

Pain Week

Introduction

Welcome to **Pain Week**, your roadmap to **ultimate power, discipline, and control** over your own life. In a world designed to weaken you with distractions, this challenge will forge you into an unstoppable force.

Pain is not your enemy—it's your greatest ally. Growth happens when you **embrace discomfort** and learn to endure what others avoid. Strength, resilience, and true power are forged in struggle. The more you lean into the pain, the stronger you become. Embrace the pain. Pain Week is your training ground, where you **turn pain into fuel** and build an unbreakable mindset.

This is not just about self-improvement—it's about unlocking the **monster within** and learning to **control it**. If you master this, you'll hold the world's greatest weapon: **self-mastery**. Pain Week is your opportunity to seize control of your energy, sharpen your mind, and craft a powerful, disciplined version of yourself. The **reward?** Unshakable confidence, mental clarity, physical dominance, and an edge over the masses who waste their potential.

And the best part? You won't be alone. **Track your progress publicly** by commenting on my YouTube videos which will be uploaded daily. Use the comment section as your journal—share your **Pain Week Day & Week count**, struggles, wins, and breakthroughs. I'll personally read, like, and appreciate your journey as we grow together.

What is Pain Week?

Pain Week is about doing the hard things—the simple, essential habits that most people avoid. These are not extreme or complicated tasks; they are the daily disciplines that, when stacked consistently, **turn you into a force of nature**.

It's about embracing **voluntary discomfort** in a structured way to build discipline, mental toughness, and **an unbreakable mindset**.

The Core Principles of Pain Week

- **Wake up before sunrise** – Own your mornings, take control of your day.
- **Take 20 minutes after shower to sit and talk with God** – Set the right tone for the day.
- **Get under 10% body fat** – Build an aesthetic, lean physique.
- **Drink 3L of water daily** – Hydration = energy and mental clarity.
- **5 min daily meditation** – Strengthen your mind.
- **Morning journaling** – Track thoughts, set intentions.
- **Read 5 pages of a book daily** – Knowledge compounds over time.
- **Train at least 1 hour in the gym** – Discipline through physical effort.
- **Choose music wisely** – Control your energy and emotions.
- **Take creatine monohydrate** – Boost strength and brain function.
- **Eat whole foods** – Fuel your body properly.
- **Blast music in the morning** – Start your day with high energy.
- **Control and manage your energy as a man** – Focus on your purpose.
- **Practice semen retention** – Cultivate discipline and mental sharpness.
- **Get 10 minutes of sunlight daily** – Natural energy booster.
- **Take a 30-second cold shower every morning** – Toughens your mindset.
- **Cook your own meals** – Gain control over nutrition.
- **Learn Stoicism & philosophy** – Strengthen your perspective on life.
- **Walk 12,000+ steps daily** – Stay active, stay healthy.
- **Drink black coffee & fast until 12 PM** – Sharpen focus and self-control.
- **Avoid phone usage 3-4 hours after waking** – Protect your mind from distractions.
- **Limit social media** – Avoid mindless scrolling.
- **Remember: It's a marathon, not a sprint** – Consistency over intensity.

How to Participate

1. **Follow the Pain Week rules** and challenge yourself to stick with them daily.
 2. **Use my YouTube Comment section as your Journal Log** tracking your journey with me. Format it as:
 - *Pain Week 1, Day 1 - Monday*
 3. **Enjoy the process** – This isn't punishment; it's self-mastery.
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Self-Reflection Questionnaire (Optional but highly effective)

Take a few moments to answer these questions before you begin:

1. What are your main goals for starting Pain Week?
 - A) Build discipline
 - B) Improve physical health
 - C) Gain mental clarity
 - D) All of the above
2. What is your biggest challenge when it comes to consistency?
 - A) Lack of motivation
 - B) Distractions
 - C) No proper routine
 - D) Self-doubt
3. How will you ensure you stick to this challenge for the full duration?
 - A) Public accountability (YouTube comments)
 - B) Tracking progress in a personal journal
 - C) Setting daily reminders
 - D) Finding an accountability partner

Final Words

It's not about perfection—it's about progress. Show up every single day with me, track your growth, and **watch how discipline transforms you.**

Let's **embrace the pain, unlock the monster within, and take control of our lives—
together.**

See you in Pain week !

- Aditya Dewangan