely on it so drink excessively when im out. I feel like a different person on booze and that is not right. Given my fitness goals I need to eliminate this vice and alcohol is nothing but empty calories that go straight to fat.

I want to earn as much as possible and get far in my career so have decided to take some difficult financial exams next year. I hate studying with a passion and have not always been the hardest worker but I am going to commit to studying at least 2 hours a day for my exams.

Here's to a successful November lads.

[deleted] • 1 point • 31 October, 2015 11:35 AM*

[deleted]

What is this?

sloopjohnb11 • 1 point • 31 October, 2015 11:42 AM

Giving up smoking. Giving up porn/sexy videos. Giving up drinking.

Going to the gym (4-5 days a week) and playing my guitar every day.

Kingoffistycuffs • 1 point • 31 October, 2015 04:07 PM

I'll give up porn and fast food. That's about it for negative shit. But, I'll tackle 2 positive things since that's what I'm lacking currently. I'll give 100% effort to my new career and I'll hit my weights at home till I can afford a gym membership and start lifting heavy!!

TooMuchPesto • 1 point • 31 October, 2015 04:34 PM

No masturbation, no food that I didn't bring from home and no procrastination (schoolwork, gym) I'll be practising the guitar for at least ten minutes every day

Wadzilla2000 • 1 point • 31 October, 2015 05:01 PM

I'm going no sugar, no eating food I haven't prepared and no lying. I have problems telling people how it is and a lot of the time I lie for no reason. This month I will truly express how I feel and all time and stick to the truth no matter the consequences.

As for the activity on top of biking and going to the gym I will be picking up a pair of skates for playing hockey, learning how to snowboard, and going on dates that I will try and balance vice 2 and 3 with.

aditas • 1 point • 1 November, 2015 01:23 PM

As a man you should always be considering the consequences. Get good at calculating the right moves.

[deleted] • 1 point • 31 October, 2015 05:58 PM

Vices:

Pot

Netflix

Gaming

Goals:

Hit the gym

Get a job by the end of the month

greyhat2010 • 1 point • 31 October, 2015 06:33 PM

3 vices - Stop smoking, stick to my diet (ie one cheat meal per week, healthy the rest of the time), snooze button (up at 5 am every weekday).

1 new thing - I already go to the gym 4/5 times a week but my new actiuvity will be walk for 30 mins + per day. Will update here cheers from the UK.

jxccl • 1 point • 31 October, 2015 07:17 PM

I'll throw my hat into the ring on this. Basically I'll just be rehashing the goals that I've been attempting for the past few months with varying degrees of success.

No fap/no porn
No soda
Less time on chans/reddits
And the positives
Stick to workout schedule
Stick to cut/calorie counting

Like I said, I've been trying these goals all at the same time for the past few months, but maybe my pseudo-public announcement will increase the pressure. You're all my accountabili-buddies!

BoogersAreTasty • 1 point • 31 October, 2015 10:38 PM

I'm giving up eating in the evening. I'll do it by going to bed early.

I'll go to bed early because I'll be so tired from getting up early and because I've been doing 20 minutes of weight training and 20 minutes of cardio.

I'll add in 30 minutes per day of study for a new certification I've been wanting to get for awhile.

So:

1. I'll give up eating in the evening after 8:00 pm.
2. I'll wake up early (5:30 am is my goal)
3. I'll do 40 minutes of exercise (20 minutes each of weight training and cardio)
4. I'll go to bed early at night (probably before 10:00 pm since I'll be pretty tired from getting up early and working out).
5. I'll study 30 minutes per day for my new certification.

If I do this, I'll be a long way towards my certification and I'll be much closer to my desired health, fitness and "looking good" goals.

monobrauw • 1 point • 1 November, 2015 01:24 AM

My vices:

Weed/beer

Reddit

Office sedentarism

Goal

Write at least for 25 minutes for the project I've been procrastinating .

I'll be logging on Medium under the same username if you want to join me

tirpt • 1 point • 1 November, 2015 01:50 AM*

I'm going to give up the following three things for november:

video games, useless/unproductive surfing on the internet and the snooze button.

I'm going to do 3 things each day which help me with my career/school. Also, I'm going to eat healthy and avoid unhealthy snacks.

redpilledjack • 1 point • 1 November, 2015 02:04 AM*

Ok, this just might be the kick in the ass that I need. I'll give up porn, junk food and waking up after 9 a.m. As for activity... I'll pick up running as an exercise.

Niqueaveli • 1 point • 1 November, 2015 09:30 AM

Porn

Fast food

No drinks but water

Meditate, Gym, Clean my apartment, Stretch, Read, Cook. Basically anything that doesn't make the day feel like another wasted day.

My body is ready. Lord knows I need this.

MindTheFuture • 1 point • 1 November, 2015 01:03 PM

Alright, I'm in.

No energy drinks & soda.

No abundant recreational internet. 30min daily some-limit.

No snooze in the morning.

Add: Draw or play an instrument every day.

[deleted] • 1 point • 1 November, 2015 01:29 PM

I'm giving up surfing the internet. It's a huge time killer for me and it is a really easy vice to fall into. I'm really starting to feel like I am distracting myself to death. Facebook, Twitter, Instagram, Reddit, and YouTube are sucking so much of my valuable time.

I'm giving up shitty food. I'm going to get back into my gym routine. I used to eat very clean and go to CrossFit every day, but over the last 6 months I have slowly gotten away from that.

TheRedRain • 1 point • 1 November, 2015 02:27 PM*

Little bit late, I read this a few days ago but took my time deciding what I wanted to do. I also want to do 3 beneficial ones rather than

For a month I will give up

Fast Food Porn Mindless Browsing

And every day for a month I will:

Cook a healthy meal for meal prep

Do some sort of physical activity

Do some work on my hobby

Baby steps, I know.

Cheers for finally giving the motivation TRP

Einsteinsmooostache • 1 point • 1 November, 2015 04:49 PM

Removing: alcohol, tobacco, porn

Adding: gym mon-sat, reading/writing daily

sabinmightyfist • 1 point • 1 November, 2015 05:46 PM

3 vices

Porn/masturbation

Frivolous spending (I spend way too much of my money on food out).

Putting off assignments

Activity

I want to do one interesting thing I week. I have a busy schedule which makes me inclined to stay in all the time.

I need to go out more

FoolishWiseGuy • 1 point • 1 November, 2015 07:14 PM

For a month I will give up fapping/internet porn, no fast food, procrastinating on the internet.

Goals: Cook at least one hot meal per day, futsal for 3 days a week, wake up early (6:30-7), Practice dutch on duolingo for 20 min a day, read a book before sleep for 30 min.

It won't be easy but damm im looking forward to the challenge. Will be reporting feedback on my notepad at the end of every day.

doctorflorian • 1 point • 1 November, 2015 11:41 PM*

Ok. I'm in again. Here are my three vices to kill:

#1 - Not using the internet for distraction. If I have downtime, I will go for a walk or read a book instead. Maybe listen to a podcast or music. No to clickbait! If I come upon a potentially interesting website while I am working on my computer, I'll click on the link and save the website in my reading list, so I can look at it later. The point is that whatever I do on my computer, I want it to have a purpose. There is a time to learn from online sources, but not "quickly in between".

#2 - No snacks. I managed to do that last year, but have since lost control of my eating habits. Time to reign them in again.

#3 - Getting up early. I will get up at 5 am every day, or at the latest by 7 am. I have already started to implement that since last week - still, doing that consistently for a whole month is not easy. It means I have to consistently sleep by 10 - 11 pm. On the flipside, I can already get lots of stuff done very early in the day.

What will I actually do for #NoNothingNovember? I will work at least one hour per day on my website lifesciencementor.com and post one article every week that is **not** an update for #NoNothingNovember. How will I be efficient? I get the impression that I need much longer for certain tasks than required. Why is that? Let's say, I am writing an article, and while I am writing, I get an idea. So I follow up on that idea and get distracted while I dig for an old document or start dreaming about alternative goals. Instead, I will do the following: 1. define the goal of a specific project, 2. think about what I have to do to get it done, 3. define the action steps I need to take. If I get an idea in between, I will write it down so I don't forget it and continue working on my original action step. Then, after the step is done, review the idea I had and see whether it is worth picking up. I was always afraid I'd stifle my creativity with such an approach. I guess it's time to find out if I am less or indeed more productive with the "new" way.

[deleted] • 1 point • 1 November, 2015 11:58 PM

Posting here

Get at least 8 hours of sleep every night

No Fapping

No Procrastination

No excess Electronics

I'll be spending my time this month and likely the rest of the year building my skills as a writer and speaker as well as learning guitar. Good luck to all of you other guys.

Illkill • 1 point • 2 November, 2015 04:33 AM

Getting in on this:

Saying no to Porn, Excessive non goal oriented browsing (30 mins max), no junk food.

Goal for every day is make conversation with 3 new people each day. (learn to tell a good story)

BoogersAreTasty • 1 point • 2 November, 2015 01:36 PM*

Day 1: Did full Leg and Core workout. Nothing else as it was Sunday

Day 2: I ate after 8 pm, I did not wake up early, I did not do 40 minutes of exercise, I did not study 30 minutes

Day 3:

I haven't given up on this challenge, I just switched my posting of my results over to the Physical 30 day SMV Capstone challenge.

doctorflorian • 1 point • 2 November, 2015 05:15 PM

Day 1, November 1st, 2015

No Distractions I did not get distracted by diving into any internet clickbait sites. I did check baseball stats and looked at a forum for 5 - 10 minutes or so while I was having lunch/dinner, but other than that, I focused on my work.

No snacks None eaten.

Getting up between 5 and 7 am I slept until shortly before 7 am. I would have preferred to wake up at 5 am, yet still, 6:50 am is still within the range I have set.

Working on my website for at least one hour Thanks to my distraction-free environment, I actually spent 3 - 4 hours getting a blog post together: <http://lifesciencementor.com/nothingnovember-2015-edition/>

In conclusion, Day 1 was successful.

Now if I could only figure out how to change my flair, that would be great. If I click on edit in the upper right hand corner of the screen, I don't find an option to change that flair. Anyone having a similar experience?

Thanks!

Chris19 • 1 point • 2 November, 2015 05:49 PM

I am giving up Porn, weed and the extreme amount of sugary snacks I consume. Also I will make sure to do a minimum of 45 minutes of physical activity everyday.

I'm hoping this diminishes the effects of depression I have been feeling all summer.

DexterM1776 • 1 point • 3 November, 2015 03:11 AM

I'm in!

1. Soda drinks other than my daily blue monster in the morning
2. Porn, no watching porn or checking out nsfw links on Reddit.

3. No drinking during the week M-TH.

My goal is to run 50 total miles this month and swim 6 total miles

[deleted] • 1 point • 8 November, 2015 06:07 PM

Wow, you guys really hate porn.

[deleted] • 1 points • 8 November, 2015 06:46 PM

[permanently deleted]

Entrefut • 1 point • 9 November, 2015 07:40 AM*

For this challenge I will be giving up:

Drugs (alcohol/weed)

Video Games

PMO

Daily Activity: Gym 5 days a week, 1-2 days a week of doing at least 1 cold approach and cooking at least 3 of 4 meals at home.

LifeForceHoe • 1 point • 9 November, 2015 08:26 AM

I'm in.

I will be giving up on the following vices.

1. Porn
2. Spending extravagantly
3. Being an antisocial.

My daily goal is to: write at least 400 words in my blog everyday.

nuc22 • 1 point • 9 November, 2015 09:37 AM

I am off porn this entire november watching and jerking off. I dont smoke and drink a little. I will lift everyday and meditate for atleast 10 min

_one_free_man • 1 points • 11 November, 2015 12:27 AM [recovered]

I've got some work to do. I used to be a productive and reforming beta but I've relapsed into shittiness and haven't made any decent attempts at self-improvement since last year.

I'm very familiar with TRP as a whole, but I have a hard time telling the difference between not giving a fuck and not being motivated. Basically, I lost my purpose.

I need to sacrifice:

-getting up late, I cut it close every morning

-procrastination, I put shit off constantly

-the words 'sorry' and 'my bad'. I say it way, way too much. If I'm really sorry, I'll say 'I apologize'

[deleted] • 1 point • 11 November, 2015 02:27 PM

I cut off refined sugar this month & getting out of bed past 10am.

[deleted] • 1 point • 17 November, 2015 12:54 PM*

I've been slammed at work. But I've been getting my workout in every, single day.

I've been doing mainly olympic style lifts or multi-joint compound exercises. Including but not limited to, bench-press, squat, rows, pull-ups, deadlifts, power cleans.

I've been averaging around 9 hours of sleep. Though I think this might be too much. I recently had my testosterone tested and it was on the low end. I was lucky enough to get prescribed some androgel. I'm still in the first week of that, so I'll keep you updated how that works out.

As far as nutrition. I could definitely kick it into a higher gear. You can tell by my pic, my body fat % is WAY too high. As far as solid meals, I'm eating great. Lots of steak, chicken, and fish. But I am having trouble kicking the soda. Not because of the taste, but the caffeine. I know I could do diet soda, but I feel like that still doesn't help. I'm probably consuming close to 3500 calories and 200 grams of protein per day.

bikermunk • 1 point • 17 November, 2015 01:55 PM

Thank You for existing in this world. I give up

1)Wasting time on internet (Includes Porn and NonSense Blogs)

2)Unhealthy Food (Specially Coffee)

3)Anger [Even if I write everything down in a little diary and then have to buy a flamethrower in December]

I commit to start working out. I have been having high blood pressure and yesterday my fasting sugar was found to be 131. This is alarmingly close to Diabetes.

I will update my stuff on reddit, because that is where it started.

SephiXen • 1 point • 18 November, 2015 02:12 PM

Coffee isn't unhealthy unless you're drinking shit coffee. Coats and protects your teeth, helps keep your bowel movements regular, and caffeine is the active ingredient in any pre-workout you'd take before a good lift.

[deleted] • 1 point • 18 November, 2015 04:08 AM

My three vices that I will give up are

1. Trenbolone
2. Dianabol
3. Anadrol

The one daily activity I will pick up will be masturbation.

plz dont ban me OP I was just kidding

[deleted] • 1 point • 23 November, 2015 03:41 AM

Addiction to soda, Addiction to junkfood, and Addiction to videogames. Bonus: Gave up hating myself too much and blaming everyone around me for the hate of myself.

Gained a love for training, lifting, and going out. Bonus: I swallowed the red pill.

itgscv1 • 1 point • 30 November, 2015 03:36 PM

Just finished the month. Almost midnight here and just posted my last update.

egoisenemy • 1 point • 28 October, 2015 05:24 PM

Aight, Ill give up drugs (after Day of the Dead)

mugatucrazypills • 0 points • 28 October, 2015 09:28 PM

How about we take up 4 vices for a month in December ? live a little kids

NotOnDurgs • 0 points • 30 October, 2015 04:45 AM

Goodbye smoking, fapping, and all streaming. Hello meditation. Let's go fam.

DatAEK971 • 0 points • 30 October, 2015 10:29 AM

Fuck that, I do what I want.

GOML

J_AsapGem • 0 points • 31 October, 2015 02:57 AM

signing up! 1. no porn/jerking off 2. no alcohol 3. quitting spending money stupidly

Things to do, want to start meditating, 10-15 minutes daily gonna start hitting the gym again, clean my surroundings, been procrastinating a lot lately. will keep you guys updated! SELF DISCIPLINE GUYS, LET'S DO THIS!