

#NoNothingNov 2016: Give Up Vices, Forge New Habits.

November 1, 2016 | 492 upvotes | by [redpillschool](#)

Welcome to No Nothing November, every 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 in previous years, they'll remember that there's great satisfaction from achieving self-set goals, so let's get started on our 2016 #NoNothingNov

The Challenge

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 proactive 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

This year, we've launched a new feature of [TRP.RED](#) to track your progress. Simply use the hashtag #NoNothingNov on our feed to track your progress, which can be shared with the community by visiting our main [#NoNothingNov Hub](#) or your own personal tracking page: <https://www.trp.red/nnn/username>

Let's get started!

Archived from [theredarchive.com](#)

Comments

TomFoo • 147 points • 1 November, 2016 07:17 PM

no screens (laptop, phone) past 11pm

no junk food (specifically burgers, pizza, fried chicken, pastrami)

no weeknight alcohol

lift or cardio (run) every day

edit: saving this as my phone background so i won't forget

[deleted] • 17 points • 1 November, 2016 10:10 PM

I was doing this since the beginning of October. I'm already on the wagon. Lol. Feel better than ever. Also add constant hydration to that and no breads/sugars outside of fruit.

aditas • 2 points • 18 November, 2016 07:38 PM

If you're going to do no breads and no junk, you may as well skip the fruit and go full on keto.

[deleted] • 3 points • 18 November, 2016 11:02 PM

Never mind. I googled it. Ketogenic diet. Looks like it makes sense. Thank you for that.

empatheticapathetic • 26 points • 2 November, 2016 12:09 AM

These 4 are honestly easier than you think. It's all down to how much you (don't) want it. The situations you find yourself in (usually social where the rules go out the window). And whether you actually consider it easy or not.

If you consider it hard you'll come up with reasons why not to follow the rules. If you consider it easy, you'll control your indulgences easily.

AmazingMalice • 11 points • 3 November, 2016 01:50 AM

haha... this is exactly the method I employed. I have my current list as my phone's wallpaper.

Give up: 1. Smoking weed and cigarettes 2. Masturbation 3. Energy Drinks

Pick up: 1. Meditation

Suffercure • 3 points • 3 November, 2016 11:49 AM

buy nicotine gum.

midnightrequest • 8 points • 3 November, 2016 03:32 PM

In my experience it's actually easier to quit cold turkey. Just hold on for a couple of days and be done with it.

Suffercure • 9 points • 3 November, 2016 06:49 PM

4 DAYS IN. Shit still sucks.

midnightrequest • 13 points • 4 November, 2016 02:38 PM

You've passed through the worst. It's gonna get better soon enough. Just don't relapse.

flatbushwick • 8 points • 8 November, 2016 12:13 PM

I haven't had a cig since 10/15/16. It was hard but I feel so much better man. Keep fighting, that shit is literally poison...

True_Potential • 1 point • 5 November, 2016 12:19 PM

you'll be good soon. don't give in.

stoicismexpress • 1 point • 5 November, 2016 06:08 PM

Only gets easier, don't fuck yourself

[deleted] • 1 points • 7 November, 2016 06:39 AM

[permanently deleted]

Suffercure • 1 point • 7 November, 2016 03:39 PM

Damn man... Restart. Made it to 7 days.

[deleted] • 1 point • 7 November, 2016 09:40 PM

I have stopped smoking 3 times. I lasted 5 months each.

thechariot83 • 1 point • 18 November, 2016 11:56 PM

How have you been making out, honestly?

Suffercure • 1 point • 19 November, 2016 07:59 AM

broke the streak 2 times. Now on 6 days.

thechariot83 • 2 points • 19 November, 2016 08:31 AM*

Falling off the horse doesn't mean shit as long as you dust off and get back on. Good looks, bro.

rp_valiant • 2 points • 13 November, 2016 04:39 PM

I quit cold turkey. Sucks about a week then it quickly dissipates. Every additional day the cravings get less. I'm out ~3 weeks now and I've stopped counting.

lozboss • 2 points • 20 November, 2016 05:23 PM

Number 2 is hard when you're in monk mode and working on yourself. Really hard.

JustAMick2U • 1 point • 16 November, 2016 05:46 AM

+1 for meditation. Strongly encourage others to do so!

stoicismexpress • 2 points • 5 November, 2016 06:08 PM

Gotta admit that although I know this is absolutely correct in being a healthy male, as a uni age red piller, boy is it hard to not drink (or drug) on week nights...I mean I'm boxing and lifting every day and my diet is alright but I'm really fucking myself with the alcohol, there's just too many good club nights and too many fit girls, and they really just aren't as fun sober.

[deleted] • 2 points • 20 November, 2016 08:17 PM

Makes those Squash noodles I bought at the Supermarket the other day look even more appetizing now.

tiptopalphagod • 1 point • 6 November, 2016 11:33 PM

Eating pizza is an amazing food right after or before a long workout. Lifting or cardio EVERY day will wear you out and lower testosterone.

flatline115 • 1 point • 20 November, 2016 09:22 AM

Do yourself a favor, don't lift every day.

EnlightenedViking • 1 point • 22 November, 2016 11:52 PM

no screens (laptop, phone) past 11pm

How is this going? I'm curious to know the results

TomFoo • 2 points • 26 November, 2016 08:12 AM

i'm fuckin terrible. the only thing i've stuck to is the no fast food.

savagedealer • 149 points • 1 November, 2016 04:17 PM

All these vices are the nothingness around you . Their only source of power is the power you place in them because you've made those things the very energy source of what you believe is love or happiness . If I feel happy when I eat pizza and tomorrow there's no pizza around then how can I feel happy. If I make my girlfriend my source of happiness because I feel good when we have sex and she's not around tomorrow then what's left to fill me with happiness . If I only feel happiness and love when these vices are around me then I've become a slave to those very things that are meant to help me . The only way around this is to finally see brothers that we need to be our own source of love and happiness and to be the answer to all the demons and emptiness around us . Do what you love not what you think is needed of you. Be the champions of truth don't be slaves to these poison traps that manifest themselves in all shapes and sizes around you. With clear eyes you will start to become the person you were always destined to be . Have faith and when you find your light share it with all your brothers who are seekers of truth just like you .

zboo1h • 19 points • 5 November, 2016 01:56 AM

Almost made me shed a man tear.

CornDog_Enthusiast • 1 point • 9 November, 2016 08:16 PM

At the same time, remember that seeking only happiness is a vice in itself. Other than that, I agree with you 100%

Exactly_what_I_think • 30 points • 1 November, 2016 09:44 PM*

Vices:

carbs less than 20 a day

being a homebody

Taking up:

Day game. One approach on average a day.

Being a yes man. Saying No with authority and sticking to it.

Studying for my certification test.

ReluctantPawn • 40 points • 1 November, 2016 10:09 PM

Activity: learning the difference between then and than

Exactly_what_I_think • 57 points • 1 November, 2016 10:20 PM

Constructive criticism is always welcomed.

ReluctantPawn • 26 points • 1 November, 2016 10:21 PM

You're the man!

killxorxbexkilled • 5 points • 9 November, 2016 09:28 PM

Then is a sequence of events - I'm doing this THEN that. Than is differentiating between things/events - I'd rather do this THAN that

[deleted] • 27 points • 1 November, 2016 04:39 PM

Posting this to feel accountable.

Giving up:

Video games

Porn

Facebook

Taking up:

Searching for a new passion 1h a day (through reading books, trying new activities, not saying "no")

Will report in a month or when I fail.

Thizzlebot • 15 points • 2 November, 2016 06:54 AM

Giving up facebook is a gift to yourself so you don't have to see all these retards soapbox their dumb opinions.

[deleted] • 5 points • 2 November, 2016 02:14 PM

[permanently deleted]

scissor_me_timbers00 • 6 points • 5 November, 2016 02:50 AM

Social media is so retarded

jeezydasnowman • 15 points • 1 November, 2016 05:36 PM

Give away your console - that's what I did.

[deleted] • 15 points • 1 November, 2016 07:35 PM

I play PC and am thinking of selling it and buying a shitty laptop instead so I couldn't play anything properly anymore. But never had the guts to do it. My life will be empty as hell...

ArtistBlock • 12 points • 1 November, 2016 07:41 PM

I did the same thing. I bought a small laptop and put my gaming laptop on storage. Best decision I made. If I want to play games I need to go pull it out and hookup everything. Just the thought of it made me give up video games all at once.

[deleted] • 10 points • 1 November, 2016 08:23 PM

I guess encouragement is really what I was looking for here, thanks I will definitely give it a go.

timmaaykush • 3 points • 8 November, 2016 07:23 PM

you can do it bro, i was playing video games 15hr a day instead of studying 3dsmax like i wanted to. there was no way i could have a computer and learn, one the computer was on i was gaming, best thing for me was have my brother hold it for me until i feel I'm ready, its been about a year and i am so much more accomplished then sitting down on the computer. you can do it. just set it and forget it.

jeezydasnowman • 9 points • 1 November, 2016 07:51 PM

Sometimes you gotta let things burn, dopamine withdrawal is never easy.

[deleted] • 6 points • 6 November, 2016 06:49 PM

I was playing around 15-16 hours of wow per day, stopped cold turkey. Oh boy days got so much longer at first I had no idea what to do with my life, spent most of the excess time on internet and found trp and things started to become so much harder yet better. Fuck all those gaming makes you smarter, better decision maker bullshit, they are just a waste of time and just make you more prone to addiction because you are doing same shit over and over again overworking your habit system.

[deleted] • 2 points • 6 November, 2016 07:22 PM

That's so true about the days becoming longer! Did you find any new hobbies or something like that?

[deleted] • 3 points • 6 November, 2016 07:28 PM

Yep, started to learn German, I'm reading at least a book per week, going to gym and joined a theatre group still I have more time to study than I used to. Actually I even go to classes now lol. You will probably have trouble having enough energy to start things because your brain is overwhelmed by constant information and light, sitting long hours didn't help either, it's all about habits, fix your sleep cycles, your eating habits and spend less time in computer room asap as a start, rest will be easier. I highly recommend The Power of Habit by Charles Dihugg, it helped me a lot to beat my addiction.

[deleted] • 7 points • 8 November, 2016 04:55 AM

Do some fucking jiu-jitsu or boxing or muay Thai. Has the same and more benefits than lifting and is infinitely more fun. Video games are pathetic compared to real lif. And if you think it's empty without them, trust me it's empty with them.

itooktrp • 5 points • 2 November, 2016 05:22 AM

It will only feel empty until you fill it with something worthwhile.

[deleted] • 3 points • 2 November, 2016 10:34 AM

Replace your GFX card with more ram, install Windows Server and play with server labs. You may find a new passion for computing, or you might hate it and at least appreciate your IT team a bit better...

GoldenCocaine • 4 points • 8 November, 2016 06:49 PM

I did exactly this 15 months ago. Do it. It works 100%. Although you find yourself just browsing the internet more than before on your laptop when your bored which is almost as bad...

UndecidedThrownaway • 3 points • 2 November, 2016 11:18 AM*

I fucking love my mac because it forced me to find new hobbies and to use my time more productively, and I love developing on my Mac too...

Ye_Sex_Bard • 3 points • 6 November, 2016 08:01 PM

I gave my PC to a friend who lived an hour or so away. We could still LAN, but it was a conscious choice that I had to plan into my schedule. It also introduced a social aspect. Instead of just playing video games all day alone, I would play with him for a couple hours and then we would work on our cars in his garage.

Just a thought.

[deleted] • 2 points • 17 November, 2016 05:05 PM

[permanently deleted]

[deleted] • 2 points • 17 November, 2016 05:39 PM

Thanks for the input. I pretty much do just that, go boxing and do bodyweight, and do extracurricular stuff with my university and go all around the country. What about books though? I am currently reading sidebar 1 hour a day and some random book 0.5 hour a day. But I feel like that can still be too much if you're reading books like "How to win friends and influence people" where one hour of reading should be backed up by few hours of real life experience

chadee • 3 points • 2 November, 2016 01:40 AM [recovered]

<http://onconsumerism.com/addiction/getting-to-know-the-addict/>

[deleted] • 1 point • 1 December, 2016 05:25 PM

Thanks for this. I genuinely think I managed to quit. I tried downloading a game today and it simply wasn't hooking me.

throwthehoeaway69 • 1 points • 3 November, 2016 09:07 AM [recovered]

I recommend lifting or learning some form of martial art as your "new passion".

They are both fun and extremely beneficial, lifting makes you confident in your body, and learning some self-defense is always useful.

[deleted] • 2 points • 3 November, 2016 11:59 AM

I have done mma and boxing for two years. Also i do bodyweight. I agree with everything but I may quit because of fear of brain damage

JustAMick2U • 1 point • 16 November, 2016 05:49 AM

I quit that Facebook crap almost a year ago. Good decision!

[deleted] • 1 point • 1 December, 2016 05:21 PM

Reporting back:

Giving up porn increased my libido a lot.

I didn't manage to drop facebook though, I had to get in touch with people somehow but I downloaded a facebook feed blocker so chatting with people was the only thing I could do

Giving up video games was the craziest experience. I managed to do it and as soon as the month finished I downloaded *Ultra Street Fighter IV*. To my surprise I'm not getting hooked anymore. This was sort of a rehab, my brain probably got used to other sources of dopamine. Deleting the game right now so I won't have to do it again.

The searching for passion thing ended with me realizing that the things I enjoy the most will never be lucrative for me so I will keep studying finance (which I hate) and try to get the best buck for my time.

empatheticapathetic • 24 points • 1 November, 2016 05:22 PM

Absolutely reddit. The more i read reddit the less time i spend actually doing the things i read about on reddit.
Goodbye cruel world.

buddistnuddist • 1 points • 4 November, 2016 09:54 PM [recovered]

Get off of here and dont give into your vice

empatheticapathetic • 2 points • 4 November, 2016 10:32 PM

Yeah i know. I'm going away tomorrow morning so i'm going to have a fresh start.

bossplayaintraining • 23 points • 1 November, 2016 07:41 PM*

Vices:

1. Masturbation/porn
2. Lying in bed for reasons other than sleeping
3. Drinking anything other than water

Habit: Study first thing in the morning (after morning routine that consists of brushing teeth, breakfast, shitting)

Follow me on trp.red (same username) for daily updates!

[deleted] • 0 points • 1 November, 2016 10:55 PM

"Masturbation"

<http://chaosandpain.blogspot.com/2013/07/no-fap-more-like-no-fucking-way.html>

<http://chaosandpain.blogspot.com/2010/09/enough-already-sex-and-baddassery-are.html>

http://chaosandpain.blogspot.com/2010/09/enough-already-sex-and-baddassery-are_07.html

bossplayaintraining • 6 points • 1 November, 2016 10:58 PM

I said masturbation (having sex with myself). Sex with a girl is still something I'm gonna do when the opportunity presents itself

stubkan • 4 points • 2 November, 2016 05:40 AM

I did some brief googling after reading those blog entries. It appears to me, that guy is wrong, and some of his points are obvious trolls.

A quick search bought these up, These studies (not the 'chinese' one the guy talks about) state that sex, or

anticipation of, boosts testosterone levels. Whereas masturbation itself has no apparent affect on it, either way. It is apparent, also that regular sex is helpful to maintain high levels.

<https://www.ncbi.nlm.nih.gov/pubmed/16095799>

<http://www.sciencedirect.com/science/article/pii/S0031938492904539>

<http://joe.endocrinology-journals.org/content/52/1/51.short>

Socrate_wesh • 17 points • 1 November, 2016 07:05 PM

Vice:

As weird as it sounds, I need to face my fear of administrative tasks and need to clean up the situation with my business. There are emails/calls/letters I've been needing to send but couldn't find the courage to do it. I pussyed out and now I need to clean the business. The worst thing is that I'm pretty sure it's no big deal; but talking to lawyers/accountants/tax people scare the shit out of me.

Habit:

Reading

xray777 • 3 points • 10 November, 2016 06:33 AM **[recovered]**

This hit home with me. I'm semi-self employed and that temptation to let the "hard" emails or tasks go is real. I find myself stuck in the cycle of "feels bad man, will wait to deal with it" and "Oh shit, this is late and I really don't want to deal with it, will wait", which just spirals out of control until an external force makes me deal with it.

FUCK BEING A PUSSY. To quote Wolf of Wall St: "PICK UP THE PHONE, AND START DIALING!".

Get that shit taken care of.

johnniegreen • 2 points • 28 November, 2016 04:29 AM

To add to this: it also feels great once you've done it all and affairs are up-to-date.

JinSantosAndria • 1 point • 17 November, 2016 07:35 AM

Had that as well. Do not fear them, you pay them to get a job done and are sabotaging them in doing so. You don't pay those people in good times. They are there so you can keep your business up and not drown in administrative tasks.

LeadN243 • 17 points • 1 November, 2016 08:27 PM*

Giving up: 1. League of legends 2. Screens of after 11pm 3. Porn

Productivity: Hit the gym

GoldenCocaine • 7 points • 8 November, 2016 06:50 PM

Removing LoL completely from my life was one of the best decisions I ever made

throwawayurbans • 2 points • 13 November, 2016 02:00 PM

The key is moderation. I wouldn't totally give up playing video games because they're fun. But only play a few hours a week rather than 24/7.

TB3o3 • 5 points • 16 November, 2016 04:43 PM

This is key. It's all about control instead of wants. I can control when I want to play and how long I play for, no exceptions. No need to sell or delete anything; If I ever want to stop playing stuff I'll just

never turn it on.

throwawayurbans • 4 points • 16 November, 2016 07:09 PM

Exactly! Heck, I'll play World of Warcraft for hours because I love running through dungeons and slaying motherfuckers.

But, I don't let it get in the way of my responsibilities and my goals. If something needs to get done, it gets done.

Games are for those evenings where you just want to put your feet up and relax.

DysfunctionalBrother • 14 points • 1 November, 2016 05:34 PM

I've tried giving up porn many times, can't seem to hack it. I have done more than three weeks twice, but by week four i can't take the discomfort anymore.

empatheticapathetic • 22 points • 1 November, 2016 05:43 PM

You need to fill your day with enough that you're never in a position to watch porn.

In the situation where you're alone and should be working, and a porn video may be imminent, it's a case of pure will power.

Once you've achieved it, you can rely on your own confidence in your abilities to avoid it indefinitely, and it gets easier as time goes on.

DiamantHunde • 20 points • 1 November, 2016 11:15 PM

Bingo. My sexual needs are met but if I get home from work and I'm alone, I'll end up looking for porn and masturbating. It's not like I'm even turned on. It's more like "I'm too tired to do anything else. Fuck it, I'm whipping my cock out".

It's not a crime of passion. It's a crime of opportunity.

XiLingChi • 10 points • 2 November, 2016 12:48 AM

It's not a crime of passion. It's a crime of opportunity.

that's funny as hell cause that's exactly it. Not trying to suck your dick but did you hear that from somewhere else or just made it up, cause im gonna have to remember that one

DiamantHunde • 7 points • 2 November, 2016 08:25 AM

Thanks man. I came up with this one on the fly. I had an "a ha moment" as I was typing my post earlier.

[deleted] • 2 points • 17 November, 2016 04:58 PM

Cernovich did a post a while ago about how the best way to give up porn is to have extreme dedication towards fulfilling goals to the point where you're not interested in diverting your attention towards it.

Harder, but more beneficial.

[deleted] • 11 points • 2 November, 2016 10:22 AM

A three week streak is not bad at all. Today is my 38 day streak my longest was 52 days. But this time I'm sure I'll get at least to 100 days.

Here's a excerpt from Rollo that motivated to stick to nofap:

"From a bio-mechanical perspective, the indication is that men who consistently masturbate are essentially broadcasting their status as Pheromonal Betas – and women's bio-chemical mechanics subconsciously registers this for them. Higher testosterone males manifest their sexual viability in both sexual assertiveness and scent. If you are chronically depleted of testosterone, and/or subjected to the calming effects of oxytocin your sexual viability is at a disadvantage. In fact, from an evolutionary standpoint, the beta males of our feral hunter-gatherer beginnings would be more prone to masturbation as a sexual release since, theoretically, they would've had less access to breeding opportunities than Alpha males. It would then follow that definitive, subconscious behavioral and chemical cues would evolve to aid females in selecting the best mate for parental investment."

[deleted] • 3 points • 4 November, 2016 10:52 PM

Man, so much to unpack here that it's insane. Everything good in my life has almost always occurred when I was strictly not masturbating. I was actually thinking about this recently and I came to the conclusion that not masturbating isn't a magical pill that makes one's life better. You still have to do the work, and get out there, however, your motivation to do so is much higher. I try to put myself back in time maybe 60 years ago, before endless access of porn was available or the structure to ensure women were dressed modestly and you can tell people were at least doing shit. They were interacting and doing things even if their life was difficult. When I jerk off, after all I want to do is literally do jack shit and watch youtube videos, not a recipe for success in a world with many opportunities.

DysfunctionalBrother • 1 point • 2 November, 2016 07:56 PM

Thanks. Any idea where i can find the entire post?

[deleted] • 1 point • 3 November, 2016 10:00 AM

<https://therationalmale.com/2011/11/17/the-pheromonal-beta/>

[deleted] • 1 point • 15 November, 2016 03:10 PM

That....makes so much sense on so many levels.

[deleted] • 5 points • 1 November, 2016 10:35 PM

I started intermittent fasting of food (search leangains) and eventually you grow enough discipline and comfort with self denial that staying away from porn or complete nofap is much easier.

When you can deny your body a shitty snack food or a pop tart for breakfast then you can transition into no porn

Theunforgiven193 • 2 points • 16 November, 2016 09:58 PM

This sounds to simple to work but it isn't. It's also stoic philosophy that you first control your sleep, then your food and then your sexdrive. In that order. Also pyramid of maslow blabla

hbPUA • 4 points • 2 November, 2016 01:42 PM

I used to struggle with relapsing two to four times a month. It wasn't that much, but it irked me because I didn't want to do it.

What really helped me was that I found and read a super powerful post - that really spoke to me and echoed in my mind.

And I used this powerful technique of reading it ten times over. Then copy it by hand three more times. I don't even know what post it was - I just know it has profoundly changed my thoughts and made me quit

relapsing.

Ever since, my urges have easily been rejected and haven't relapsed since. It had changed my life completely - and I use the same technique if I want to retain certain texts or knowledge deeply. Try it. It has worked well for me, it could work well for you.

[deleted] • 3 points • 1 November, 2016 11:48 PM

Wank without porn, use your memories only.

redpillschool[S] • 32 points • 1 November, 2016 04:25 PM

I've set my goals and already I'm daunted. The truth is, I enjoy too many drinks. Time to cut back. My liver and belly will thank me.

<https://www.trp.red/nnn/redpillschool>

ex_addict_bro • 46 points • 1 November, 2016 05:15 PM

You banned me once when I suggested this to you, some time in the past.

redpillschool[S] • 75 points • 1 November, 2016 05:17 PM

Our bans are over attitude, not opinions. Looks like you're not banned currently, so I suggest you keep moving.

[deleted] • 22 points • 1 November, 2016 06:25 PM

Lol.

JvSOUL • -4 points • 1 November, 2016 06:16 PM

Get em Brah

TomFoo • -9 points • 1 November, 2016 07:09 PM

Strong mod, like a strong king.

[deleted] • 3 points • 1 November, 2016 07:39 PM

Hey I read in "Testosterone IO" that cutting off carbs reduces testosterone.

SpaceTimeinFlux • 10 points • 2 November, 2016 01:42 AM

simple sugars reduce serum test by about 20%

ItsTheHomeWrecker • 3 points • 3 November, 2016 02:44 AM*

deleted

VTMSCHVSVCTRY • 1 points • 2 November, 2016 01:47 AM **[recovered]**

Maybe indirectly for specific cases, but I'm hard pressed to believe this is a fact. I'm not a health professional, but wouldn't it be cutting off protein that reduces testosterone?

VeniVidiVici83 • 5 points • 2 November, 2016 09:13 PM

Testosterone is synthesised from cholesterol, making the main dietary factor for testosterone levels fat intake.

Going by this article carbs are important for testosterone production, so some is definitely important
<https://www.anabolicsmen.com/carbohydrates-testosterone/>

adam_varg • 2 points • 4 November, 2016 02:09 PM

Any nutrient deficiency will cut down your T levels...

Cutting down carbs won't put your T down, only cutting them too much will.

ArtistBlock • 13 points • 1 November, 2016 06:07 PM*

What a great opportunity. The things that I will give up:

Mindless YouTube binging

Procrastination

Complaining

The thing that I will do;

Tracking and weighing what I eat

scrodzilla • 6 points • 2 November, 2016 11:36 AM

Good ideas. I'm giving up:

1. Whining/complaining. No one wants to hear that shit.
2. Social media, it's useless.
3. Eating snacks when I get home from work.

Starting: 10 minutes of daily meditation

ArtistBlock • 3 points • 2 November, 2016 05:38 PM

That's great to hear. Complaining links to negativity which leads to a horrible mindset. Horrible mindset leads to unproductivity which leads to special snowflake syndrome.

throwawayurbans • 1 point • 13 November, 2016 02:01 PM

Social Media can be used productively (Read: Social Proof).

Just don't spend hours scrolling down your timeline when you're bored.

refusewool • 3 points • 2 November, 2016 04:39 PM

Procrastination can be hard to define at times and sometimes you don't even realise you're doing it until it's been 20 minutes of time wasted. I recommend cutting out specific binary habits which you can be certain of but whatever works best for you.

ArtistBlock • 3 points • 2 November, 2016 05:31 PM

Procrastination for me is something that I struggle with. I really believe that if I got it handled a long time ago my life would have been drastically different. Your advice helps but for me it's just having the discipline and small chunking it step by step.

xinihil • 2 points • 5 November, 2016 03:11 AM

Wayne Gretzky said (paraphrased) that procrastination is the most effective suppressant of individual success

sergeantbbbs • 27 points • 1 November, 2016 06:30 PM

Cutting out porn, facebook and drugs.

Bring it on

[deleted] • 2 points • 2 November, 2016 02:11 PM

[permanently deleted]

sergeantbbbs • 1 point • 4 November, 2016 11:10 PM

Totally agree with you mate. Good luck to you too man

buildapineapple • 1 point • 2 November, 2016 05:06 PM

Easy to fix that. Quit smoking weed.

BlondedLife • 25 points • 1 November, 2016 07:25 PM

This is probably a longshot, but I live in the capital of South Carolina and one of the things I'm interested in is hunting deer and other animals.

Normally you'd get a friend to teach you some shit like this, but I don't look the type to hunt...at all and no one in my friends circle is remotely close to that kind of person.

I've bought a rifle, but I have no one to go to the range with or to teach me how to hunt. If anyone on here hunts in SC, I'd be happy if they could show me the ropes or help me at all in getting started into the hobby.

I've already done a bit of research, I know I have to take a hunting license quiz or what have you and I've already watched a few videos to prepare for that test to get said permit to hunt.

[deleted] • 6 points • 1 November, 2016 10:52 PM

I used to live in Columbia and I would hunt in Barnwell County. Send me a message and ill answer any questions!

Red_Invictus • 11 points • 1 November, 2016 09:56 PM

Holy shit, are you me? I'm in Columbia SC as well, haven't hunted yet, but wanted to, don't know anyone who does.

Lsegundo • 3 points • 2 November, 2016 01:08 AM

Is there anything on meetup.com for hunting near you? If not start a group. There are tons of great groups I have joined through that. The experts have always been very helpful with beginners.

If you don't know yet gun safety might be a good place to start.

Last fall I went shooting pumpkins. The guy holding the rifle wasn't familiar with it and it went off unexpectedly. Luckily he knew to never have it pointed at anyone so it was facing 180 degrees away from the group when it fired.

Pournopete • 1 point • 1 November, 2016 08:55 PM

I'm sure you could get lessons at a shooting range!

This is the first link I found when googling, Raleigh, NC Shooting range lessons:

<http://triangleshootingacademy.com/>

[deleted] • 10 points • 1 November, 2016 10:33 PM

Other Carolina, but still a good thought

Ballinlikebuffet • 11 points • 1 November, 2016 08:39 PM

Let's get it. I half assed it last year, but I've made some progress. here's to a better shot this year 1) alcy 2) Kush 3) jerkin it

Habits to implement : Morning + Night Routines (I can break these down if anyone's interested)

stirringlion • 4 points • 2 November, 2016 02:34 PM

Break em down bro...

Ballinlikebuffet • 9 points • 3 November, 2016 12:33 PM

Every morning I: Wake up, Shower, Get Dressed/Contacts, Make Breakfast (bacon, eggs, orange juice, milk) and prepare lunch (4-5 servings vegetables to be eaten throughout the day + protein source like chicken or beef); Take Vitamins, Make Protein Shake, Clean Dishes, Brush Teeth, Leave

Morning routine is just basic stuff, nothing crazy. Get's me going, and takes about 45 minutes. Most of the important stuff is in the night routine.

Night Routine: Pick out tomorrows clothes, Schedule tomorrows day (huge), Journal important thoughts and events from the day, Get my backpack ready with all of my important paperwork and folders depending on my schedule tomorrow; Dental hygiene stuff

The night routine basically gets me going to hit the ground running the next day. Takes about 30 minutes.

With that hour and 15 minutes daily, I ensure that I am fully prepared every day for whatever I need to do. I understand my daily goals (planned in schedule). I am getting a good breakfast and lunch with daily vegetable and fruit goals hit. I'm ensuring I take my vitamins and get a protein shake on lift days. I've been doing it for about 2 weeks and it's helpful.

[deleted] • 10 points • 1 November, 2016 04:56 PM

Just up cheat meals two weeks ago so I'm just going to continue that route..

I would also like to give up overtime at work, but my boss said no

evolveto • 7 points • 1 November, 2016 06:16 PM

Giving UP :

- 1.) Procrastination : 5 second rule to getting things done, rather than thinking and doing later.
- 2.) Surfing the internet, refreshing the shit out of facebook pages, constant social notifications : I will not spend more than 20 mins combined on this.
- 3.) Porn/Masturbation : No running after instant gratification, Deprivation is my friend, for it will make me stronger.

Taking UP:

- 1.) GYM/Nutrition : Minimum 3 days a week.
- 2.) Study : I need to get my shit together and pass my masters anyhow. This will help me to finance my goals.

[deleted] • 0 points • 1 November, 2016 10:56 PM

"Masturbation"

<http://chaosandpain.blogspot.com/2013/07/no-fap-more-like-no-fucking-way.html>

<http://chaosandpain.blogspot.com/2010/09/enough-already-sex-and-baddassery-are.html>

http://chaosandpain.blogspot.com/2010/09/enough-already-sex-and-baddassery-are_07.html

marinewannabee97 • 7 points • 1 November, 2016 05:48 PM

Well, it's about time for me to cut back on the smoking and the pornography. I think I'll devote the extra activity to increasing my focus on my college work.

throwawayurbuns • 1 point • 13 November, 2016 02:10 PM

+1 for giving up smoking.

But it's **hard**. Quitting cold turkey is the *worst* thing you could do because you're setting yourself up for failure (unless you have steel strength willpower).

You take away that nicotine and you brain flips the fuck out. Trust me. You'll smell cigarette smoke 24/7, even though no-one around is smoking. You'll get stomach cramps. You'll eat 10 times as much to try and combat the cravings. You'll become jittery. You become aggressive. You start thinking of smoking all the time. You even start dreaming about smoking.

Cold turkey will fuck you up. It's like weaning yourself off crack, no joke.

Go out and get a vape. Not one of those shitty pens, but a decent vape.

Get used to using that instead. You'll notice that results immediately. You won't get out of breath so easily, you nose will stop getting runny all the time etc.

Once you've done that, starting reducing you nicotine and reduce the frequency you use your vape.

Within 3 - 6 months you'll be smoke free.

VTMSCHVSVCTRY • 6 points • 2 November, 2016 01:42 AM **[recovered]**

I've been on this sub for about two years. In the process, I've had more dirty sex than I thought I could. I was a homebody, and now I've got a job that forces me to travel. I work with tools, and have learned the importance of trades among men. I still have not killed the beta inside.

The vices I'm giving up are:

1. Sugar
2. Bread
3. Dairy

The daily activity: lifting. Let's do this.

optimumone • 4 points • 13 November, 2016 04:16 AM

Giving up bread will change your life. Bread is a lie the corporations , thru our Moms, teach us is necessary when its totally junk.

beejee05 • 1 point • 2 December, 2016 03:01 AM

Curious, what kind of work you do.

rmrcolt • 5 points • 1 November, 2016 06:55 PM

Oh Christ. I'm gonna have so much trouble with this (addictive personality) but I really want to better myself so I'm gonna see if this will help hold me accountable.

-Weed -Netflix/YouTube especially at night because it causes me to lose sleep -Alcohol

EDIT: Forgot the positive things

-Use my camera more often to make projects (I'm a film major) -Finish the 2 books I started for school -Start lifting (my arms look like overcooked spaghetti)

throwawayurbans • 2 points • 13 November, 2016 02:13 PM

Cut down on the weed. You don't have to stop completely but you'll notice just how beta weed makes you.

The social anxiety, the overthinking etc. etc.

Also look into getting Flux for your PC and Sunrise for your Android.

PournPete • 6 points • 1 November, 2016 08:49 PM

I like the sound of this. I'll be giving up:

1. Fast Food
2. Porn
3. Soft drinks

I'll be adapting:

1. Daily fitness

Thanks guys!

NoNothingNov

Son_ova_bitch • 6 points • 1 November, 2016 08:14 PM

No weeknight drinks

No porn

No junk food/take out

I'd like to pick up on my workouts and healthy eating.

TimmyTurnersNuts • 4 points • 1 November, 2016 09:27 PM

Giving up Complaining, Spending over 10 bucks on nothingness per day, Porn.

Picking up Meditation each morning, Working on a goal of mine an hour per day, Daily positive affirmations+30 minutes cardio

silentlyfurious • 2 points • 2 November, 2016 07:05 AM

Giving up Complaining

you won't miss it. Good work.

TyrannyVengeance • 1 point • 2 November, 2016 08:42 PM

The ten bucks is brilliant it keeps you from drinking or drugging pretty effectively, I wish I would have thought of that.

Luis_McLovin • 3 points • 1 November, 2016 06:27 PM*

Cutting porn, Reddit and rhinotillaxis/mucophagy. Taking up journaling as a daily activity.

NoNothingNov 2016

Wolffy93 • 5 points • 1 November, 2016 07:39 PM

Giving Up Soda. (Used to drink soda daily. Giving this up. Was getting by with Cheat Weekends but going to see if I can go an entire month without it) Porn (This will be hard but am certain it is one, not needed, two a huge time sink if I calculate how much time I've spent with it and three, unhealthy use of energy. Negativity (I still find myself backsliding into negative thoughts, negative outcome dependency, etc. No more negativity. If a negative thought comes I am to acknowledge it for what it is but just let it come and go. If it cannot go, channel that energy into Productivity)

Taking Up Already doing this but spending at least 6 hours a day, preferably more, on my music business. Whatever aspect of it. If I want this to be my full-time job I need to Live it. (It's easy to be "full-time" Anything when you're a student. Now that I'm not a student, solely I am responsible for my status. ...That was not worded well but I believe the message is there) Same with Magic, 1 hour a day Same with Working Out, at Least 1 hour a day. Got to get to the point where I can do 100 Pushups, Situps, etc. Can do the situps easily... can barely do pushups.

Will report on progress in a month!

[deleted] • 3 points • 1 November, 2016 08:16 PM

Vices:

1. Porn
2. Cigarettes
3. TRP (cya in Dec)

Action:

1. Practice flow for at least 30 minutes each and every day

[deleted] • 1 point • 1 December, 2016 06:58 PM

Back in Red baby! I used the app "7 Weeks" to visually track these and many other habits. Highly recommended.

1. No Porn. Over the course of the month I broke my vow 3 times for various bullshit reasons. I am currently on day 13 of a clean streak. Been trying to cut this one out for years, and I am humbled by how easy it is to fall off the wagon. Carrying this challenge forward into December and beyond.
2. No Cigarettes.. 8 days of the month where I smoked. Mostly on weekends. Terrible. Trying again in December.
3. No TRP, 100% successful. Easier than I thought and also I sense that it contributed to a cleaner emotional state (less anger phase, more productivity and playfulness).
4. Practice Flow. I did not get 30 minutes each and every day but did get an equivalent (or greater) amount of total time. Taking that as a win. Progressed more in this last month than in my previous 3-4 months combined.

mypatchiswhite • 4 points • 1 November, 2016 08:41 PM

Things I'll be quitting

Cigarettes Porn Weed

Changes

Become more responsible. Work out on a more regular basis, buy some new tools, and work on my finances.

str8_white_fail • 5 points • 1 November, 2016 09:47 PM

Cutting out Porn, Facebook (messenger okay), Procrastination at school (start pomodoro before anything else)

Daily: Converse with one stranger (working on AA)

[deleted] • 3 points • 2 November, 2016 05:42 PM

Red pill has officially become no fap and Cosmo combined....

medvedoh • 4 points • 14 November, 2016 01:42 PM*

Giving up : porn, waste 2h everyday on browsing the web, self-hatred. Self-hatred is a big one, I feel like a self saboteur, always making things even worse for me. I have realised from experince that things gets worse when you get older and the self-sabotage costs you more.

Take up: read 30 min everyday, No netflix/games until weekends, meditation every night before sleep.

Does not sound likes much but these things I've tried before to make a habbit but never fully managed.

fattail • 5 points • 20 November, 2016 10:58 PM

Jesus Christ, how much do you guys jerk off. Every poster it seems is giving up masturbation. Of all the time sucks in my life that one is way down the list.

Renaissancepirate • 7 points • 1 November, 2016 09:10 PM

Good times, lets see...

Things I give up:

Porn: not too big of a deal

Reddit/TRP: Too much time spent here, cya in a month.

Youtube: Same thing with Reddit.

Thing I will do daily:

Read for an hour: Simple and gives me plenty of room to read what I want.

Cya in a month TRP.

TheRedStoic • 3 points • 1 November, 2016 06:11 PM

1) quit drinking 2) move from four to six days a week lifting 3) finish the red stoic PDF v4

mremms • 3 points • 1 November, 2016 09:42 PM

Fast food Soft drink Pointless internet

Going to find a way to make a passive income even when I'm not at work

ECoast_Man • 3 points • 2 November, 2016 12:23 AM*

1) no cigarettes. I was pretty much a pack a day at one point years ago, currently maybe 2 or 3 smokes a week -

let's go to zero.

2) No alcohol except with a glass of wine or two with dinners on weekends. I would go to zero, but I did that before and then even a glass of wine starts making you sick the next morning. It's important to keep a tolerance.

3) No screens after 9, unless absolutely necessary for work.

Hobby. I don't really have time for a new one and the weather is bad in the North. Four weeks of 5 X 5s with 30 second rests. Gym trainer at my gym said he could do 8 exercises of 5 X 5s in an hour. I don't do eight, but I'm intrigued by the concept.

chadee • 3 points • 2 November, 2016 01:42 AM **[recovered]**

I wrote this a while back, and it really illustrates the importance of ridding ourselves of addiction.

<http://onconsumerism.com/addiction/getting-to-know-the-addict/>

SmokeyMcBlunt • 2 points • 18 November, 2016 10:58 AM

I've seen this posted before, is this your blog?

BrodinsOats • 3 points • 2 November, 2016 01:59 AM

#NoNothingNov

Giving Up

Pot

Social media (Reddit, Facebook, Instagram)

Binging

New Habit

Daily AM & PM meditation

NomadicIdentity • 3 points • 2 November, 2016 01:18 PM

No pork, red meat, or fast food

No alcohol

No cigs

No fapping to Pornhub

Workout no less than 3 times a week

Practice piano no less than 3 times a week

TyrannyVengeance • 4 points • 2 November, 2016 08:57 PM

Red meat isn't bad for you at all, that's a fucking myth.

TyrannyVengeance • 1 point • 2 November, 2016 08:57 PM

Also 20 years on piano here congrats!

HumanSockPuppet • 3 points • 2 November, 2016 03:13 PM

Giving up:

1. Large meal portions (eat until satisfied, not full)
2. Talking less (still have a habit of being pedantic)
3. Complaining (don't do it often, but they slip out once in a while)

Adding:

1. More vegetables
2. Enthusiastically accept each hardship as a new chance for growth
3. At least one new cold approach per day (absolutely surrounded by young bitches, no excuse)

I really strained to think of vices to kick and virtues to take up, so that's a good sign.

blue_dover • 2 points • 2 November, 2016 03:57 PM [recovered]

I would really love to hear about your cold approaches. They are a sticking point for me right now[lack of success - not AA]. Would love to learn about them from a vanguard

HumanSockPuppet • 5 points • 2 November, 2016 06:14 PM

Just did one about an hour ago.

Walking to campus from the parking lot. See a cute girl wearing these ridiculous boots - combat style, but with rhinestones on the toe box.

I match speed briefly so I can drop my opener:

"Nice boots."

She glances, cracks a fake smile, and gives me a dry "thanks". *Hmm, not much to go on. Need to go sexual fast, get a quick read on her.*

"You look like you're ready to put some sparkle in someone's ass." Hold eye contact. THERE'S the real smile, and with a giggle. *Now we're getting somewhere.*

"Yeah! My professor is stressing me out with his midterm!"

"What class?"

"Stats. I'm super worried about it."

"You're in luck, girl. Stress relief is my speciality." Hold eye contact with wry smile. She giggles again. *In like Flynn.*

I hand her my phone like the close is assumed. She smiles and takes it without a word, enters her number.

"I'll call you later, we'll talk about it," I said.

I never specified what "it" was, of course.

blue_dover • 2 points • 2 November, 2016 08:12 PM [recovered]

...C'mon - Really? That easy? Man that sounds like Neil Strauss' wet dream

HumanSockPuppet • 2 points • 2 November, 2016 08:46 PM

A phone number is not a lay. There are a thousand-and-one things that can happen at this point (either my fault or out of my control) that cause her to flake. All I have at this point is an opportunity.

He was asking about general strategy for cold approaches, so I provided an example of what kind of thought/action process goes into executing one, including an example of how to overcome an initial barrier (the girl's initial disinterested response).

empatheticapathetic • 2 points • 4 November, 2016 10:36 PM

How old are you man. How does your approach differ based on your age/the age of the girl?

usernamegoeshere111 • 2 points • 6 November, 2016 07:17 PM [recovered]

Wow, that was beautifully executed. Can you please keep us updated?

HumanSockPuppet • 3 points • 6 November, 2016 08:34 PM

She flaked. No surprise, don't care.

alt323g0 • 3 points • 5 November, 2016 03:23 PM

eating: no delivery, no thai food, no eating after 9pm

no video games

lift, mma, or cardio every day

tmachus • 3 points • 9 November, 2016 03:32 PM

Nov 9th - Dec 10th

No masturbation/porn. No sleeping in. No sugar.

Design one new product a day.

Let's make this a memorable month.

TB3o3 • 3 points • 16 November, 2016 04:54 PM

Stop going to sleep after 1am

Stop staying inside for full days

Stop missing your daily cleaning ••

Workout every day

Apply for one NEW job listing every day

Create new music once a day

Study school content at least once a day

Write in your diary at the end of every night.

adam-l • 6 points • 1 November, 2016 10:43 PM

For all of you cutting down on social media, taking up reading: **Great choice**. The easiest way to do it, replace the time spent aimlessly browsing fb with reading an easy-to-read, captivating, insightful, and humorous book.

The best one that comes to mind is, well, my own, *The Empress Is Naked*, so I'm dropping the price to **\$0.99** for 48 hours (Thursday 3 to Friday 4 November).

Help yourselves, gentlemen. Also, feel free to present that Blue-Pill buddy of yours with an all-around and in-depth book on gender dynamics.

-Adam

silentlyfurious • 4 points • 2 November, 2016 07:04 AM

How would you recommend approaching a BP'er, say my older brother, with a copy of *The Rational Male* to read and peruse at his own leisure? I'm 20 and he is 22. Any insight/advice greatly appreciated.

adam-l • 3 points • 2 November, 2016 07:36 AM

Depending on his current state of mind, some books might be indigestible for him right now.

The Rational Male is, of course, a bombshell. The problem is that adopting TRP, i.e. realizing the nature of the female sexual strategy, is usually possible only after your previous beliefs have been shocked deeply, as in a trauma situation.

It's your call to judge if he is open to unplugging.

If not, you can consider some other, milder, foundation books, such as **No More Mr Nice Guy**, or **The Myth of Male Power**. One personal favorite of mine, suitable for those that are science-minded, is **The**

Privileged Sex, which makes the point that women have always been privileged, and backs it up with sound historical examples.

My own book, **The Empress Is Naked** also purports to take someone from a naive, female-centered mindset (especially if he's progressive), and get him to realize the true state of sexual and social dynamics.

silentlyfurious • 2 points • 2 November, 2016 08:15 AM

How would you describe the literary style of your book **The Empress Is Naked**?

adam-l • 1 point • 2 November, 2016 10:28 AM

About the literary style... I think this reader pretty much sums it up:

“Enjoyed reading The Empress is Naked very much. You have a personable writing style that made your material fascinating. Great value too. Plans for another book?” - *Annoyinggorilla*

Check out the excerpts on my website, too.

NoChillPhilll • 2 points • 1 November, 2016 10:00 PM

Vices: 1. Give up cigarettes 2. Give up smoking 3. Quit shitting on my lungs and my wallet with cigarettes

Things i want to be more active about: Study everyday, approach women more often

blue_dover • 1 points • 1 November, 2016 11:54 PM [recovered]

Easy way to quit smoking by allen carr

TyrannyVengeance • 2 points • 2 November, 2016 08:46 PM

Read that book. It might as well be called how to fucking brain wash yourself with a book and quit smoking. I also used a vape pen for 14 days while washing my brain. Smoke free for about 2 years (was a 20 year 3 pack a day dude).... Good luck.

TooMuchToDo • 2 points • 1 November, 2016 10:24 PM

Vices

(1) Porn. It's been a long time coming, time to do a hard reset.

(2) Dating Apps on my phone. These have been an incredible time sink for little gain.

(3) Facebook. Unfortunately I need it for communication purposes, but I swear on my word that I will spend no more than 15 minutes on it each day.

Activities

(1) I intend to read two books this month. Both around 200 pages each. A little more than 10 pages per night should accomplish that.

(2) I intend to write my first post on TRP. Though will take some time to hash out my ideas and put them into something coherent, I feel that this will help me better articulate my thoughts and benefit the community as well.

NoNothingNov

blue_dover • 1 points • 1 November, 2016 11:54 PM [recovered]

remove the fb app - and just use messenger

TooMuchToDo • 2 points • 2 November, 2016 12:24 AM

I've removed both a long time ago-- no way am I giving FB those kind of privileges on my phone.

fatalbinoninja • 2 points • 1 November, 2016 10:35 PM

I'm in.

Vices

Imgur

Diet coke

Sleeping in past 7

Habits

Read an hour every day.

I've noticed that my reading actual books has gone down a lot and need to step that up. I get lots of good information from trp but nothing beats reading the actual source material and digesting it myself.

[deleted] • 2 points • 1 November, 2016 10:47 PM

for me:

no porn

no games before sleep (read instead)

no junk food and/or spending money on fast food/take-out coffee etc

lift and/or cardio 5 days a week with 2 rest days (already on this since October 6th)

Lvl10Bard • 2 points • 1 November, 2016 11:08 PM

Giving up:

Vodka.

Pornography.

Any candy/sweets.

Taking up:

40 Pull ups a day.

Arabian_Wolf • 2 points • 1 November, 2016 11:15 PM

Giving up:

1-Wanking on Porn and Imagination.

2-Video Games.

3-Procrastination.

Adding in:

1-Laying in bed before 12 am and waking up at 10 am max.

2-Kickboxing every other day for 30 mins.

3-Taking care of my car throughout it.

https://www.trp.red/nnn/arabian_wolf

RUALUM15 • 2 points • 1 November, 2016 11:25 PM

Giving Up

1. Gambling
2. Porn
3. Watching football for 10+ hours a weekend

Taking Up

1. Paying off credit card bill completely

dodiat • 2 points • 2 November, 2016 12:03 AM

three vices: no weed smoking, no buying pointless snacks when im out (iced teas AND food), and no more staying awake past 12 on weekdays.

one habit: at least one hour spent doing homework every day (weekends included).

lets see how it goes.

CephalopodsAreCool • 2 points • 2 November, 2016 02:01 AM*

-Junk Food (Candy/Chips mainly)

-Porn

-Buying unnecessary crap

+Exercise

+Meditation

This'll be a tough month, I spend way too much time playing video games and generally being unproductive. I only recently joined TRP and started improving myself, so this will be a big step in the right direction

omfalos • 2 points • 2 November, 2016 02:09 AM

I bought this quirky contraption. It's a safe with a timer!

<http://www.capturediscipline.com/>

My refrigerator is chained and locked with the key stored in the safe. I eat once a day. I withdraw the exact amount of ingredients, then immediately reset the lock. It works.

you3337 • 2 points • 2 November, 2016 02:39 AM

Giving up : Screens off after 10:30, Reddit on my phone, Junk foods and shitty "meal replacements" , limit my toking of weed and smokeless tobacco, 1 caffeine drink per day (drink more water)

Taking up : Meditation, Reading about a half hour per day, 100 push ups minimum per night, more adventurous cooking, college research, and talking with more people at school.

bheavy314159265a • 2 points • 2 November, 2016 02:40 AM

Giving up: Porn Fb Masturbation

Habit: Read book everyday

Alright! Bring it on.

TheElite3740 • 2 points • 2 November, 2016 02:48 AM

No cocaine. No weed. No PMO. Daily activity - either gym or run.

Wish me luck bredren

the_one_man_taliban • 2 points • 2 November, 2016 03:07 AM

Giving up: Alcohol

Video Games

Porn

Daily: Gym - if not to lift then run/stretch/hit the sauna

CSThrowAway2014 • 2 points • 2 November, 2016 03:12 AM

Giving up

Fapping (kind of cheating; already on Day 9 today)

Eating past 8 pm

Staying awake past midnight

Taking up

Gym; every single fuckin day. Doesn't matter cardio or lifting, I gotta show up EVERY fuckin day!

RobertCarraway • 2 points • 2 November, 2016 03:53 AM

Giving up:

REDDIT/Social Media

Refined Sugar

All Smoking

Adding: 1 step forward per day in my new project

sardonyxdragoon[] • 2 points • 2 November, 2016 04:08 AM

Giving up: - Caffeine (last major one for me) - Nicotine (been off for 4 months now, bought a pack the last week of October, throwing it away now only 5 cigarettes into it because of this post, next couple days will suck but can and will get past it) - Not taking action(laziness/sloth): when I get to the point where I feel like I need coffee or a cigarette, there is another action I need to take besides those crutches. I've removed every other vice: quit video games(still daydream and feel sad occasionally about it but i'm strong here about not going back, sold my main console and games, deleted gaming accounts etc), quit alcohol and drugs(program), quit porn and masturbation(4 years of nofap reading, reading trp and sed and literature from both, being sick and tired of being fapped out and stuck in a porn scroll nightmare every fucking night of my life). Nicotine's been the last hard one but i'm on the way out finally. Caffeine's been fucking my shit up for a long time now, distracts me and causes unnecessary surges, fucks with my meditation, and all around keeps me from being clear and present. Adding: +Writing-> down my dreams every morning when I wake up and Jotting down an entry on my day every night before bed.

Cheers trp, may this month open you up to something new

dammit_redskins • 2 points • 2 November, 2016 05:31 AM **[recovered]**

Posting to keep me accountable

GIVING UP

-porn (fuck that's gonna be hard) -all junk food -video games

TAKING UP

-join toastmasters (for social anxiety) / approach at least one girl per day because toastmasters is only once per week.

I'll report back if i slide.

ItsTheHomeWrecker • 3 points • 3 November, 2016 04:15 AM*

deleted

OneInAZillion • 2 points • 2 November, 2016 06:23 AM*

Fuck it, I'm doing 3/3:

3 Vices I'm Giving Up:

Porn/Jerking off

Netflix

Any internet site that isn't related to my job or to learning about working out/nutrition or bettering myself.

3 things I'm adding to my life:

Yoga - I will do yoga at least once per day

Reading - I will read for at least half an hour each day

Lifting/Nutrition - I will consistently lift and eat right, and avoid all junk food.

EDIT: Not that I put much stock into signs from the universe, but the Netflix subscription that I use but don't pay for just got cancelled today so it looks like everything's coming up Milhouse so far.

silentlyfurious • 2 points • 2 November, 2016 07:19 AM

Vices/Crutches/Mental ruts/Excuses/Beta traits to kill this month.

No Electronic devices to be used past 10:30pm.

No slipping into mental ruts. Instead I will be aiming to be productive throughout these "mood swings".

No more leaving camera at home gathering dust. I want to take it out a minimum of 1 day a week. Doesn't matter where I take it as long as it leaves the house & gets used.

As for the habits to add to the grinding machine; I've already started reading a load of books so I'm gonna get 1 done a week. Maintaining frame will be a big one this month, I'm at least aware of when I break at the moment but I'd like to stop it before it begins to break now. Better yet, becoming aware of frame at all times is a better/more long term goal to keep in mind.

Good Luck Soldier.

<https://www.trp.red/nnn/silentlyfurious>

BLDBL • 2 points • 2 November, 2016 07:43 AM

Giving up:

Videogames

Staying up past my most beneficial bed time (work graveyards...)

Sugary foods

Everyday commitment:

strength train or 30 min cardio per day. With emphasis on hydration.

uniquevoid • 2 points • 2 November, 2016 09:29 AM

no videogames

no porn

no screens past 11 pm when I've got classes the day after

studying for +5 minutes in bed every day

Redpill_Spartacus • 2 points • 2 November, 2016 09:44 AM

-Don't spend time in bed unless sleeping

-No porn

-No more sweets

-Walk everyday

[deleted] • 2 points • 2 November, 2016 10:51 AM

Vices: - Porn - Dairy - YouTube

New Activity: - Working out (I'll try both lifting and calisthenics)

Reading this back to myself makes this look easy.

I <3 TRP

TyrannyVengeance • 2 points • 2 November, 2016 11:05 AM

Giving up:

Booze completely Porn Screens after 10:30

Adding: one new Photoshop skill learned or one new song charted every day.

[deleted] • 2 points • 2 November, 2016 11:40 AM

This month I'll tackle the following:

Vices

Stop mindless browsing like reddit, facebook, etc and focus in the work on hand.

No drugs except alcohol and caffeine.

Dailly stretching. I have chronic back problems and stretching is a must.

Activity

Now for the hard part. For my activity I'll employ the method known as **Progressive Desensitization** highly suggested by Mark Manson to overcome approach anxiety. Almost all my approaches are alcohol based and I need to approach women on the day or bars regularly.

kwackerjacked • 2 points • 2 November, 2016 12:55 PM

Giving up: 1) Porn/Masturbation, 2) Shitty Diet, 3) Procrastination 4) Milk. I'm lactose intolerant and bloating is a bitch

Since I started night shifts at my new job, I've had a difficult time jerkin it since i usually do it before bed.

Hopefully this helps me kick it entirely. As for my Shitty Diet, I really want to do a clean bulk, or as clean as

possible. Chicken, rice, protein powder, veggies. And for procrastination, just getting my shit done. Keeping myself and my spaces clean, tidy and organized. Getting to work on time. Not waiting until the last possible second to do what I need.

Taking up: 1) Meditation Day n Nite, 2) Organization, room tidy 3) exercise more regularly, something every day, lifting 6x weekly, 4) Reading 1 book a week

NeutralReiddHotel • 2 points • 2 November, 2016 01:54 PM

Cutting beer, soft drinks (candy included, anything sweet. black coffee), and porn. Going to gym 5 days a week.

[deleted] • 2 points • 2 November, 2016 02:46 PM

No screens aside from work and loading music up.

Spending unnecessary money

won't associate with people not going anywhere or wasting time

I'll read more

GaiusScaevolus • 2 points • 2 November, 2016 03:52 PM

My N3 program here.

refusewool • 2 points • 2 November, 2016 04:29 PM*

Giving up:

Mindless web browsing (specifically reddit from my non-RP account and facebook)

Complaining/moaning (aka learn to suffer in silence)

Listening to music on commutes (podcasts only)

Daily activity:

Meditation

RedPillFather • 2 points • 2 November, 2016 05:17 PM

no porn/jerking off

no hitting the snooze button

no netflix/TV watching

Will read at least one page of a book every day.

jb_trp • 2 points • 2 November, 2016 05:50 PM

Vices

No drinking

Ketogenic diet for the month (i.e. no sugar, low carbs)

No porn

Daily activity

I'll do core after climbing (which is only 3x/week, but hey)

I'll weight what I eat and track my carbs/calories

TerryOn • 2 points • 2 November, 2016 05:53 PM

1. No pmo/ take NoFap seriously
2. Do all homework the night it is assigned
3. Keep my surroundings clean an organized

Take up meditation again Start learning to play the guitar an hour a day, everyday

I've been trying to get these things done for awhile, but hamstered my way out of them for the last few months. Well fuck that, and fuck you dopamine, I will start strong right now, hold myself accountable, and tell my self to work before playing. Let's go

SSolus • 2 points • 2 November, 2016 06:23 PM*

a bit late to the party, but:

no screens past 11 and before 11, no twitch, no hearthstone

practice learning languages everyday

[deleted] • 2 points • 2 November, 2016 07:02 PM

nofap

no unnecessary consume/ cutting back on buying bullshit

Don't put up with shit I don't agree with

and for the good habit:

writing at least 1,000 words a day

[deleted] • 2 points • 2 November, 2016 07:05 PM

Slipped this past weekend and binge ate and had too much Halloween candy lol.

Giving up:

Sugar and non fibrous carbs

instagram and non intellectual fb stuff

Every day I will:

code at least 2 hours a day

lift/bjj/muaythai/cardio every day

sleep 8 hours a day

work 40 hours a week

meninistMD • 2 points • 8 November, 2016 08:24 PM

why shave is up there? I object.

fuixdpus • 2 points • 16 November, 2016 12:46 PM

I think I'll keep my porn, thank you. Anything that is that cheap/free and can provide so much no trouble happiness is awesome in my book.

rombios • 1 point • 29 November, 2016 09:13 AM

your honesty is refreshing

[deleted] • 4 points • 1 November, 2016 05:53 PM

[permanently deleted]

redpillschool[S] • 2 points • 1 November, 2016 05:54 PM

TheRedPill

See you later then!

stoicgorilla • 1 point • 1 November, 2016 06:33 PM

Ok, I'm in. Saying NO to porn, masturbation, and time wasting on my phone (games, social media, mindless surfing). Saying YES to tracking and improving my nutrition.

[deleted] • 1 point • 1 November, 2016 10:56 PM

<http://chaosandpain.blogspot.com/2013/07/no-fap-more-like-no-fucking-way.html>

<http://chaosandpain.blogspot.com/2010/09/enough-already-sex-and-baddassery-are.html>

http://chaosandpain.blogspot.com/2010/09/enough-already-sex-and-baddassery-are_07.html

silvermoon26 • 1 point • 2 November, 2016 03:17 AM

Hell yea bring it on. No more pot, porn, or junk food. Start running in the morning.

[deleted] • 1 point • 2 November, 2016 04:36 AM

This won't work. There's no "why" part.

laere • 1 point • 2 November, 2016 02:34 PM

Been a while since I have been here. Just came off a 9 month Kratom addiction 2 months ago, and ever since then have been gaining mad fat because of it.

1. Cutting down drinking from weeknights.
2. Exercise on my days off work. I've been lazy outside of work.
3. No porn.

Taking up:

More non-fiction reading.

Biking days off work.

Learn as much as I can at work to possibly eventually transfer to a new area and make twice/triple what I am now in the future.

VeniVidiVici83 • 1 point • 2 November, 2016 08:29 PM

No screens past 10 pm; sleep at 11 to get at least 8 hours

Cut out 500cal flapjack bars; salad every day

No facebook; 1 hour of reddit and youtube a day

Stick to meditating every day Practice guitar and programming every day Find at least half an hour to read every day

Edit: stop making excuses and approach or talk to one new person a day

laj91 • 1 point • 2 November, 2016 09:34 PM*

in

~~porn, jerking off, etc~~

~~no junk food/cheat meals~~

~~sleeping in~~

Reading

Journal everyday

Focus on posture while sitting

[deleted] • 1 point • 2 November, 2016 10:26 PM

Posting for accountability -

Giving up: - Pornography - Complaining or venting - Staying up later than 11 PM on a work night

Daily Addition: - Read a productive book for an hour and a half - Eat at least 3 good meals a day (Bonus)

[deleted] • 1 point • 2 November, 2016 11:47 PM

After tonight, for this month, I wont watch anymore MLB baseball. Ill also only have sex within my marriage and will disipline my children with only a look.

Ill try and give everyone a second chance (except that cunt Hillary) every day. And ill microload my deadlifts, squats and benchpress by a pound so each lift is heavier than the last.

and Ill skip dinner 3x per week and eat pickles and drink sparkling water instead

Bigrichardmcgee • 1 point • 3 November, 2016 12:54 AM

Stopping 1. Unnecessary Internet usage; ie. Fmylife, fun facts, social media, etc. 2. Procrastination, stop over thinking everything and just do it. 3. Unnecessary spending

Starting 1. Gym 3x week Strong Lifts 5x5 2. Meditation 15 minutes daily

Its_a_new_moment • 1 point • 3 November, 2016 02:22 AM

Vices: No more phone. No more internet unless it's for work(bye reddit). No more snack food. Bonus: Bed is for sleep only

Habit: Work on product creation.

[deleted] • 1 point • 3 November, 2016 02:30 AM

no cigarettes

1 hour of focused Chinese study per day

no booze

ItsTheHomeWrecker • 1 point • 3 November, 2016 02:51 AM*

deleted

BloodRedAlert • 1 point • 3 November, 2016 05:20 AM

Oh gosh good luck to me.

Bye-bye

Junkfood

Porn / Masturbation / Screen past 6pm

Sleeping past 9:30pm

Welcome

Art (eg. musical instruments, drawing, reading)

LIFT

IamGale • 1 point • 3 November, 2016 07:17 AM

Theme: Anything that simulates my dopamine levels that's not actually helpful for me.

Three Vices:

Reddit and Twitter

Pop Music

Junk Food

One Useful Habit:

Track my finances

AttackOnKvothe • 1 point • 3 November, 2016 07:43 AM

Vices which I will try to leave:

*Porn

*Alcohol

*Social Media

Daily Activity:

*Working out

Extra project:

*Start that small story I always wanted to write.

EDIT: Well I certainly screwed up formatting.

Ether_Freeth • 1 point • 3 November, 2016 08:21 AM

Vices

gaming

negative / abusive internal dialog

procrastination

Gains

improving Cold approaches / and follow up.

Get my ass in higher gear for the language I'm learning, learning to draw and my education.

more sport/stretching.

mindfulness.

And this won't end at the end of November. It just happens to start here.

RPFlame • 1 point • 3 November, 2016 08:27 AM

Give up:

Fap to porn

Late night gaming

Pick up:

6-8 hours of studying

Meditation

7-8 hours of sleep

theeverywhereman • 1 point • 3 November, 2016 09:21 AM **[recovered]**

*no porn

*no cigars

*no alcohol

Pick up: Duolingo

Binkan • 1 point • 3 November, 2016 10:45 PM

I suggest you learn Russian!

anonymoustrper • 1 point • 3 November, 2016 09:26 AM

no fap no skipping stronglifts/cardio. no screens after 10pm

FleshPanda • 1 point • 3 November, 2016 06:54 PM

No sweets, no cigarettes, no cokes, no feeling sorry for myself.

frankiejholden • 1 point • 4 November, 2016 11:56 AM*

Starting late.

No evening television after dinner

No take away coffee

No porn

Daily activity is to stretch for at least 15min every day

[deleted] • 1 point • 4 November, 2016 02:26 PM

I gave up video games summer 2013, lapsed a couple times (just a couple weeks here and there) but never fully resumed the habit. It was a positive change overall and I recommend it to others. I feel you have to throw away all your gamer paraphernalia to make it stick. I also swapped out my gaming pc for a businessy laptoptop and that helped a lot too.

This year I will address these vices: Time restriction on bullshit websites, major alcohol cutback, no porn

And I will practice playing my piano with the time saved. I make up too many songs in my head and it drives me crazy that I lose them before I can put them down to recording.

KainXhun • 1 point • 4 November, 2016 04:33 PM

It took me awhile to actually set what I my challenges would be.

Not watching a specific type of porn.

(I have afetish that for a long time felt like a burden. No more of this)

Schedule my sleeping time

(Going to bed earlier, getting up earlier, being more productive.)

Have a set time to use social media. Mainly Facebook/Whatsapp

(Too much time procrastinating in facebook and whatsapp. Now those are only dealt once in the morning, afternoon and night instead of multiple times.)

Reserving at least 15 min each day to meditate.

1. Cigarettes (when I run out if I can't sell them I'm not throwing them away that's wasteful)
2. Food or drink not purchased from a grocery store (i.e. fast food or gas station)

3. Xbox

Starting:

1. Walking 1 mile per day
2. Writing 3000 words per day/editing 10 pages/day
3. Drinking only water, minimum one gallon per day

StoicCrane • 1 point • 6 November, 2016 12:56 AM*

No Porn/winding the rod, No digital device use after 10 (wrecking my eyesight), No entertainment distractions (TV, Gaming, etc). No fast food! (This one's a toughie.)

Pick up: Devote an hour every day to RP reading and learning Portuguese to game Brazilian broads. (Lifting habits are already 6 months in).

clavabot • 1 point • 6 November, 2016 05:53 AM*

Just after I let my vice get the better of me.

Vices:

- No screens (laptop, phone) past 11pm
- No junk food (specifically burgers, pizza, fried chicken, candy)
- No porn (Its a big one)

And nature abhors a vacuum

Swaps are:

- +Be In my Bed Around 11, and reading a book
 - +lift or cardio (run) every day (Just get there and do something)
 - +Practicing Mindfulness meditation every time an urge arises
- (Will later evolve into approaching/closing women)

PM_ME_BIG_DUCK_PICS • 1 point • 6 November, 2016 11:46 AM

No porn, no facebook, no alcohol

Start lifting some good weights

DannyDnB • 1 point • 6 November, 2016 01:36 PM

3 vices to give up:

Porn

Weed

Facebook

Daily activity:

Lift or Yoga.

P.S. I know I'm late to this, but may as well start now!

coffee_34 • 1 point • 6 November, 2016 04:04 PM

Giving up

Cigarettes or Cigars

Porn

Candy or Junk food

Adding

More time with family

Working out

Talking to more girls

Reading more

[deleted] • 1 point • 6 November, 2016 05:10 PM

This is really useful, nice one TRP.

Give up:

1-no more porn and limiting myself to 2 wanks a week 2-no more alcohol 3-no more drugs 4-Speak and act on my opinions more definitively

Pickup 1-Meditate 20 mins 5 x week

Expectations1 • 1 point • 7 November, 2016 02:08 AM

Caffeine. fapping. screen time.

cowpantz • 1 point • 7 November, 2016 04:33 AM

No pot. No booze. No porn. Back in the gym and change my diet. It's been since Oct 30th.

Iamjustanotheryou • 1 point • 7 November, 2016 07:49 AM

Giving up: Porn/Fap Facebook Staying up past 11.

Taking on: Running/ Gym everyday.

ELI3k • 1 point • 7 November, 2016 01:47 PM

In order of abuse

No Reddit

No alcohol

No porn

So far no alcohol or porn. I regret putting Reddit on the list to begin with. Will need to adress that one. The pros gaming everyone I meet. Meeting my lifting and dieting goals. As the weather gets colder will be reading more. Gorilla Mindset is on the way.

ELI3k • 1 point • 21 November, 2016 01:16 AM

So far Reddit was a failure. No porn and no alcohol at all so far

Camplify • 1 point • 7 November, 2016 04:49 PM

Here's mine:

1. No alcohol
2. Lift at least every other day. No excuses. Doesn't matter if I'm sick, sore, tired, etc. I will go to the gym at least every other day.

3. Bed before midnight, wake up by 8 a.m.

Pycius • 1 point • 7 November, 2016 08:47 PM

Vices:

Porn,
Social Media Browsing (limited to just messenger apps),
Junk/Easy food

Taking up:

Job application a day,
Not hiding away from social situations
Put this all around my room + reminders on my phone. Deleted apps, put in a shopping order.

bar_hopper_dc • 1 point • 8 November, 2016 12:06 AM

Vices

No masturbation or porn. I'm going to need to keep myself busy if I want to do this. No more sitting around in my room. There's so much more to do.
Cut back on fast food, replacing it with clean foods like oats, whole grain pasta, broccoli, potatoes, chicken, eggs.
No Facebook.

Productivity

Read a physical copy of a book for half an hour every day. Keeps me off the laptop and is pretty achievable. I'll have a book I'm interested in with me as much as possible.

meburpme • 1 point • 8 November, 2016 05:16 AM

Starting today for 21 days:

No: porn, weed, and being late to work

Taking up: one job application per day and approaching 3 girls per day

Edizok • 1 point • 8 November, 2016 05:24 AM

1. Porn
2. Hoes
3. Play station.

quillui • 1 point • 8 November, 2016 08:20 AM

I'm new here, but I'm going to go balls deep and give up:

1. Checking social media pages of this FWB I caught feelings for but has been distancing herself from me (yeah, I know).
2. Porn
3. Soda

Habit:

1. Gym
2. Watch my macros

3. Study more G-code/Linux CNC stuff from my job.

Yongtimmyben • 1 point • 8 November, 2016 01:20 PM

No masturbation

No dota 2

No emotional outburst

Daily activity: stare into the eyes when talking to people.

Edit: formatting

justinsayin • 1 point • 8 November, 2016 04:50 PM

After buying an internet-connected scale in June and tracking my weight for about 5 months, I decided that November was the time to not just maintain my weight (a small challenge, nonetheless) but to lose the extra pounds.

I'm doing an unsustainable crash diet in November. So far I'm down 7 pounds. I hope to lose another 7 by the end of the month and then taper back to a normal 2 pounds a week. The scale believes that I've lost 1.4% of my body fat, but there's a lot more there.

GoldenCocaine • 1 point • 8 November, 2016 06:47 PM

No screens past 11 on weekdays

Finish minimum 50 pages of reading a week

No marijuana at all

No chemicals whatsoever on weeknights, this includes every single drug/alcohol/sleep aids/etc

Gym minimum 4x a week

Minimum 3000 calories consumed x5 a week

human_bean_ • 1 point • 9 November, 2016 02:04 AM

Well fuck.

Video games

Porn

For a month. It's going to be hell. But I look forward to it.

Meditate at least 1 minutes per day

Gym at least 1 per week

Satou4 • 1 point • 10 November, 2016 04:32 AM

Give up: 1. Reddit 2. Screens past 1am 3. Slouching

Take up 1. Meditation 2. Get more sunlight 3. Lift 3x per week minimum, bonus points for 5+ days

Get back on track 1. Side Projects 2. Socializing / going out 3. Piano

Betterthanuatlife • 1 point • 10 November, 2016 07:45 AM

Failed this last year by smoking weed. Trying again

[deleted] • 1 point • 11 November, 2016 03:00 PM

What if you don't even have 3 vices.

VSentinel • 1 point • 11 November, 2016 04:02 PM

VICES THAT NEED TO DIE

PMO

Procrastination

Toxic people

NEW HABIT IMPLEMENTATION

Go for long walks (especially now at 32°F and under) Perfect for any bad habit replacement, helps depression and works as a stress reliever. Especially at night. That sounded like some blog on some green-tea shit, but fresh air truly makes some space in your head.

MenchenFive • 1 point • 12 November, 2016 01:08 AM

No porn -Tried once, achieved it for three weeks, relapsed. Won't happen again. Will delete bookmarks and history on the browser.

No forum/reddit/imageboard time wasting Especially one which I already requested my account removal). Only 1 hour per day. No more.

No binge eating Have already been lifting for 4/5 months or so; and even thought I'm eating way less than before, I think I might be relapsing on that. As with n° 1, I won't let it happen, I will stick to my calorie goal.

Start studying, for fucks sake. Might sound stupid, but I managed to pass in HS without opening a single book, or by studying only the day before the exam. Now that I'm on college that doesn't work anymore, I need to focus for once. Will start at a minimum of 1 hour this week, and increase it by 15 minutes every week for now.

I need you guys more than ever. Been reading TRP for two months, but never really swallowed it. I hope improving myself will help me deal with my broken heart.

Mandreg23 • 1 point • 13 November, 2016 01:22 AM

No porn No processed sugars No time wasting on the internet

Add meditation

Gearski • 1 point • 13 November, 2016 05:20 AM

No porn

No excuses on lifting

No gambling

flutie_did_it • 1 point • 13 November, 2016 09:03 PM

-No more choosing social events over my education

-No more drinking/smoking pot on week days

-No more porn

Edit: Some helpful additions:

-read before bed time

-don't be on my phone past 11

-find time to lift between classes and homework (I haven't been as disciplined the last two weeks due to exams)

-study a minimum of 4 hrs a day

Edizok • 1 point • 14 November, 2016 05:49 AM

Relapsed on mine. Have to do it again: - porn - whores - PlayStation's

LeadPipeJedi • 1 point • 14 November, 2016 04:04 PM

I need to play catch up. I am subscribed but don't actively visit the site so missed the announcement.

Habits to quit:

Buying fast food: Work blew up into 10-12 hour days over the summer and fall but as an excuse that I ran out of time to cook, I'd pick up fast food. No more.

Drop Facebook: I recreated my account after friends said it would easier to invite me to events. The stupidity of the election got to me (Voted Trump, friends are liberals who couldn't see the Clinton bullshit) and pointless arguments are taking up my time.

Screens off at midnight: Continuing with Facebook, it is too easy to fall in a rabbit hole of simple distractions when sleep is far more important.

Habits to work on:

Fitness: With work blew up, gym was cut out. My gym also shut down and I never replaced it. I have two choices down, one a 24 hour gym so I have no excuse.

Read: Easy to entertain with memes but need to focus on investing in myself with knowledge.

Social commentary: Record videos or audio, either YouTube or podcast to help form well informed thoughts and increase my wit.

rombios • 1 point • 29 November, 2016 08:07 PM

trump was the only sensible choice of the two. still would live to know how many on this subreddit voted for hillary-hack-career-politician-liar-payTOplay-schemer

[deleted] • 1 point • 15 November, 2016 07:49 PM

Vices: * porn * smoking * mindless internet surfing, esp. trump and politics

Taking up *Meditation *study the fundamentals of my stream (CS) *Exercise

johnsonmmo • 1 point • 16 November, 2016 04:41 AM

no reading Facebook

no porn

no newspaper. only check email for 15 mins a day for work.

get thing done.

AskingTheHardOnes • 1 point • 16 November, 2016 01:42 PM

(stealing this one) no screens past 10pm

drinking

porn

redrobinredrobin • 1 point • 16 November, 2016 05:46 PM

Starting late

nofap

no hot showers

no 4chan

practice guitar every day

[deleted] • 1 point • 16 November, 2016 09:08 PM*

Give up: - masturbation - energy drinks - massage parlours

Pick up: - girls - jogging (every motherfucking day)

edit: added jogging

[deleted] • 1 point • 17 November, 2016 05:16 PM

Give up:

1. Things that artificially change my state (alcohol, caffeine, porn)
2. Twitter and Reddit (quitting facebook 2 years ago was one of the best things I've ever done)
3. Sleeping in

Take up:

1. Finish my morning routine every morning

Read for 20 minutes

Meditate

Visualize

Do GTD Daily Review

Fill out Day Runner

thechariot83 • 1 point • 19 November, 2016 12:05 AM

I'm late to this party, but I can't miss this opportunity for improvement.

Lower sugar intake/no unhealthy food past 7pm

NoFap

No more complacency/set and achieve daily goals.

I've felt the need to be more goal orientated. Gotta get this.

As for my one daily activity, I need to play music EVERYDAY. I play in 3 bands. Guitar in one, bass in another, drums in another. I'm talented, but I've become stagnant and have hit a plateau probably the last 3 years. I need to improve on all instruments.

plucesiar • 1 point • 20 November, 2016 11:23 AM

Giving up:

Porn

Screens past 11pm

Procrastination/wasting time at work

Taking up:

Daily exercise

Learning about macro

plutoascendant • 1 point • 21 November, 2016 03:30 PM

My 3 vices I'm going to give up: 1. Porn 2. Procrastination 3. Junk food

One new action: 1. Lift heavy weights

Going to log them for the next 21 days.

Exodizer44 • 1 point • 21 November, 2016 09:48 PM

I stopped red meat white bread and child pornography.

Russman43 • 1 point • 22 November, 2016 05:15 AM

Hey I gave up smoking about 3 months ago. So far so good. But I'm not giving up my weekend bud and beer. I still need a vice or two to feel human, lol. I ain't trying to die from nothing, lol.

sunkindonut149 • 1 point • 23 November, 2016 10:50 PM

giving up:

less than 1/2 hour per day of the social network

don't talk about your problems in public because it burdens others

fewer carbs

stop being a homebody

stop hanging out with losers

taking up:

work on music production tutorials every day

work on your social skills in terms of autism

read financial news everyday instead of bullshit

GeorgeBushIV • 1 point • 24 November, 2016 03:36 AM

ive been struggling with porn. i tend to take a week or two break break from dip but i always end up getting another can.

im going to offically step away from those two things.

qwertyuiopasdfghjke • 1 point • 26 November, 2016 11:15 PM

Alright, I'll start my month now 1-No masturbation (I do it excessively even the days when I get laid) 2-No procrastination 3-Going to bed earlier

Activity: 1-Get back to reading

Buddhajs • 1 point • 29 November, 2016 12:08 AM

I'm supper late what are we doing in December?

Elsh • 1 point • 1 November, 2016 06:39 PM

Giving up:

Intellectualization

Autoeroticism

Drugs

Taking up:

Getting serious about *doing*.

Study

Creative

Productive

IGoYouStayTwoAutumns • 1 point • 1 November, 2016 08:01 PM

Damn, I guess it's time to finally write that book.

Ptoss • -2 points • 2 November, 2016 03:55 AM

i am way ahead of the game. ive ditched porn games and drugs a month ago. ive taken up lifting and running as my sole source of dopamine..

silentlyfurious • 2 points • 2 November, 2016 06:57 AM

Who's a good boy? That's right! You are! Good boy!

Ptoss • -3 points • 2 November, 2016 12:31 PM

yo if i met you in real life id knock you the fuck out nigga

silentlyfurious • 1 point • 2 November, 2016 11:52 PM

You clearly understand the point of my comment then!

I award you +5 bonus points!

GOATmar • -4 points • 1 November, 2016 11:35 PM

niggas is really lost if they need a specific month to become a decent Man smh

you3337 • 9 points • 2 November, 2016 02:31 AM

Your the guy who talks shit about a novice in the gym who is there trying to jump-start their long term goals. Congratulations, you just played yourself.

GOATmar • 1 point • 2 November, 2016 02:46 PM

Im the guy who has already been on track and not waiting for NoNothingNovember every year to get started.

Good luck in December my guy