

30 DAYS OF DISCIPLINE

A Guidebook to Becoming a Disciplined Ass-Kicker

by

Victor Pride

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Introduction to 30 Days of Discipline

A young marine recruit will get off the bus at Parris Island, South Carolina. The young recruit will have led a life void of discipline, pride, physical fitness and strength of character. He has led a lazy life of watching TV and eating junk food and surfing the internet to play games and watch pornography. So far he has been unable to tame his vices or say no. He has been unable to stop snacking on fattening foods. He has been unable to stick to an exercise plan. He is not successful with women because he spends his time on the internet. He dresses sloppily and doesn't take pride in his appearance.

When his family sees him after bootcamp it's like he is a brand new man. He stands up straight, proud and tall. His clothing is perfectly tailored, fitting, spotless. His fat is gone, replaced with muscles he never had before. He has been reborn through the power of DISCIPLINE.

30 Days of Discipline is the bootcamp. Discipline is the required outcome. For 30 Days there will be no excuses, no whining, no quitting, and no failing. We will set out to do something and we will do it. No matter what.

30 Days of Discipline is not a "support" book. Support is for the weak who need it. 30 Days of Discipline is a strength book. Strength of character, strength of pride, and strength of body. A proud man does not seek support - it is given to him. Everyone wants to follow and help a proud man. No one who completes 30 Days of Discipline will ever allow weakness to take over.

After 30 Days of Discipline you will have the Pride of a Lion.

30 Days of Discipline is how you master your mind. You master your mind and everything else follows. You eliminate the bad habits that lead to laziness, sloth, gluttony and you replace those habits that encourage success.

Habit and routine are the most important part of accomplishing. Bad habits (the lazy ones) lead to a lazy, uneventful, unrewarding life.

Habit and routine are the cornerstones of success. No highly successful man got to the top by mere chance and haphazard, sporadic actions - only through steady habit and daily activities does one cultivate ultimate success of their goals. Forming a habit or routine is a matter of discipline. You've got to have discipline to turn a "want-to" into a daily habit. You've got to turn bad habits or no habits into good and productive habits. You have to become not just a new man but a BETTER MAN. The little habits make all the big difference.

How many times have you said:

I wish I could wake up earlier..

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I wish I could stop eating junk..

I wish I could find the time to work out..

I wish I could talk to girls..

I wish I made more money..

I wish I could be an entrepreneur..

I wish I was in shape..

I wish I had more confidence..

If you "want to" or "wish" to wake up earlier then you've got to discipline yourself into waking up earlier until it becomes a habit.

"Want-to" and "wish" doesn't mean anything. It feels a whole lot better to say "I DO.." instead of "I WANT TO.." .

They say that if you do something 23 times then it officially becomes a habit. We'll be going all the way and doing each new habit for the entire 30 Days.

It's going to be tough. It's going to be rough. It's going to be hard. It's going to be a change.

It's also going to be life-changing. It's going to open your eyes. It's going to make you feel like a million damn dollars everyday.

The only way to turn that "want" into a "do" is to discipline yourself to do it until it's a habit.

We let our bad habits come out and they don't do us any good. They give us momentary pleasure and a lifetime of discomfort.

We implement good habits which are hard at first, but they become habit and routine and we wonder to ourselves how on earth we ever did things differently.

It's great to be the Ass-kicker - it's not great to be the Ass-kickee.

30 Days of Discipline is your guide to becoming that disciplined Ass-Kicker.

You're going to wonder how you ever spent so long in a haze of tv watching and donut eating and waking up 5 minutes before you have to go to work.

Once we start there is no turning back.

30 Days of Discipline will instill 12 new habits that increase productivity, heighten your senses, increase natural testosterone, and just plain make you feel like a million bucks.

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Here are the 12 Habits of 30 Days of Discipline:

(These habits are to be followed every day for 30 days unless specifically stated otherwise.)

- 1) For 30 days there is no snacking. Only 3 meals per day maximum can be consumed.
- 2) For 30 days you must wake up daily at or by 5am.
- 3) For 30 days you must take cold showers.
- 4) For 30 days there is no masturbation or internet pornography allowed.
- 5) For 30 days you must do 100 pushups, 100 situps, and 100 body squats per day.
- 6) For 30 days you must dress your absolute best every single day.
- 7) Every day for 30 days you will have a to-do list that you must accomplish.
- 8) Every day for 30 days you must keep correct posture - stand up straight, chest held high, head held high and make eye-contact with everyone you see.
- 9) Every day for 30 days your answers to yes or no questions are "Yes" or "No". Excuses and explanations do not follow your answer.
- 10) Every day for 30 days you must keep a notebook and pen with you.
- 11) You must have one specific and definite goal. This is something you will choose. Every day for 30 days you must do at least one thing to further your goal.
- 12) You can take a lazy Sunday morning and afternoon, but Sunday evening is used to prepare to prepare for the week ahead.

That sounds like a lot, why should I do all of that?

Glad you asked. You should do all of that because it's going to teach you discipline and pride. It's going to help you become productive and creative and alive with fire, passion and energy. It's going to turn you into a Man of Action.

In the next 12 chapters we will look at each new habit step by step.

1 - A Feast Fit for the Gods

Habit #1) Eat no more than 3 meals per day and no snacking.

Eating frequent small meals in humans is called snacking, eating frequently in animals is called grazing. Grazing animals eat constantly to be fattened up for slaughter. Frequent eating in humans, snacking, is what causes obesity and fatness. Snacking is a symptom of boredom. We have nothing else to do so we stuff our faces with high carbohydrate junk food and we get fatter and fatter.

Constant eating is energy draining. It requires a lot of energy simply to digest food. If we've constantly got food in our bellies it takes a lot of energy away from being productive. Not to mention it makes us fat, fat, fat!

What should I eat?

High carbohydrate meals like pasta, fast food, noodles, rice, vegetables and fruit etc. should not be consumed for breakfast or lunch. Carbohydrates give people an energy spike followed by an energy meltdown. We all know of the after lunch slump when all we want to do is sleep. Eating "lunch" gets the blame for it but that's incorrect. The energy slump happens when we eat high carbohydrate meals.

Instead of eating high carb breakfast and lunches, we should eat high fat/moderate protein meals. Foods like bacon and eggs, steak and eggs are perfect. Saturated fat has gotten a bad rap but it's the most important food group to eat. It doesn't take a genius to notice that fat people avoid eating fat yet remain fat. Eating fat does not make a person fat. Fat is essential for health and is not consumed enough in the standard diet. Fat is the building block of testosterone. High carb/low fat meals have an estrogenic effect on the body. High fat diets have a testosterone enhancing effect

High fat/moderate protein (low to moderate carbohydrate intake is ok) meals should be eaten for breakfast and lunch because we cannot afford the energy slumps that carbohydrates produce. For dinner carbohydrates can be consumed freely. You can afford the energy slump after dinner because it's near bedtime anyway.

Why do you say eat "no more" than 3 meals per day?

3 meals per day is at the high end of how many meals should be eaten to keep energy steady and provide mental clarity. 2 meals per day, lunch and dinner, is the absolute perfect number of meals to keep energy and mental clarity.

Eating two meals per day, lunch and dinner, is called Intermittent Fasting (I.F.). I.F. is when you fast (don't eat anything) for most of the day and feast for part of the day. Fasting is a great way to improve mental clarity. You aren't as sluggish when you aren't constantly eating and digesting food.

Using the example of eating only lunch at noon and dinner at 7pm we would be fasting around 16

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hours every day (from 8pm, the end of dinner, until noon when we eat our first meal) and feasting for 8 hours.

When eating 2 meals per day you can eat large meals without requirement to keep track of the calories. The goal is to eat until satiated, as much food as that takes.

Is breakfast really necessary?

Skipping breakfast is a good kickstart to the day. Eating breakfast already slows you down with the energy needs of digesting the food. We don't want to start the day in a slump, we want to start the day with a bang like a bullet from a pistol. The myth is that "breakfast is the most important meal of the day" but it's exactly that, a myth. At best breakfast is completely unnecessary and at worst it is actively bad for you. Think of traditional breakfast food, it's very high in sugar and carbohydrates (pancakes, cereal, pop-tarts etc..) and they slow you down before your day even gets started. You can even eat one meal per day if you would like. One giant meal at night has very excellent benefits for losing fat and keeping sharp throughout the day.

3 meals a day is acceptable.

2 meals a day is acceptable.

1 meal a day is acceptable.

Snacking is unacceptable.

If I'm skinny and trying to gain weight can I eat more than 3 meals per day?

Yes. Skinny people trying to gain (muscular) weight need to eat a lot of food. Eating more than 3 meals a day is a must to gain weight. This is acceptable.

Why should I only eat 3 meals per day?

Because it's very easy to eat anything you want (snack) at any time of the day. It takes discipline to say "I will only eat three meals per day" and then to follow through with that.

2 - Rise and Shine, the Clock is Ticking and the Day is Wasting

Habit #2) Wake up at 5am every day for 30 days:

"Early to bed, early to rise makes a man healthy, wealthy and wise." - Benjamin Franklin

Waking up early every day is an absolute necessity to becoming a disciplined ass-kicker. There is so much to be done every single day and early morning is the best time to get things done. When the whole world is sleeping and being lazy you're already awake and already kicking ass.

There are only so many hours in the day. Waking up in the early morning is when you can take care of all the extra things you need to take care of and prepare your day with a fresh, clean start. When the whole world is sleeping you will be up and awake and taking care of business.

You're gonna wake up at the crack of dawn to give you an edge over everybody else. Other people sleeping in until 8, 9 , or 10 everyday is good business for you. The longer they sleep the better edge YOU have. Never forget that.

There aren't enough hours in the day to kick ass. We will wake up early everyday to take care of business - whether that be the to-do list, the pushups/situps/body squats, or another goal that you have set for yourself.

Why should I wake up by 5am everyday?

Because if you're used to sleeping later it's hard to get up earlier and requires discipline to do so.

Can I wake up later than 5am as long as I'm still waking up early?

Waking up at 7 am is the latest acceptable time. Waking up earlier is better. 5 am is the best time to wake up, it gives you a 4 hour advantage over the rest of the world that starts their day around 9 am.

3 - Comfortable? Not After This

Habit #3) Take cold showers every day for 30 days:

Cold Showers Make You Strong. Taking a cold shower certainly isn't comfortable, it's downright uncomfortable. Forcing yourself to do it day in and day out requires a strength of character that most people don't have. The good news is that you can develop the character, just get in the cold shower and do it. You will build inner strength by pushing yourself through it.

The benefits of cold showers:

Cold Showers are Healthy. Cold showers get your heart pumping like it does during vigorous exercise. You instinctively flex your muscles under a stream of cold water. The combination of the flexing and increased heart rate sends more blood to your muscles which helps to release toxins in the body. Your immune system benefits from cold showers as well.

Cold Showers Will Wake You Up, they are brisk and invigorating. The cold water stimulation and the increased blood flow and heavy breathing result in you being ready to kick ass and take names. People the world over take cold showers to wake themselves up and get ready for the day ahead.

Cold Showers are Mood Enhancing. They help the brain to release chemicals that help your mood, decrease stress and anxiety and increase energy, and that increased blood flow helps your sense of calm. You just plain feel good after a cold shower.

Cold Showers Make you More Manly. As a teenager we were all told that sitting in a hot-tub kills sperm. Cold showers do the opposite. Yes, cold showers can increase sperm count which would lead one to believe it increases testosterone. Try not to kill someone with that loaded gun.

Cold Showers Help your Skin and Hair. They hydrate the hair and skin better leading to healthier hair and skin.

Cold Showers Help you Recover from Vigorous Exercise. Athletes often sit in ice baths to help speed up their recovery. You can do ice bath lite and take cold showers.

Cold Showers Help you save Money. You aren't using any hot water so you save money that way. When you take cold showers you don't ever just want to stay in the shower for a long time and relax. You shower for 5 minutes max and get out, ready to take on the world.

You can start the water cold and jump right in or you can start the water hot and gradually lower the temperature until it is cold. The shower needs to be finished cold, cold, cold.

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Why should I take cold showers every day for 30 days?

Because it's unpleasant at first and requires discipline to get into the habit. If you can train yourself to take cold showers, and even start to enjoy them, you can train yourself to do anything.

4 - Willy Wanker, Let Me Introduce You to Billy Badass

4) No Masturbating or Internet Pornography for 30 days:

Masturbating to internet porn does not do a body good. Internet porn is like a drug addiction. The endless variety available on the internet causes you to constantly search for the perfect scene (or “score”). The constant visual stimulation leads to massive overstimulation of the brain, that overstimulation releases a dopamine (dope) release into your brain. In other words, that’s your “fix”.

After all that excitement, that endless stimuli for the brain, you have a shut off of energy and you become very lazy. How many times have you been about to do something productive, decided to have a “quick one” and after you were done were too lazy to do anything at all? That’s because masturbating to Internet porn saps you of precious energy.

When you give up the porn and the endless masturbation sessions you have a lot more energy and drive. You want to get out and take care of business. You want to make money, you want to hit the weights, and you want to go and talk to that cute little blonde in the cereal aisle – and you just may have drive enough to do it.

Internet porn will make you will want to stop having sex – Why bother with sex when you have every fantasy in the world available at one of your hands? Japan is a notoriously porn friendly country. Japan is saturated with porn. In Japan there is an entire culture of young guys called “Herbivores”. These herbivores have no desire for sex. All this porn and now the guys don’t want girls, they want sex with their hand, or sex with robots or nothing at all. Japan now has the lowest birthrate in the world.

After you stop masturbating to internet porn your voice may become deeper – Straight from the horses mouth, this is what guys who have stopped masturbating are saying happens.

After you stop masturbating to internet porn you will have more self control and will power – you just plain feel better and stronger and more masculine. It’s the opposite feeling of masturbating to internet porn.

After you stop masturbating to internet porn your Testosterone will likely rise. Having sex with a girl increases your testosterone while having sex with your hand and sitting in front of a computer with 5 different pages open decreases it.

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After you stop masturbating to internet porn you will become calmer, more rational, and less anxious – Again, straight from the horses mouth. Check out the link below to see all the positive results guys are getting.

You will become more attractive to women - Let's assess the situation. Who do you think women find more attractive? A) Guys who spend their time in the dark, jacking off to endless streams of porn, finish after about an hour, take a nap, finally make it out in the sunlight (or not) and can't even look them in the eye. Or B) Guys who don't spend their time playing with themselves for hours, are full of testosterone, not having spilled their precious seed twice that day, have a deeper voice, and have the ability to make eye contact.

Easy answer.

No masturbating for 30 days. No internet porn for 30 days. We have ass to kick and we can't kick it if we're sitting in the dark playing with ourselves. We want that testosterone flowing through our veins. We want that drive that men should have but don't when they play pocket pool all day. It's a matter of pride. Would you be proud or ashamed if someone walked in on you right in the middle?

Why should I cut out masturbation and internet porn for 30 days?

Because it requires discipline and will-power and will make you stronger and better for doing so.

5 - Your Body is a Weapon

5) Do 100 pushups, 100 situps , and 100 body squats every day for 30 days:

A healthy body is a healthy mind. Our bodies cannot be healthy when they are fat and/or weak. Bodyweight exercises are phenomenal for developing discipline and strength. Bodyweight exercises kill 2 birds with 1 stone: they make you strong and they burn fat.

100 pushups, 100 situps, and 100 body squats must be done every day for 30 days.

This is in addition to the regular weight-lifting routine every man of pride and discipline should be doing.

The pushups/body squats/situps can be performed at any time of the day or night. First thing in the morning after waking up, last thing at night before bed, or they can be performed throughout the day. The exercise should be intense enough to break a heavy sweat, you can kill two birds with one stone and have a cold shower after.

How to perform:

The first set of the exercises is the most important and you should strive to do as many as possible in the first set.

Pushups should be first, then body squats, then situps.

You will start your pushups and do as many as possible in a row. If you don't finish 100 in a row then you will take as many "sets" as you need to finish the 100.

After pushups you will do body squats, your first set you will do as many as possible in a row and then break the remaining 100 into sets of as many as you can do.

After body squats you will perform 100 situps. Your goal is to get 100 situps in a row, but you may take as many sets as you need to finish the situps.

Attention should be paid to the time. Each day you should strive to do all the exercises quicker than the day before.

You will need to keep a record in your notebook of the amount of pushups, body squats and situps that you finish each day. Also keep a note of your start and end time. Each day you must break the previous days number of pushups/situps/body squats in a row or they must be completed in a shorter amount of time.

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For the already fit readers:

100 pushups in a row is the goal. 100 situps in a row is the goal. 100 body squats in a row is the goal. If you starting pushup capability is 50 pushups in a row you should strive each and every day to perform at least 1 more pushup than the last day. Your goal is to be able to drop and do 100 pushups in a row by the 30th day.

If you are capable of 100 pushups in a row then your goal should be 100 pushups immediately followed by 100 bodysquats immediately followed by 100 situps.

For the less than fit readers:

100 pushups/situps/body squats a day is the goal. This can be broken up into as many "sets" as needed. If you can do 10 pushups at a time then you can do 10 sets of 10 pushups. Same with body squats and situps. Each day you should strive for at least 1 more in a row than the previous day.

The actual program of pushups/situps/squats is not that important. What is important is that you discipline yourself to follow it every single solitary day for 30 days. Accomplishing something you set out to do takes discipline and develops pride and that's what we want. The pride of a Lion.

Perform the exercises at any time of the day or night as long as they are accomplished before your head hits the pillow.

How do I perform body squats?

Stand up straight. Squat down as if to sit on a very low chair. Stand back up. That's one repetition.

Why should I do 100 pushups, 100 body squats and 100 situps per day?

Because if you aren't used to it it's hard to do and requires discipline to follow through with it every day. As a bonus it will improve your strength, fitness, physique and mind (exercise benefits the mind as it does the body).

6 - Dress to Impress, Dress for Success

Habit # 6) Dress for success every single day for 30 days.

The way you dress says everything about you. If you dress like poop people treat you like poop. If you dress like you respect yourself, other people will respect you too. It isn't a matter of being "metrosexual", it's a matter of pride. A proud man presents his best self to the world every single day.

For the next 30 days you must dress your absolute best. Think James Bond. That means a dress shirt, tie, suit jacket - the works. Imagine you are going to a very important meeting that stands to make you a lot of money, imagine you are going on a date with a beautiful model, heck, imagine you *are* James Bond and dress like that.

"But it's what's on the inside that counts!"

Your outsides are the very best indicators of your insides. A slovenly, lazy dress reveals your insides to be the same.

A top-notch, styled dress reveals you as a Man who takes pride in his appearance.

A lazy slob on the outside does the world a huge favor. They show the whole world they are guilty of sloth. They are holding up a big sign to the world that says "I don't respect myself. There is no reason for you to respect me either." They have proven that they have no discipline, pride or respect. And they don't even care. Apathy is for the apathetic. And that's why they are invisible to good fortune.

When you dress like a million bucks people treat you like a million bucks.

When you dress like a penny people discard you like a penny.

Top notch dress changes your mindset as well. When you're dressed to kill you're ready to kill. When you're dressed to play video games and eat potato chips that's what you do.

Have some pride in yourself and dress for success every day for 30 days.

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Why should I dress for success every day for 30 days?

Because most people don't dress well every single day, and it will require effort to do so. As you begin to dress well every day you will notice how well people respond to you, as well as how dressing well affects your mindset in a positive way.

7 - Do What You Need To Do

Habit # 7) Maintain and complete a ‘to-do’ list every single day for 30 days.

A to-do list is essential for completing your goals. It is imperative to write down your goals so you can visualize exactly what needs to be done. Every single night make a ‘to-do’ list on your notebook add 5-10 things that must be accomplished the next day. From small tasks like going to the bank to big tasks like finishing up gigantic projects. Everything that needs to be done needs to go on the ‘to-do’ list. No task is too big or too little for the ‘to-do’ list.

Complete your ‘to-do’ list first thing in the morning – We all know that feeling of dread, of impending doom, when we know we have to do something but we don’t want to do it. So we put it off and put it off and it just keeps eating at us, making it harder to do the task but still eating us up inside. The only way to get rid of that feeling is to do unpleasant tasks very first thing in the morning and get them overwith. Do all tasks in the morning, starting with the hardest task and ending with the easiest task. After you have completed all your tasks for the day first thing in the morning you have your whole day free knowing you have taken care of business already.

Every day for 30 days you must keep and complete a to-do list with at least 5 to-do items each and every day.

Why should I keep a to-do list every day for 30 days?

So you can accomplish stuff you never accomplished before. A to-do list is going to help you kick extra ass.

8 - Stand Tall and Proud like a Lion

Habit # 8) Every day for 30 days you must keep correct posture - stand up straight, chest held high, head held high and make eye-contact with everyone.

A broken dog cannot maintain eye contact. It must look away. A proud dog will make eye contact.

Your posture and eye contact say everything about your self-respect. If you have none you will stand with a slouch, you won't make eye-contact and you will not hold your head high.

A proud man will do the opposite - he will stand up straight like a Marine, with his chest and head held high, he will make eye contact with everyone.

How you stand affects your mindset. You can get into a Kick-ass mindset just by standing like an Ass-kicker.

Every Morning when you leave your home (dressed in your best clothing) you will stand up straight, head held high, chest held high, and look everyone in the eye. You do not need to stare but you will maintain eye-contact for a second or two before you go on with your business.

Don't keep your hands awkwardly in your pockets. If you need something to do with your hands place them on your sides like Superman.

Why should I keep correct posture, stand straight with chest and head held high, and make eye-contact with everyone?

Because if you don't already, it will take discipline and to follow through with it everyday. You will notice positive reactions from people, especially women, when you present yourself as the proud confident man you are.

9 - No Excuses, No Explanations, No BS

Habit # 9) Every day for 30 days your answers to yes or no questions are "Yes" or "No". Excuses and explanations do not follow your answer. For other questions you must have a definite answer.

There is no need for the baloney that follows a “yes” or “no” question. A recruit in bootcamp will say “Yes, sir” or “No, sir”. He doesn’t say “No, sir! But you know it’s not really my fault, I mean, Kevin over here is kinda to blame too. And you know we didn’t really have a lot of time and blah blah blah”.

A yes or no question should not be answered with “well, uh, maybe, uh...hmm..well”.

You must say “Yes” or “No”.

For example:

Can you help me move into my apartment in Monday?

“No”.

For questions that are not yes/no questions you must answer with a definite answer.

For example:

Q: What do you want for dinner?

A: Steak, eggs, and baked sweet potatoes with cinnamon and butter.

Above is an acceptable answer.

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Below is an unacceptable answer:

Q: What do you want for dinner?

A: Oh, I dunno. What do you want? Oh, I'm not really sure I want that.

That's a BS answer for a BS'er of a man. A proud man stands tall and answers questions asked of him with no hesitation, no remorse, and no need for approval.

Why should I answer all questions with yes or no or a definite answer every day for 30 days?

Because that's what proud men do.

10 - Keep Those Ideas Written Down

10) Every day for 30 days you must keep a notebook and pen with you.

With the mental clarity 30 Days of Discipline will provide you will have many ideas floating around in your head, a notebook is needed to jot them down whenever they occur.

Keeping a notebook is a must, must, must. We've all had those genius ideas while driving down the street, standing in line at the grocery, or riding a train. And we know the feeling when we get home and forgot what that great idea was. That could be a million dollar idea that we lost.

Not anymore, because you are going to write all your notes down in your notebook.

The notebook will also be used to write down tasks you need to accomplish so that A) You don't forget them and B) Writing them down helps to visualize them. Visualization is key to accomplishment. You see ourselves doing it in your mind and then you do it for real.

You will need to review the notebook each night before bed, review notes to make sure the days to-do list has been completed and write down your to-do tasks for the next day.

The notebook will be extra important on Sunday night.

You may want to keep a calendar of your 30 Days of Discipline in your notebook so you can see the timeline and the progress you have made.

Why should I keep a notebook and take notes everyday for 30 days?

Because 30 Days of Discipline will have a positive effect on the mind. You should notice extra clarity of the mind and have many ideas flowing that you will want to note down. You will also need to jot down your to-do list every single day. When you have a notebook with you you will never forget what you needed to do.

11 - Your Purpose Here

Habit #11) Work towards your very definite goal.

This is the most important part of 30 Days of Discipline. This is why you will become disciplined, so you can ACCOMPLISH what you need to accomplish, so yo can kick the ass that needs to be kicked. You will do 30 Days of Discipline to light the fire under you to accomplish your one very specific goal.

Most who are reading 30 Days of Discipline are not at their desired level of accomplishment. There is something missing. In some of us it is our own business, our own entrepreneurial effort. In some of us it is more engaging and fulfilling work. In some of us it is success with women. In some of us it is getting into shape. Whatever it is, it is desire for something. There is always something you don't have but you want. But how do you get it? The answer is very simple. We get what we desire through the habits that we cultivate. If you want to be an entrepreneur then you work every single day at your goal until you accomplish it. You develop the habit of doing something for your business, no matter how big or small that something it, and you do it every single solitary day.

If you want to have more success with women then you do something every single day until you reach your desired success level. To become better with women you start with simply saying "hi" to every single attractive woman you see on the street, subway, grocery store, gym, elevator or airport that you happen to be in. Every single day.

If you want to get into shape then you do something every single day to get you into shape. Good news for this crowd, physical fitness is a must and is included in 30 Days of Discipline with the pushups/body squats/situps routine and with the no snacking rule. Even if you don't want to get into shape you will as long as you follow the routine above.

Whatever your personal goal is do something every single day to further the goal.

Can 30 Days of Discipline be done if I don't have any extra, specific goal?

Yes, it most certainly can. But it sure helps if you have something else you are working towards, but the other habits of 30 Days of Discipline will likely take care of a lot of peoples goals.

12 - On the Seventh Day He Rested (But Not for too Long)

Habit # 12) You can take a lazy Sunday morning and afternoon, but Sunday evening is used to prepare for the week ahead.

On Sunday morning you can wake up later than normal, you can have yourself a big old breakfast of pancakes and french toast smothered in syrup. You can skip the pushups, body squats and situps. You can spend an idle afternoon browsing the internet or watching TV. You can be lazy all morning and all afternoon on Sunday.

Sunday night is a different story. Time needs to be set aside on Sunday night to go over all the notes scrolled in your notebook. On Sunday night you need to look over your previous ‘to-do’ lists and make sure everything has been finished in an acceptable way.

On Sunday night you need to prepare for the week ahead. You need to make your ‘to-do’ list for Monday but you also need an outline of how you want the week to go. You need to write down the plans you have for the week, what you want and need to accomplish, and how you will do it.

Preparation is key. Preparation is essential. Sunday night will be used for preparation. After you have prepared for the week ahead you can go back to being a little lazy. But remember, Monday is just around the corner. Monday demands you wake up early and start the day full of fire, passion and energy. Monday is the start of everything. We start Monday with energy and we don’t stop until Saturday night.

Does a lazy Sunday give me free reign for pornography and masturbation?
Pornography is a no. For anything else, use your best discretion and judgement.

Can I dress lazily on Sunday?

Yes.

Can I eat snacks on Sunday?

Yes.

30 DAYS OF DISCIPLINE

RECAP

- 1) For 30 days there is no snacking. Only 3 meals per day maximum can be consumed.
- 2) For 30 days must wake up daily around 5am.
- 3) For 30 days you must take cold showers.
- 4) For 30 days there is no masturbation or internet pornography allowed.
- 5) For 30 days you must do 100 pushups, 100 situps, and 100 body squats per day.
- 6) For 30 days you must dress your absolute best every single day.
- 7) Every day for 30 days you will have a 'to-do' list that you must accomplish.
- 8) Every day for 30 days you must keep correct posture - stand up straight, chest held high, head held high and make eye-contact with everyone.
- 9) Every day for 30 days your answers to yes or no questions are "Yes" or "No". Excuses and explanations do not follow your answer.
- 10) Every day for 30 days you must keep a notebook and pen with you.
- 11) You must have one specific and definite goal. This is something you will choose.
- 12) You can take a lazy Sunday morning and wake up later, but Sunday is used to prepare. You must review all notes for the week, go over plans for the week ahead and jot out your short term to-do list and your longer term to-do list.

Conclusion

The purpose of 30 Days of Discipline is to help you achieve goals set for yourself. Whether they are entrepreneurial goals, fitness goals, goals to become better with women, or whatever they are. 30 Days of Discipline will help to bring out the Lion in you. 30 Days of Discipline will help you make you the best version of you there is. You will always be you - so you should always be the best you can.

30 Days of Discipline is a drug-free way to feel like a million bucks everyday. With accomplishing something you set out to do comes pride.

What to do after 30 Days of Discipline:

After completing 30 Days of Discipline you could certainly go back to your old ways, but before you do ask yourself this questions: *Which habits were better for me?*

"Old habits die hard". That's why you will kill them for good with 30 Days of Discipline and keep the habits that have been most beneficial to you. Now you know you have the discipline to follow through for 30 days, you know you can become anything you want and implement the new habits you wish to cultivate.

There is always a new habit, a more productive habit, a better habit that we want to implement. With 30 Days of Discipline you will learn the power of turning "want's" into "do's", and you can use that power to implement new habits every 30 days, 12 months of the year.

When should I start?

Start right now because tomorrow is too late. Put down the potato chips, turn off the tv and let's get down to business.

There's ass to kick, and you're the one who's going to kick it!

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30 DAYS OF DISCIPLINE