

Time's precious. How long do you think you've got? Not much at all. 3800 weeks / 900 months / 27000 days. And they're are gonna fly faster than you think.

1092 upvotes | 27 May, 2018 | by [SKRedPill](#)

TL DR : If you're able to read this, you really don't have much time left. Of that, your best years won't even last that long. The future is earned.

<https://understandinguncertainty.org/why-life-expectancy-misleading-summary-survival>

Look at that graph. As a man, you're most likely to die by the age of 86. Let's go nature's way and assume you hit puberty by the age of 12-13 (which is when nature expected you to start manning up, and you start doing stuff on your own. Till then we can forgive you for being dependent). **Do the math and you've got just 27,028 days remaining from the age of 12, including leap years, give and take a few. That's just 900 months. Or 3861 weeks.**

EDIT : For those who like hours, the number is 648,672 hours. Take it as ~ 649,000 h if it makes you feel better. This way you can REALLY see your time fly

If you were thinking you had a million hours or more to live, sorry, it's not even 700,000 hours - it's in fact short of that by nearly 6 years! I didn't put that up on the title as I thought it sounds like a lot, but it really isn't. **If you were paid \$24 a day, \$2 every hour, to work for 12 hours every single day till you die, you'll get to that number. That's how small it is.**

When I change my unit of time for a life lived from years to days or weeks or hours, it totally changes my perspective. Putting this up on a countdown timer or an app that counts the days to / since a particular date, you can see for yourself how much time you lose everyday, and how rapidly.

When you see how quickly a day flies, you'll respect how small these numbers are. Days fly, and then it's Sunday again. Then it's the first of the month. Wait, didn't we just celebrate my birthday last year? Oh yeah...

And you WILL find your days and weeks absolutely blasting by when you're binging in pleasure addictions - the internet (ESPECIALLY the internet), porn, masturbation, video games, unproductive time, social media, your smartphone, busy for just filling time. Before long, it's already midnight, and there's a tiny little voice in your head that asks you, "So what all DID you achieve today?"....

In contrast, one minute is an eternity in the world of racing - 1 second is huge - because they respect the clock like no one else on earth. The clock is objective, but our value of time as an experience can be changed. **The more you respect your time, the more time you've got.**

I'm turning 30 in a year and a half, and in a way it means where I stand, over a third of my life is gone - not one second, one minute, one hour, one millisecond of that, not one calorie of wasted energy is gonna come back.

Every minute you spent on unproductive shit that felt pleasurable but made you depressed at the end of the day because you look back and realize you didn't make a damn piece of progress? Not one second is gonna come back. You'll never be 18 and feel immortal again. I think back to vacation days in college where after the exams, I'd binge watch shows and realize it was 2 a.m., go to bed, get no good sleep, spend the next day at half strength -- **well, it's been 10 goddamn years since then. 3652 days, 88000 hours.**

If the 10,000 hour rule was correct, and I only spent half of my 24 hours working and sleeping 8 hours a day, I could have mastered 4 different domains by now since my 18th birthday and almost half way through a 5th. But did I?

That depression is your inner soul trying to warn you to evolve. Our brains evolved to treat pleasure like white sugar (i.e. extremely scarce) and body fat. Even an 80:20 split of your time assuming you're awake for 16-17 hours means over 3 hours of pleasure - TV, internet, porn, games, wasted gossip - daily. The amount of pleasure we're bombarded with daily is way too much for our minds these days -- we could go without any of this and we really wouldn't need any more. It's made our brains obese and sick, just like our bodies. **Pleasure is sweet poison.** It's the root of all modern unproductivity, and the loss of all your time, energy and value.

Wanna lift, spend time with your loved ones, read, improve your SMV, travel the world, learn new skills, game girls, raise kids, make money, create opportunities for yourself, do yoga, build an empire, become a monk, whatever? Quit pleasure. Get productive. Get out of the internet and those smartphone apps - they're making us autistic. I am sorry to say that when I look back, I was most productive only in the gym where no BS was entertained - they do not allow phones inside for a reason. **But pain (growing, healthy pain) and hard work felt so good when you were done and the results were there to show.**

Say I only saved Sunday for enjoyment - even if I worked my ass off rest of the week and was 100% productive for all the 16-17 hours I was awake, that's still an 85:15 split between productivity and pleasure. In reality, no one's 100% productive all the time, not even 75% of the time.

Why? Because we've got finite energy - physical (the body), mental (the mind), emotional (the heart), spiritual (the motivation, the beliefs, the why). If we need to manage our time well, we must manage these energies better. **The absolute best thing one can do for one's happiness, is to keep one's energies high.**

Side Note : Some of my most unproductive and lethargic days ever, as a teenager was when I fapped too much. Yes. There was one time where I went without it or the internet for a week and got good sleep, and I was getting up before sunrise fresh as a rose. Of course, after that the sex drive just got too high...

Pleasure ain't the purpose of life - we've got 1000x more pleasures than any of our ancestors ever did - my grandparents didn't see electricity until 1950. And with all these pleasures, I can't smile like my 1 year old niece who has no idea how to binge on netflix or Youtube.

Look at kids, naturally confident, don't know what failure is yet, and happier than adults who've got more pleasure than at any point in history. **Happiness is already within.**

Then the purpose of a man's life is simply - **becoming the best version of himself.**

The biggest drive underneath it all is the drive to evolve, be better than yesterday at some level - physical, mental, emotional, spiritual.

I realized this when the world labelled me 'low value' for the first time in my life, when I lost attraction, when my ex hated me with every fiber of her being, and got divorced - the shit hit me like a freight train at 100 mph when people with less than a quarter my ability mocked the old beta me as '*not even half a man*' - and I wasn't even a slacker. Yeah I made all the BP mistakes (that's another story), but I also realized that I had fallen into unproductivity hell at some point in my life and that was by far the most burning problem.

But somewhere along the way, the pleasures of the world tempted me, and while I did make progress, made a decent amount of money, worked for 6 years since leaving college, I also made a few wrong choices about which way my life should go, and I became unproductive enough that when I look at the

guy in the mirror, I see the chasm between what he could really do and where he ended up. It's no longer belief when you feel it like someone stabbed you on the inside.

If you really wanna be happy and fulfilled in life, you need to feel proud of the guy in the mirror. I don't recall who said that Life's biggest regret is to look back, and see it wasted - but I felt it. I look back today, I'm not at all happy. And I wasn't even that unsuccessful compared to a lot of people, but still I was a laughing stock. The thing is - does your conscience respect you?

Yeah, I believe in karma that I'll have to answer for and I believe in my next life, that what I do in this life decides what my next life will be - now I'm not debating if this is true or not. But there's a reason for that.

It keeps me grounded. It makes me respect the life I've got now. 10 years ago, when I told myself I live only once, it made me a hedonist, doing low value stuff and binging on pleasure addictions (especially the internet) - many others around me at that age believed everything ends in the grave and were in quite a hurry to get there, with pleasure. :)

Well, beta me learned a very harsh lesson down the road on what respect means to a man - the universe rubbed it in my face in a way I'll never forget. My spirituality was fucked up - fixing it was the best and first thing I needed to do for myself.

I told myself that if I kept going down this route, I ain't getting this opportunity next time, not even in this life. I've got to earn my future, whether this life, or the next. Beliefs are our programming, whether they're true or not, our beliefs dictate everything we do.

At 28, I'm not nearly old, and yet if I live till 86, I have only 21000 days before I will most likely be dead (if modern lifestyle or an unfortunate event hasn't killed me sooner). That's just 3000 weeks, or 700 months or almost exactly 500,000 hours.

UPDATE : Since I wrote this article, about 3 of those hours are already gone and counting, so I don't even have 500,000 hours left. I just passed a milestone then. I have 499,999 hours remaining. That feeling when you see that 5 change to 4. NOOO!

86 is above average in my family - only my great grandma really managed to hit it. If I don't quit low value activities that don't make me better than yesterday, there's no chance I'll have this energy when I'm 70 and still have 16 more years to go.

In conclusion - as one of the veterans wrote : <https://illimitablemen.com/2016/04/26/the-sanctity-of-time/>
I don't have a minute to lose, never did. Or a calorie to waste. Neither does anyone else.

My goals await.

PS : I reposted as I wasn't happy with the title. Sorry guys.

*Edit : For people who're wondering, if I started from age 0, it would be close to 31,100 days, 4490 weeks, 1050 months and about 754000 hours. But for 12 of those years, you'll be a kid and I assume your parents are there for you and you have a normal childhood. This is not to deny the importance of a strong foundation in childhood, it's a critical stage where you observe life and people and learn the most. Many prodigies have started earlier than 12. **Still, you only have just over 1000 months, about 750,000 hours and not even 4500 weeks to live.***

If you have kids, keep that in mind, but make sure they get a good childhood and eventually see the truth.

Comments

70 upvotes • [uebermacht](#) • 27 May, 2018 10:32 AM

Good reminder!

The topic about time has been written a couple of days ago as well here.

Read it: [Your time is your greatest asset. Be selective about how you spend it.](#)

Also important reading:

- [Restrict Your Time](#)
- [Value your time](#)
- [Do not let her waste your time. Use your power to walk away.](#)
- [Rethink the time you spend here](#)

171 upvotes • [leetgirl83](#) • 27 May, 2018 10:16 AM

Me too..I'm 35 and jobless. Felt I wasted a decade of my life fapping and amusing myself. Single, overweight, sad, broke. I used to think all the time I would succeed one day, but now it feels like a lie I tell myself to feel better for all my failures. Thanks for this wonderful post, it really hits home that pleasure is meaningless, in the grand scheme of things.

22 upvotes • [Unrealenting](#) • 27 May, 2018 05:40 PM

Memento mori. Remember that you die.

1 upvotes • [MRPguy](#) • 27 May, 2018 02:57 PM

Does it hit home? That's cute. What are you going to DO about it?

1 upvotes • [Hexys](#) • 27 May, 2018 06:44 PM

Binge fap and watch some Netflix.

1 upvotes • [MRPguy](#) • 27 May, 2018 07:43 PM

Exactly. Basically nothing.

26 upvotes • [SpecialistParticular](#) • 28 May, 2018 12:49 AM

Whoa there, tuff guy. The internet can only handle so much testosterone at a time.

0 upvotes • [Unrealenting](#) • 2 June, 2018 07:26 PM

I warned you all that this sub was turning into MGTOW.

-8 upvotes • [tempolaca](#) • 27 May, 2018 08:23 PM

I was utterly depressed 2 years ago because a breakup and binge fapping helped me A LOT. Other would have taking anti-depressant but fapping helped me the same or better and all natural. Of course I don't need to do it so much now.

1 upvotes • [MRPguy](#) • 27 May, 2018 09:46 PM

That's one of the stupidest things I've ever read. You should have banged some heavy weights.

4 upvotes • [TheRealJesusChristus](#) • 28 May, 2018 02:23 AM

Fucking real girls would have helped ypu better and wouldnt have been such a shitty activity. Yes it costs more time even if you just go into a brothel (if thats even legal where you are), but still. Fapping is basically stupid. I do it only when my sexdrive is too high to support and I dont have a girl to relieve myself into. But that happens, and basically afterwards I feel stupid.

1 upvotes • [Vuurisheelwarm](#) • 27 May, 2018 10:31 AM

Very true, I'm 27 so I can relate and I'm sure most of us all experienced some kind of setback in life due to their own doings. For me it was my wasted student years (7!) partying too much and being depressed after breakup with my first girlfriend. The first one always hurts the most eh. That's why we eventually ended up here in this Sub. I am now working as a lowly paid IT consultant without any university degree but two years of experience and working hard on my certificates to improve my skillset and eventually go freelance. I love my job but I know I would have been in a much better place if I stuck with my engineering studies instead of giving in to pleasures. I'm going to have to work hard to make as much as I would have. Usually knowing what's good for you and actually doing it is not the same, you have to really keep yourself in this exact mindset that OP described. The only resource you'll never have enough of is time. So use it wisely.

6 upvotes • [The Noble Lie](#) • 27 May, 2018 03:48 PM

Portfolio over certificates. Make stuff. Thats worked for me.

1 upvotes • [Ihatemoi](#) • 28 May, 2018 07:50 PM

Dont worry my friend, I am also in the same boat. I gave in to pleasures and partying, half-assing through classes and assignments and neglecting how important it is to give always your best efforts and being productive.

Now I am working in a job I hate and despite the fact that I love my career, this job is not remotely close to the one I want. I would like to improve but it is important to keep oneself in the mindset OP described. We are struggling against the current, that it is the most important part. Dont give up buddy. Keep it up

1 upvotes • [Frenetic Zetetic](#) • 27 May, 2018 10:20 AM

Spot on, brother. Just turned 30 in January, and you think just like me.

Also, here's another "twist"; your 30's and 40's are most likely going to be your peak in terms of dating and doing serious business. Get systems in place before you turn 50. Most people shit through their 20's when their energy and ability to grid is the highest.

One thing I DO NOT regret is not going out and getting wasted through my 20's. I spent time learning, testing, and earning. I'm now sitting on assets my peers wish they had. That doesn't stop me or slow me down; there's no time! Excellent post.

37 upvotes • [clon3man](#) • 27 May, 2018 04:21 PM

I'm gonna provide a dissenting opinion here, hindsight being 20/20, I wish I had squandered my 20s drinking and partying.

It would have been a far better use of my time and a good self-medication strategy. Instead I was a part-time student with no direction and no mission. Most likely, I would have had several epiphanies in a drunken state or in a state of hangover regret, that would have been able to steer

the boat towards some goals.

There are really 3 choices for people in their 20s

1) Build a Career in a focused manner

2) Have a good time with moderate/medium focus on career.

3) Make no decision at all and just blow in the wind with random classes and part-time jobs.

Avoid partying, get plenty of sleep, go the gym twice a week, all as as rationalizations for you not wasting your life.

I can confirm that #3 is the absolute worst option, and this is something that doesn't get discussed enough. As long as you're in school or have a job no one really questions what you're going to do with your life, because you fit into some category of basically normal.

The issue comes up when you turn 28-32 and the charade is over. You've been pretending to lead a meaningful life but really you've just been banking on your youthful health and energy to live one day at a time, when that energy runs out, you're left with nothing.

So yeah, make a choice, there's tremendous value in partying and you're only fooling yourself if you think you're being virtuous by avoiding parties on account of "I need to study" when in fact you don't give a shit about your studies either.

6 upvotes • [fidelred01](#) • 27 May, 2018 05:20 PM

I'm currently doing number 3 as a 19yo. Have a full-time minimum wage job and am just going through the motions. Taking 1-2 random college courses every semester, which I have to pay for, so that my family thinks I'm doing something great with my life. Hate when they ask me about school as I have to come up with some BS response saying that I'm doing good in school, blah, blah, blah. I honestly don't know what career to try and take as school isn't really an option for me, I'm just not smart or hard working enough to complete school.

5 upvotes • [clon3man](#) • 27 May, 2018 05:44 PM

I would encourage you to follow Jordan Peterson's lectures, you're right in the perfect age group for that.

He discusses pursuing a trade as a highly valuable and rewarding career path, as opposed to a very general university path.

Maybe do his future authoring program, or see a psychologist to figure out what you want. The short answer is your need to specialize.

1 upvotes • [fidelred01](#) • 27 May, 2018 05:53 PM

Thanks for the info, will search up his lectures and see how it goes. I've been looking into trades as my most likely career choice as it doesn't require school as much as anything else. But from what I've heard it's a lot of laboring work which I'm willing to put in.

1 upvotes • [flyalpha56](#) • 30 May, 2018 07:12 PM

Become a plumber. Then Get a business degree while you work as a plumber. Then start your own plumbing company. You'll be richer than everyone you know by the time you're 35.

2 upvotes • [GanksGriefersForFun](#) • 28 May, 2018 12:59 AM

At 19 I was terribly lazy. Having worked in awful conditions 55 hours a week my

mind is trained to be sharp and ready everyday. Don't doubt yourself.

At 19 I was a super senior for an extra semester. I was barely hanging onto my first job.

A little job experience goes a long way. Drop school for 1 year to take on a harder job like Amazon.

Amazon is actually a great place to build confidence and social skills without too much risk of running into bad people.

The job I have now, though, is what really whipped me back into shape.

Also, altering my diet also helped. I noticed eating too much made me lazy as heck and unfocused.

Trust me. You aren't lazy. It's a phase.

You can start with Amazon and look for a higher paying job from there. It's really what I would do in your shoes. Going straight to college isn't helping you right now.

After all this time I finally decided what I wanna do in my mid-late 20's and that's become an electrician. You can go to a technical school for like 1-2 years of classes(not sure of prerequisites) and come out making a crap ton always having work

It takes time to know what you want to do. **AND SHAME ON YOUR PARENTS FOR EXPECTING YOU TO HAVE THIS INFORMATION BEFOREHAND.**

You haven't been exposed to much having just finished highschool. Your brain will mature A LOT year after year until you're 25. Expect to have more mental clarity going into your 20's.

1 upvotes • [doonspriggan](#) • 28 May, 2018 12:03 AM

I'd love to hear you elaborate more on this. I'm in my early twenties. Doing alot of partying, traveling and having a wicked time but I do sometimes get hard bouts of feeling guilty that I'm not using my degree yet and developing my career. But then I'm not sure I even enjoy my career. So I've just set myself a goal of traveling and having a good time as much as I can before I settle into the career when I'm about 25. There are parts of me that I feel resonates with option 3 there though, maybe that's where the guilt comes from.

2 upvotes • [SKRedPill](#) • 28 May, 2018 03:13 AM

I'll write another post someday on why I think 'enjoyment' and 'love' (as they are interpreted) are overrated - this is another artifact of today's softy society.

2 upvotes • [RedPilledGodEmperor](#) • 28 May, 2018 08:30 PM

I will be interested in reading this post. I think part of the problem is social media. It's made people think that if you aren't constantly doing something "exciting", there is something wrong with you. Despite the fact that people are only posting the highlights of their life.

1 upvotes • [ImpressiveDig](#) • 30 May, 2018 05:29 PM

I guess in the grand scheme of things if you used a few years to party and then start your career it doesn't matter but employers will ask about that gap after school ended. I doubt you'll be able to convince them that this break was a good idea

though.

1 upvotes • [ImpressiveDig](#) • 30 May, 2018 05:27 PM

I am under option 1, have had to sacrifice quite a bit to be where I am at 27, and now going for MBA in the fall to further advance my career. But looking at all the women and their search for beta providers (my mom and dad told me the same thing, "when you become successful, women will come"), I'm hesitant now and also wonder if all this effort has been worth it.

59 upvotes • [chrisname](#) • 27 May, 2018 10:23 AM

All things in moderation. Very few people can work all day every day and not get burned out. Even if they love their work.

22 upvotes • [SKRedPill](#) • 27 May, 2018 10:27 AM

Hence the point about energies and productive use of your waking time. You will stay awake at least 16 hours a day, on some days longer. The question is then if you're using that time productively - the guy in the mirror will answer it for you, as he did to me.

29 upvotes • [chrisname](#) • 27 May, 2018 10:37 AM

What I'm saying is not all of it needs to be productive. Entertainment is a human need and we only have so much energy in a day. It's OK to mindlessly watch TV for a while to recuperate at the end of the day.

13 upvotes • [SKRedPill](#) • 27 May, 2018 10:47 AM

To me, recharging is productive. It's only wasting that isn't. It's so easy to say that "I'll just watch one more video for 10 mins" -- and then "WTF! It's 3 damn hours!"

4 upvotes • [JohnWangDoe](#) • 27 May, 2018 05:00 PM

I've been working 7 to 10 hours every day. And 4 on Sunday. How do you avoid the feeling of burn out?

7 upvotes • [SKRedPill](#) • 27 May, 2018 05:26 PM

Truth is, no one actually is productive all day, day after day. So I'm now trying to take breaks every hour or two where I completely disengage (I'm between jobs so I've got some time to do this). I do a deep breathing exercise and meditate or walk - no TV, no internet, no social media. I couldn't do it if I wasn't fit and neglected yoga and meditation.

But yes, the biggest 80% of gains simply come from ditching the net, social media and the smartphone. And today's Sunday so I really don't want to do mental work. I get enough sleep.

There's a book out there called "The Power of Full Engagement" that claims that if your energy levels are taken care of, so is your efficiency. So the statement was "Life isn't a marathon. It's a series of sprints." This method really helped me a lot. The more energy you spend, the more you must recover, and the more capacity you must build.

Still trying to figure out the productivity part - I'm trying to follow the blog <https://alifeofproductivity.com/> - I don't think I'm anywhere near

Chris' level yet.

1 upvotes • [lhatemoi](#) • 28 May, 2018 07:51 PM

"I will just text my friends on this lazy saturday for a couple of min" "LOL ITS 12 AM ALREADY, ok to sleep" fuck that. My weekend was like this I am tired of being a lazy fucker.

60 upvotes • [abitofohope](#) • 27 May, 2018 11:09 AM

I am only 23 but this post put a fire under my ass. Thanks.

88 upvotes • [vengefully_yours](#) • 27 May, 2018 02:30 PM

I'm getting to the end of that, probably about 30 years left to go. I'm going to be 49 shortly. What to do with those years. In the first 30, I became very adept at two forms of hand to hand, traveled to 40+ countries, built some rather quick cars on a very tight budget, mastered my ability in automotive tech, fought in a war, learned a good bit of three other languages, had two kids, ran two businesses along with a 10hr a day job, honed cnc programming skills, had fucked over 150 girls on four continents, benched 265 in high school, 300 soon thereafter, and 450 when I was 21.

That was not done easily, and most of it was not by choice. I was working my ass off to survive, and doing more on the side to build my cars. Going fast and making silly power on the dirt cheap was my reason for existing, everything else that was not pussy was to support the car thing and myself. If I had never gotten married, and hooked up with a girl who isn't a fucking leech (yeah, good luck with that) I'd probably be a millionaire by now and everyone in the car world would know my name.

Now I'm at the 20 year mark after hitting 30. I'm divorced twice, my kids are grown, I did another war in my 30s, and you can't work like you're 21 when you're 34. Well, my idea of work it's different from yours, because my job is why I could bench 450lbs at 21. I've never fine the cubicle or waiter life, I've always find the rough hands, lots of math, spacial skills required, heavy as fuck lifting jobs. Sitting behind a desk looking at a screen is tortuous to me. You can't comprehend any part of war until you've lived it. From being shot at and shooting back, to the almost completely invisible logistics that require millions of man hours to support the war, you can't possibly grasp it without being in it.

I was worked until I could barely walk, my knees, shoulders, elbows, and one hip are worn out. I've been on permanent vacation for almost 5000 days straight now. That has enabled me to do even more despite the chronic pain and physical limits, but it's on a fixed budget. You do not want to be me. I'm still doing things most people can't even dream about, and I don't mean going on lavish vacations, owning a yacht, or driving a Rolls, I mean building and putting in work. It's all I know, it is the way I feel like a man. People want to be around me, they want to follow my lead, and girls half my age are eager to fuck the muscle guy with the thick gray beard. Then they see the cars I drive, and that I built them rather than bought them, and panties get wetter.

In the winter, I relax. Hauling firewood and moving 150+ inches of snow is usually enough work for me. I summer I build. This year its my house. 3 years ago it was my shop that I'm in right now. Along with my house, I have an old muscle car under the knife. The body it's on the rotisserie behind me, the frame is my sand blasting project for this weekend. It's gotta be back together by mid June. I need the shop space for the house build.

It might sound like I am working myself to death. I'm not. I play Fallout 4 or call of duty 5 on pc at night when I get done in the shop. It lets me wind the brain down so I can sleep. I watch YouTube videos about cars and red pill stuff while I eat. I watch movies as often as I can. I go driving my car

around and enjoy being out doing nothing. Where I live it's absolutely beautiful, so every drive is a scenic one. I get up around 0900, get started doing something between 1000 and 1200, and stop working between 1800 and 2000. I work fewer hours than you do, and I'm getting lots more done. I work smart, and I get shit done rather than looking busy. Just fucking do it.

You can't work all the time, but you have to get shit done. If you run like I did during the wars, you are going to end up with physical drawbacks and chronic pain. You need to let your mind and body relax too, but you also have to exercise them. You don't get to the point I'm at or above it by playing Xbox or PlayStation. There has to be a balance between work and leisure, around 35 it gets to be a 50/50. Before 35 or should be more work than play. At 50, you want to fuck off more, but there is still shit to do.

At 21-22 I was working 7 days a week, 14 hour days, doing a job that required me to push very heavy shit, haul 200lbs up three stories about 180 times a day. I would sleep between working the airplanes. Doing laundry meant 3 hours less sleep. I lifted MREs from the planes so I could eat, no breaks, no overtime pay, no days off for 5 months, then one day off a week for three months, then a 5-2 and all of it still 14 hour days. That's only the basic part of it. There was more. Lots more. You can't do that at 30, you break and shit doesn't heal as fast. It will kill you at 50.

Work when you are young. Work at yourself, your dreams, your goals. Not at some Joe job with a name tag. You're building you.

7 upvotes • [Clapeiron84](#) • 27 May, 2018 04:20 PM

Thank you Sir for sharing all this with us.

5 upvotes • [glenthedog](#) • 27 May, 2018 02:56 PM

You sound like an ironworker

3 upvotes • [deleted] • 28 May, 2018 03:27 AM

dam, wish I could be more like you

3 upvotes • [PinkPilledRed17](#) • 28 May, 2018 05:10 AM

Thank you for sharing this. How are your kids turning out? You have a lot to teach them.

5 upvotes • [uebermacht](#) • 27 May, 2018 05:49 PM

Honor to whom honor is due!

2 upvotes • [jon_pat](#) • 20 July, 2018 04:29 PM

this is a masturbatory post

4 upvotes • [SKRedPill](#) • 28 May, 2018 03:17 AM

I was worked until I could barely walk, my knees, shoulders, elbows, and one hip are worn out. I've been on permanent vacation for almost 5000 days straight now. That has enabled me to do even more despite the chronic pain and physical limits, but it's on a fixed budget.

Rough stuff sir. But I'm amazed at your grit. Respect!

Just asking, did you try collagen supplements and yoga to help you with that?

15 upvotes • [deleted] • 27 May, 2018 10:39 AM

The more you respect your time, the more you got.

Best thing I read in this.

9 upvotes • [Alchemist_XP](#) • 27 May, 2018 11:12 AM

I did the math one time to figure out how many hours ive lived. I shit you not i thought you would have millions of hours in your life. Well $24 \times 365 \times 80$ (assuming i would die at 80) put me at just over 700 000 hours. Then take into consideration you'll sleep 25% of those hours away.... to see the hours you have to work with and the amount i was pissing away, scared the shit out of me. "WHAT? THAT CANT BE?" i remember thinking... redo my math... yep. thats it. Fuck.

3 upvotes • [SKRedPill](#) • 27 May, 2018 12:39 PM

Yeah, you've got only about 648,700 hours since your voice broke till you reach 86. Nope, not even 700,000. At my age I've got exactly 500,000 hours remaining. If I did everything right, I could live longer, but 86 is above average in my family. Wait I just crossed that mark. Now I have only 499,999 hours remaining....NOOOO!

0 upvotes • [Alchemist_XP](#) • 27 May, 2018 01:03 PM

$24 \times 365 \times 86 = 753000$. Not sure where you went wrong in your math. But you're not alone, I have less than 500 000 hours as well considering I'll be 30 very shortly.

1 upvotes • [SKRedPill](#) • 27 May, 2018 02:06 PM

I took my time from the age of 12 with leap years rounded off. Unless you're some sort of child prodigy musician, I didn't count your age before 12. I did that on purpose as that's when things begin to get tougher on you and your body prepares for adulthood.

1 upvotes • [Alchemist_XP](#) • 27 May, 2018 02:26 PM

thats pretty strange IMO. Since as a young child is when you learn a lot from your father figure, and will ultimately dictate how you live as a teen. I would consider them extremely pivotal, and not to be disregarded.

1 upvotes • [SKRedPill](#) • 27 May, 2018 03:17 PM

I took it from teenage because that's when you start to get independent, and that's a period where you can quite easily start to mess it up. I can't tell you how many guys I've seen leave home and then they just, get totally distracted, till life kicks them hard. Till then dad and mom will be there for you. Then you're on your own. And it's in this period that I see people waste more time, life and health than any other point in their lives.

If we're all browsing reddit, we must be teenagers at least. So there...

But you're right about the total numbers. So I included a second calculation from age zero now. Didn't reach 4500 weeks.

Anyways, I'm way past that point now...

1 upvotes • [silversum1](#) • 27 May, 2018 04:08 PM

He's subtracting prepubescent years

1 upvotes • [Afrofreak1](#) • 27 May, 2018 05:08 PM

Meanwhile I'm over here and I just slept 11 1/2 hours.

1 upvotes • [Alchemist_XP](#) • 27 May, 2018 05:19 PM

haha! i only sleep 6 hours each night because of this exact topic. either go to bed at 11pm and wake up at 5, or 12am and wake up at 6. If im really tired ill tack on an extra hour,

rarely 2. If you sleep 6 hours everyday, you sleep away 25% of your life. If you sleep 8 hours a day, thats 33% of your life. especially being young i'd rather sleep as minimal as possible, without being unhealthy, so that you get more out of your younger years. But depriving the body of sleep will destroy your frontal lobes, and old age/death comes sooner. It's quite the balancing act.

8 upvotes • [starsnoon](#) • 27 May, 2018 02:11 PM

I truly believe that the most precious resource is time/attention. Funny enough everyone starts out with the same amount but an overwhelming number of people dont realize this and flat out wastes it.

Everyone is working to be rich and when they are old and rich they use that money to BUY more time. Its stupid. Im not saying dont work hard at your job but realize that making the most out of your time (eating healthy, exercise, maintaining a strong social circle, developing skills, seeing the world!) is also just as important.

So we really are on the clock here. Thanks for this post!

37 upvotes • [deleted] • 27 May, 2018 10:07 AM

I wasted my life playing videogames and jacking off to porn. Now I'm old , sad and virgin. Don't waste your life people, don't be me.

9 upvotes • [Guardian of Justice](#) • 27 May, 2018 07:05 PM

You are 30. I turned 27 recently. Had a period of progress in college but stopped after 1.5 years 5 years ago. I felt exactly like you. Been jacking off for 14 years... once you stop, everything feels better. My daily results keep me going: 1. Stopped fapping 2. Stopped smoking 3. Started lifting again. 4. Stopped playing dota 5. Internalized all of my decisions mistakes and feelings before steps 1-4.

For the sake of my happiness, i never want to stop these steps. I have already lost 5 years within which i couldve been rich and jacked as fuck. But i am a loser, just like you are.

So get the fuck up and start changing. Enjoy the happiness that you deserved in your teens and your twenties. Come back to life. Be the guy who you thought didnt deserve whatever they had but still had it. Be the guy who hot girls want to be with. **Be your own idol.**

2 upvotes • [RavelsBolero](#) • 28 May, 2018 12:19 PM

You are doing better than many people. Take 150 dollars and go bang a whore for an hour. Since you watched a lot of porn, you might not be able to get hard around a real woman so work on that.

if you have a job and are saving regularly, you're not doing too bad. Just hit the gym too. read the other posts in this thread, what you did is normal for many people. I felt old as soon as I graduated.

8 upvotes • [VickVaseline](#) • 27 May, 2018 06:29 PM

You are realizing all this at 28, and so you are far ahead of other guys your age.

You think you don't have much time left now? I'm 58. You think time is racing by for you now? Just you wait, Son.

...excellent post, by the way.

1 upvotes • [u will love me](#) • 27 May, 2018 11:32 AM

Great writeup. I spent last year of my college in mediocrity, binging youtube, browsing reddit etc. I have become very complacent about my results and lost the motivation to work on myself. I am going to go away from all this for a while.

3 upvotes • [SKRedPill](#) • 27 May, 2018 12:00 PM

Take a complete break and see for yourself -- but beware, so long as there's still a seed inside your head, it ain't gone. It could come back.

3 upvotes • [SKRedPill](#) • 27 May, 2018 12:52 PM

UPDATE : Since I wrote this article, about 3 of those hours are already gone and counting, so I don't even have 500,000 hours left. I just passed a milestone then. I have 499,999 hours remaining. That feeling when you see that 5 change to 4. NOOO!

3 upvotes • [deleted] • 27 May, 2018 02:42 PM

To be honest unless you really intend to actually *do* something there is nothing to worry about.

Remember that this "retirement" thing is supposed to start in the sixties until you die so you don't even have that long for productivity.

Your social usefulness simply declines as you age. Your real expiration date will be long prior to your accrual death. Relax. You can't measure your impact in numbers anyway and honestly it isn't as if anyone has ever hustled because of eventuality.

Truth is we will sleep just as well with 21,000 days left as we did with 27,000. And not care.

3 upvotes • [chinawinsworlds](#) • 27 May, 2018 06:06 PM

Makes me sad thinking about the fact that there's nothing after death. Makes me afraid.

1 upvotes • [thegeckomaster](#) • 23 June, 2018 08:10 PM

I believe you to be incorrect on that

5 upvotes • [scissor_me_timbers00](#) • 27 May, 2018 11:11 AM

Good post. Although it kind of makes me want to murder myself.

2 upvotes • [SKRedPill](#) • 27 May, 2018 11:23 AM

Here's another piece of math - <https://alifeofproductivity.com/our-life-span-is-only-17-5-years/>

This blog is awesome BTW.

2 upvotes • [victor_knight](#) • 27 May, 2018 11:59 AM

I'll just leave [this](#) here.

2 upvotes • [RickMoronic](#) • 27 May, 2018 12:47 PM

Enjoy yourself, it's later than you think!

2 upvotes • [Xairesk](#) • 27 May, 2018 01:13 PM

The next 54 years can't come quickly enough. God I hope it isn't 54.

2 upvotes • [red_matrix](#) • 27 May, 2018 05:17 PM

Time, it's the most precious resource you have, and most of us waste it.

2 upvotes • [serio1337](#) • 27 May, 2018 07:26 PM

This right here reminded me of a conversation I had with a friend. The catalyst that got me to change

was this:

Friend: "Man you've been making great progress, you can really see the changes, what made you become so disciplined?"

Me: "Thanks, and honestly it's kind of morbid but puts things into perspective. I woke up one morning and thought to myself "if I were to die right now, would I be happy with what I left behind" and the answer was no, and I've not looked back."

Laying out the minutes, hours, days, and weeks really puts things into perspective, those are all very small numbers when you really think about it, a year goes by and you've lost a good % of that time. Good post man.

2 upvotes • [DareyFathom](#) • 27 May, 2018 12:00 PM

All the more reason if anyone else is wasting your time, don't give them any more of it.

1 upvotes • [DullIntroduction](#) • 27 May, 2018 10:16 AM

I realized this only after I managed to get financially stable. Some can argue that money may buy time, but time is much more valuable, and can only go up in value. I'm not old too (27), but I'm ashamed of the years I wasted away. That includes lurking reddit.

In a few years I'll be able to gradually reduce my work time while maintaining my quality of life so I can pursue my other interests.

1 upvotes • [JekaWreka](#) • 27 May, 2018 10:50 AM

great post, thank you!

I personally agree with that you've wrote,

and I'd like to ask you a question, why is it so important for you to be productive?

3 upvotes • [SKRedPill](#) • 27 May, 2018 11:00 AM

I've been in unproductivity hell before. That's an addiction. And then I was forced to look back. So much wasted time, energy and opportunity. Hell, I'll never see my 20s again after a couple of years. I do not want to look back and regret it a second time.

1 upvotes • [b0utch](#) • 27 May, 2018 03:07 PM

Well that was pretty long for someone who cares about how I spend my time.

1 upvotes • [jon_pat](#) • 20 July, 2018 04:35 PM

yeah, I feel like every people who writes motivation stuff is trying to motivate himself and is unlikely to follow hiw own advice

i personally don't need all this but it's interesting to read the comments, especially the "i fucked up my life" lol

1 upvotes • [Reversejohns](#) • 27 May, 2018 03:21 PM

I'm at a very happy and satisfied point in my life. I will say though, the type of thinking in the OP post inspired a lot of my self improvement. One of the biggest things is waking up early. Manahe your time, get your 8 hours of healthy sleep, eat a good breakfast, and make the most of your day.

1 upvotes • [deleted] • 27 May, 2018 03:42 PM

What in the holy hell are you rambling about?

1 upvotes • [silversum1](#) • 27 May, 2018 04:18 PM

Aside from working there are definitely other positive ways to be productive but still enjoying life. I remember the first time I travelled abroad spending a week in New Zealand and a week in Fiji. It was a game changer. I didn't spend one day looking at a computer or binging Netflix. I saw some of the most beautiful landscapes in the world. The tallest peaks in New Zealand, to their fjords in the south. Beautiful tropical beaches, scuba diving in Fiji.

I guess what I'm trying to say is traveling is an investment in ones self that is priceless, and really gave me perspective on what 'productive' could be. I became much more motivated in life and work, and to keep traveling. Now I've been to Mexico, Thailand, Alaska. Do yourself a favor and travel.

1 upvotes • [throwitdownman](#) • 27 May, 2018 05:06 PM

Freaky. A couple of days ago I was calculating the amount of days left for myself, and felt the exact same as you OP.

1 upvotes • [GuapoEconomist](#) • 27 May, 2018 07:50 PM

Hey man, thanks for your post. Being the same age as you, I realized the many accomplishments I've been able to do in the last decade, and how far I still am from being the best version of me possible. Dreams await.

Now go kick ass.

1 upvotes • [deleted] • 28 May, 2018 10:22 AM

Idk how to feel about that.

I'm 29 now, going to be 30 this fall. I feel like my life was on track until about 27. I liked school, I had plenty of good friends, I had fun. Then I went to university and did my Bachelor. Great time, I felt free, I got good grades, I had sex with pretty girls, I just didn't worry. I traveled and then did a Master abroad. I did well there too, I had a pretty GF, things were going great. Then I turned 27 and got my first full-time job (I'm European, so that's a common age here. We don't finish school with 17).

Since then I have been working full-time. Time just flies by. My friends are all spread across the country in different cities. Yes I visit them from time to time and they visit me, but it's different from just having friends around. And those who are left in my City have as little time as me. You basically have to make an appointment if you want to meet.

I don't meet new ppl, all I do is work and sleep and eat.

It's not like I didn't make some progress. I started working out every other day, I gained a lot of mass and became kinda jacked. I look after what I eat. I'm def in a better shape than 3 years ago. But I also feel that my body is getting older. Injuries take longer, etc.

I have money in an ETF, I have a 5k cash reserve, I save money. It's not like I am doing bad as a 29yo from a financial/job perspective. Decent money, working out etc.

But it just feels like my life is over. I haven't been in love for the last 3 years. I just don't fall in love anymore. I am more and more anxious about the future.

On the one hand I want to find a girl I can have children with and get old. I want a family. On the other hand I want to have sex with many more different women.

I feel like commitment might be the "end" of my life, but also not committing might be the "end" too.

At 27, when meeting a girl, I thought: maybe it will work out, maybe not. But in 2 years I'm 29 and I will find someone new.

Now, at 29, I think: If I get in a serious relationship now, for 2-3 years and then it doesn't work out, I'm

32 and it will be even tougher.

Some days I think 30 is old and I need to get my life in order. On other days I think 30 is still young, I should focus on my career and having fun. I can get a family when I'm 40 or even older. Lot's of man have there first children around 40.

Idk, being 25 was just so much more relaxed :D

1 upvotes • [Vanwaq](#) • 28 May, 2018 03:28 PM

an average person spends 5 years of their lives in the washroom. Shitting, showering, shaving, all adds up.

1 upvotes • [SpaceViolet](#) • 28 May, 2018 04:55 PM

Everyone in this thread needs to chill the fuck out. He's going to die, you're going to die - we're all going to die. It doesn't matter if you're a drunk, a king, a famous author, a mathematician, a stoner, an extremely average guy working at the grocer - it's all going to end the exact same way. You can fill your life with the grandest of adventures and achievements, you can fill it with nothing but shallow dissipation and pleasure, you can fill it with nothing - staring at the walls for hours a day - the filling doesn't fucking matter!

It's all going to pass - ALL OF IT - and the entire universe isn't making it out of this alive. The second you die, the "filling" of your life is rendered 100% irrelevant forever from your perspective. Your legacy is transformed to less than dog shit in a literal, non-figurative, actual, measurable, Real McCoy INSTANT. Don't kid yourself that you're anything more than transient just like everything else on this rock, of this universe.

So basically: it don't matter. None of this matters. You do what you wanna do and I'll do I wanna do. You want to be productive every hour of the day every day? Go for it. I don't give a fuck.

1 upvotes • [SKRedPill](#) • 28 May, 2018 04:59 PM

And 5 hours later, your stomach gets hungry...then you forget reddit.

1 upvotes • [lhatemoi](#) • 28 May, 2018 07:47 PM

Thank you so much for this post. I really needed to remember how fleeting time is. I am 26, My birthday was a couple of weeks ago. I was a hedonist 2 years ago and lost a lot of oportunities in my life. I am trying to beat procrastination and remain in the path of productivity but it is difficult, yet not impossible.

Thank you for the reminder. Also it is important to keep in mind loved ones at all times and give them the respect devotion they need.

1 upvotes • [Vicimin10](#) • 1 June, 2018 09:13 PM

I think that the op makes a mistake by separating daily activities into useful and useless. The problem with that logic is than all the activities considered useful will inevitably fall under the potential reproduction category: you advance your career, exercise, develop new skills and so on to be a better suited long term provider, and have an upper hand when selecting a partner. Those guys who aren't fit to be long term providers by their 30s get shamed by women for "not growing up". In a way it is a blue pill logic. There is no useful and useless, there is only grey. You can invest years and decades into your career, education, languages, musical instruments, wherever else, but as your personality changes with time one day you'll look back and ask yourself: wtf did I do it for? Just be a minimalist and enjoy your life, there is no need to spend it like a hamster in a wheel, thinking about how many hours you've got left. As long as you're happy with yourself and where youre at.

1 upvotes • [Frait](#) • 6 June, 2018 04:09 AM

I can't find the answer to my question,

Is there an app that count in hours instead of days to get reminded of our short life?

1 upvotes • [SKRedPill](#) • 6 June, 2018 04:20 AM

There's an app called "time until". You can set that to whichever unit you want.

-2 upvotes • [dongpal](#) • 27 May, 2018 04:58 PM

Am I the only one who thinks 750000 hours is a lot and I have enough time?

1 upvotes • [SKRedPill](#) • 27 May, 2018 05:31 PM

Put it in a countdown clock and see -- especially if you're browsing or on social media or the like. Put those away and all of a sudden it feels like every day lasts twice as long and you're wondering what to do with the 3 hours remaining after you've cooked dinner.

1 upvotes • [SKRedPill](#) • 28 May, 2018 03:26 AM

PS : Since you asked. Here you are. Think someone's paying you just \$24 dollars a day, \$2 per hour, for working 12 hours every day, till your 86th birthday. That's \$8760 every year. Then you'll get there.

1 upvotes • [SilkTouchm](#) • 30 May, 2018 04:17 AM

Changing units is a common way to mislead people.