

THE *Lost Art* OF

DISCIPLINE



THE FASTEST PATH  
TO YOUR IDEAL LIFE

*By Chad Howse*

# THE LOST ART OF DISCIPLINE

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## PART I

Who am I to write a book about discipline?

I'm no scientist. I'm not the leading mind in the realm of the subject. I'm not even an incredibly disciplined person. Discipline is something I have to work on daily. It's been a constant struggle and a continuous learning process, this acquisition of a skill, an art that goes against where our society is heading.

I was talking to my folks the other day about spending. It's an aspect of discipline that highlights where our culture is in comparison to where it was, how we thought, and how individuals need to think if they're going to be in control of our present and future.

If you have any goal at all, any idea of what you want to give the world or who you want to become, the fastest route to accomplishment is through discipline. But I digress, we were talking about spending, restaurants, to be exact.

My folks made an observation. They rarely head to a nice restaurant. It's a treat for them. The last time they were at a relatively expensive restaurant they noticed that almost everyone there was 30 years or younger. This age group complains about not being able to afford mortgages and that their wages aren't high enough. They also see something they want, and buy it. There's no saving nor long-term investing, just debt, stress, and dependence.

It's my generation, and aspects of it are alive in me. The desire to look the part, to keep up with the Joneses, to have what you've not really earned, is within all of us, but with the proliferation of easily accessible credit, of aid from your government or your parents, the fiscal discipline is rare amongst the millennial.

Yet, the freedom they want from worry, and the freedom to do and be who and whatever they want to be and do depends on said discipline.

As with everything in life, be it accomplishment, happiness, value, and freedom, the things we hold most dear, the prerequisite for each is discipline. Discipline is doing the things that make you better while not doing the things that don't make you better.

You're likely here because you want to be better than average. To be elite you can't just avoid things that bring you down, you should also avoid things that do nothing for you at all, the time wasted, the money wasted, the energy wasted on things that provide no value.

That's the focus of this book, and it's written by a guy (myself) who's spent decades trying to become more disciplined, and while I've been successful, there's always room for growth and clarity as to where this discipline should be focused.

Within these pages you'll discover how to best use your time. You'll learn tips and tactics that will help you kick habits you've held for half your life while acquiring habits you've been trying to develop for years.

This book is about being exceptional. It's about living a better, freer, less stressful life, while accomplishing more of what you set out to do, and at a much higher quality than you've done in the past.

As the title suggests, discipline is becoming a lost art. We exist in the age of distraction and consumerism, and they're only going to get worse. Becoming a disciplined human will set you apart. You'll be able to decipher what deserves your energy and time and what doesn't, and you'll be able to take the actions necessary to give your time to those things that best deserve it.

Everyone intends to have discipline. Intentions, however, are useless. We need action, effective and efficient action, to become the people we're here to potentially become.

One final thought before we get started...

Imagine passing on discipline.

Imagine being 88 years old and on your deathbed, realizing that you accomplished none of your most ambitious dreams. Imagine lying, about to take your final breath, and being filled with the regret of never having lived the adventurous, daring life you thought you would live when you were a kid or a teen dreaming about the man you'd one day become.

Be in that regret. Feel that pain. Exist there for a moment.

That is why I'm writing this book. I want to help both you and me replace such regret with pride and appreciation for a life well-lived, one not confined to mediocrity by fear or relegated to average by a lack of discipline.

## Chapter 1

### The Most Direct Path to Your Most Daring Dreams

*We must all suffer one of two things: the pain of discipline or the pain of regret or disappointment. ~ Jim Rohn*

Your choice in life is simple; you're either disciplined or you're unsuccessful.

Discipline works. It's the leveller of playing fields. An abundance of it can make a poor man rich and a lack of it can make a rich man poor. That's what's so wonderful about discipline; every one of us can develop it and possess it. It's an attribute of strength and control. When your peers are slaves to their desires, you're in control of your fate.

Discipline takes your dreams and goals and breaks them down into daily habits and rituals.

Discipline does much more than make you effective and successful, it gives you freedom, it is freedom.

Discipline is freedom from worry and fear. It allows you to accomplish what you must so you can pursue what your soul desires. Those without discipline are trapped by a lack of money and a lack of time.

Being busy is a lack of discipline. It's an avoidance of proper planning that leads to worry and stress and little accomplishment.

Discipline helps you climb out of the traps that are confining you to a dependent existence, be they sex, porn, drugs, booze, women, smoking, laziness, vanity, jealousy, poverty, obesity, weakness, fear, cowardice, or any other trap you may find yourself in, the route through them isn't gifted with a hand-out, but created through self-control and discipline.

In this book we're going to take your bad habits and replace them with good ones. We're going to determine specifically what you want from life and who you want to become, then determine what forms of discipline your ideals require you to possess, and then we'll create a plan to make them your norm.

I don't need to sell you on discipline. You're here. You know its worth and value in your own life. What we need to do, and what I read in my email account every day, is solve the struggle of not being disciplined.

We're all disciplined at times and in a moment, that's average, you need to be disciplined at all times.

Where most lose the meaning of discipline is in their belief that it opposes freedom. There may be a part of you that thinks your adventurous side will be inhibited by discipline or that your curiosity will be quelled by becoming more disciplined. We'll cover this in the book, but discipline will open you up to a freer, more adventurous way of life for a number of reasons:

### 1. Increased Capacity.

The stronger you are and the healthier you are and the better shape you're in, the more you're going to be able to do and attempt.

A fat fella can't hike a mountain. A weak fella can't fight a bad guy. A tired fella can't work all day and have energy to play with his family before they go to bed and he gets back to work.

Your ability to get strong, lean, fast, to increase your testosterone levels and to become an optimal man all rest on your degree of discipline.

### 2. Time.

Free time should be scheduled and abundant. Yes, as an ambitious human you're going to work a lot, but working a lot and getting a lot done don't always align. Discipline enables you to get a lot done, in less time. This allows you to have more fun and explore more during your week.

### 3. Money.

The undisciplined man constantly has the weight of debt looming over him. He can't do what he wants to do because he's spent money on things he desired in a moment.

Fiscal discipline is a lost art today. Well, not lost, but fleeting. We'll cover this at length in this book.

## **WHERE YOU SHOULD ALREADY BE**

Let's take a moment to think about where you should already be. We're told that we shouldn't regret, that we should accept what's happened and move forward. Fuck that. If you don't deeply feel your missed opportunities you're not going to be aware of them in the future and you're not going to be the man who can take advantage of them when they cross your path.

This isn't about regret, it's about understanding that your time here is limited, that you're dying, that with each breath you have one less breath left in your life, and up to this point you've wasted a hell of a lot of time.

You could be better. You could have more money, more freedom, more pride in who you are. You could be walking this earth as the man you are in your dreams, doing the big things, with the strength and grit and will to make a real impact, not just on your own life but on the lives of those around you and even of those who don't know you.

I'm writing this partially to myself as well. I'm in this boat. I've pissed away far too many hours and dollars that act like a weight tied to my ankles as I'm trying to swim to the surface. We've all wasted a lot. Every one of us is short of where we can be and this, for the warrior, is encouraging. There's room to grow.

You're nowhere near your potential. You haven't come close to realizing what you're capable of. It sucks to realize this. Think of where you're sitting right now. Now think of where you'd ideally like to be in this very moment.

Is it on your massive ranch or in your mansion or overlooking Lago di Como in the North of Italy with a ten out of ten brunette sitting beside you looking at you with adoring eyes?

Be there mentally. Put yourself in that dream scenario and then open your eyes and realize it could already be yours if only you'd man up, think bigger, and have the balls to live a life that most people are unwilling to live, one of discipline and not led by desire.

It hurts to think about opportunities wasted. It will hurt a million times more to be sitting on your death bed knowing you could have done more, knowing that it was a lack of something you have control over that led you to failure in life.

Imagine lying on your deathbed thinking about all that you weren't able to do in your years on this planet. How painful! Yet, most people die with hearts filled with regret. Sure, there's love and happiness, but most of us lead lives that are but a fraction of what our potential could have us live all because we didn't think big enough and we lacked discipline in our daily lives.

This is all on you. It doesn't matter where you start; no one cares. Where you end up is your responsibility. Discipline is the road to your dream.

### **YOUR DREAM**

A note of importance is the term, your dream. This isn't someone else's ideal for you, nor is it society's expectation of what you should accomplish and who you should become. Society is filled with losers on all levels. They let desires run their lives, they allow ads to



sway how they spend and what they aspire to accomplish.

One aspect of discipline is understanding what you truly want without the masses influencing your choices.

This has become difficult with the rise of social media, where we're pushed to base our value as humans in comparison to the lives that others portray in their feeds or profiles or pages. That's not really how life works, and it takes discipline to be able to separate what we're told from what's real and what's genuine will be the focus of this book.

With that said, whatever path you choose, don't compete, win.

That's what life is all about: winning.

We can each have our own definitions, which can change over time and with compounding experiences. Make no mistake, though, we're not here to exist or even to compete, we're here to win.

Winning can be living an adventurous life. It may be becoming wealthy or owning a lot of land or spending the vast majority of time doing things you love to do and very little time doing things you don't love to do.

Winning has to include the following:

Purpose  
Meaning  
Happiness  
Accomplishment

If you don't accomplish anything, you won't win. If you don't have meaning and purpose in your life there's no chance you're going to end your life feeling as though you've won. If you aren't happy in your life, a winner isn't a moniker you're going to carry.

Each of these things are acquired through discipline. It's the path of least resistance to the most important things in your life. It has always been like this, and it will always be like this.

## Chapter 2

### YOUR IDEAL

*Success stories begin with vision and are carried out by disciplined habits.*

You need both.

You need to be able to see what can be and then have the guts to create it. You have to know what you want so you can avoid what you don't want (we'll discuss these trappings later).

Defining your ideal is determining who you aim to become, which is predicated not on grand gestures of courage or audacity, but in the habits you develop that are determined by this ideal.

Your ideal, which is your dream, is both a what and a who. It's 'what' you aim to create or acquire or conquer, and the who you need to become to accomplish each.

Start with the 'what'.

What is it that you want?

Write about the life you want to have. My ideal centers around land and freedom and a way of life.

I wake up at 0430 every day, seven days a week as I do now. My routine is the same as it is now. What got me to where I will be has to be honored even when I get there. My lady is next to me in bed. I walk downstairs to our large kitchen. The cabinets are wood, the counters are made up of the same tree, like the homes in the custom timber homes instagram page.

I make a double espresso and head to my wrap around, ranch-style porch to read on my porch swing or rocking chair. I bring my journal. Outside it doesn't matter the season, I have heaters on the porch and enough light to read and write. I'm there for 45 minutes every morning. My porch overlooks the 100+ acres of property I live on. The horses are in the field, along with the Kangals and Dogos (dogs) that protect the property...

Write details about smells and sounds and sights. Create your vision. Write down what's important to you. A beautiful timber ranch is important to me. It has been for decades. Having enough land to where I can't see my neighbors, where I can hunt and shoot guns on my own property is important to me.

What's important to you?

Think big, massive, but also be specific. Don't throw things in this vision that you think you should throw in because it's what others will respect you for having. I don't care what vehicle I have, for example, so it's not in the vision. I obviously want a truck, but the make or model are insignificant.

The kinds of dogs I have are important to me. The lady is important to me. The routine is important to me. There's a lot in that vision (the full thing spans multiple pages) that need to be in there, but things are left out that don't matter. I don't care what kind of TV or pool or closet I have, or even what's in my closet, so they're not in there. Stress the major points and go into detail about them.

How are you going to earn this?

Spend less time on this. Sure, it's important to determine what kind of business you ideally want, but business changes so rapidly, and the more you learn and the more information you acquire, the greater this change will become.

The 'ideal business' I wrote down 5 years ago is nothing like the business I'd write down today. There are some similarities though, which is why it's an important thing to write about.

The main focus has to be what you love to do more than anything else.

My ideal business centers completely around this Benjamin Franklin quote:

"If you would not be forgotten as soon as you are dead, either write something worth reading or do things worth writing."

Something worth reading is broad, too broad, and I don't yet know specifically how that fits into my ideal business, be it fiction or non, and how does it serve people?

The 'do things worth writing' is powerful. To live a life worthy of being made into a movie, I think, is the ideal. To embark on adventures too great for the minds of most to even conjure and somehow make it a business is the dream.

The purpose of vision is to figure out what habits you'll need to develop. Knowing that writing is a part of my ideal business, be it a publishing company or simply writing books people enjoy, means that I have to both read and write every day, without exception.

So what's your ideal business?

What kind of company do you want to run or position within that company that you want

to have?

Keep in mind that the life you created earlier has to coexist with this business. I love the hustle and I love to work, I think it's a large part of why we're here – to create something of value for others and to squeeze as much as we possibly can from whatever amount of talent we have – but it isn't the only reason why we're here. We need to live, and live adventurously. And as we'll discover, discipline enables this. Don't, however, fill your vision with work and work alone, leave room for life.

### WHO YOU ARE

First say to yourself what you would be; and then do what you have to do. ~ Epictetus

The Stoics are the kings of discipline and knowing what deserves time, energy, and space in our minds, and what doesn't. It's a philosophy especially prudent to today's consumerism culture where what we buy and what we possess falsely dictates our value.

The man that society tells you to be – which, today, appears to be a 30-year old living in his parent's basement, on their health insurance, waiting for them to die so he can inherit what they earned – isn't necessarily who you should aspire to become. Actually, it isn't, for a fact, the man you should aspire to become.

For one, you should aim to be better.

That is, to be more skilled and more valuable. Our culture tells us to look a certain part and act a part but it fails to push us to play the part that will get us paid and provide us value. You need to be great at something, anything, if you're going win.

You should aspire to be a better person. What are your values? What are the virtues that you won't compromise no matter how the public is behaving?

Who is the man you're trying to become, how does he act, how does he think, how does he carry himself?

Think about archetypes you know or have read or even have watched on the silver screen. Just because someone's charisma is fiction, doesn't mean it can't be developed into reality. Take Theodore Roosevelt's energy, John D. Rockefeller's meticulousness, Robert E. Lee's discipline and honor, Marcus Aurelius' honor, and throw in James Bond's confidence.

Describe the man you want to become, the man who will get you what you want.

This will be largely effected by the habits we come up with in later chapters, but

understanding who you aim to be is as important as identifying what you want to accomplish.

Write down, in detail, who you are as well as what you want to accomplish.

Take a day to do this.

Don't read the next chapter until this manifesto of what you will be has been created.

## Chapter 3

### IT'S ABOUT THE STONE

*The gods had condemned Sisyphus to ceaselessly rolling a rock to the top of a mountain, whence the stone would fall back of its own weight. They had thought with some reason that there is no more dreadful punishment than futile and hopeless labor.*

That's what it feels like if you're working for an end, a goal, a dream. We feel as though we're toiling without accomplishment.

It's also the wrong outlook.

The focus cannot be the end, but the process. It's the struggle, the pushing of the stone that strengthens your body and your mind; it's almost irrelevant where you are on the mountain. Forget about the summit, there is no summit, just the climb.

You just laid out your vision. Now I want you to come to grips with the fact that the vision is meaningless. The process is everything.

It's the pushing of the stone up the mountain that matters, and it's this struggle that you must come to love. Most people want to skip the process and attain the goal. Most people want to avoid the struggle, the pain, the rain, and find the sun.

Life is the struggle and the pain, it's who you are every day, not what you're awarded or rewarded. Those things are nice and they'll come, but they'll come as a result of the struggle.

I hate to call this a self-help book, but if it is. I hate to call it that because more self-help books – or at least many of the ones I've read in my life – are weightless. They're made up of theory and nice things. They make promises that end up taking away the self-reliance that the term 'self-help' should consist of. In its stead they leave dreamers and wishers and envious people who want to avoid the pain and struggle that every day life has consisted of for thousands upon thousands of years.

Keep your vision in mind for clarity's sake. If you have a keen idea of where you're going, you'll know precisely what you need to do today and tomorrow and every day thereafter to create this vision you have; however, don't spend too much time in the future because it can lead to wishing, and wishing is cancerous, it eats away at you, making you hate where you are and what you have to do to get to where you want to go.

Know your vision, keep it close and even recite it, but be completely focused on the process and the habits you require to possess to get to win.

## Chapter 4

### SELF-RELIANT

The persona you've delved into and the life you've created is unquestionably dependent on self-reliance.

If you aspire to accomplish, then you aspire to create and creation rests on production. To produce you have to do work, but not just the work of a man in an assembly line or a man being told what to do, you have to do work that's at a higher level and in pursuit of something unique.

You need focus.

12 hours of work per day that isn't focused is useless. The quality and quantity your vision requires isn't found in distraction-latent 'work'. You need deep work.

What is deep work?

Read two books:

1. Deep Work by Cal Newport
2. Flow by Mihaly Csikszentmihalyi

Deep work, effective work, flow, the process of working at an elite level, is singular. It cannot consist of more than one thing or one focus.

While we're going to delve into how to become more disciplined in general, that is, doing only things that benefit you, that make you better and tougher and stronger and more elite by developing the right habits and removing the wrong habits, we have to talk about why you're here and what you're here to create.

You're here for a purpose, and that purpose is to create something. I don't know what that thing is. This creation may simply be the acquisition of a skill, the realization of mastery. You may aspire to be a great learner or a legendary writer or a prolific hunter. You may aspire to tackle one thing now, and then once that skill is mastered you'll move on to another. I don't know your path nor your focus nor who you want to become; however, I do know that without a heightened ability to focus on a single thing for an extended period of time – both in hours in a day and months in a year and years in a life – you're not going to (a) become the man your vision needs you to become, and (b) you're not going to create enough of what you want to create, at a high enough quality to earn what you want.

This is a key point.

You're going to have to earn what you want. You're going to have doors closed in your face. You're going to make a lot of money, then lose it, then make it all back again, but in that period of failure you're going to feel, for a moment, like all of the work you've done thus far was for naught because you're right back where you started, and maybe even further behind.

There will be failure and pain and struggle. There will be ups and downs, highs and lows, victory and defeat. Life, and your quest, will be tumultuous. You have to be the rock.

That's it. That's the secret to everything you want; be consistent. Consistency isn't an easy thing to develop. Few people are consistent.

Peter Thiel, the billionaire investor and cofounder of PayPal, when asked who he thought of when he heard the word successful highlighted two humans – Elon Musk and Mark Zuckerberg – but it wasn't the who that was telling, it was what they are that stuck out. They are, in his eyes, relentless. They attack today, go to sleep for a period, and then attack tomorrow, and they do this every day. They'll likely do this every day until they die.

You don't necessarily have to be them. In Deep Work you read about highly productive individuals, CEOs, authors, innovators who get a ton of work done, far more than the average human, but do it often in less time.

Note: Time being both overall time in that they get more accomplished by the age of 40 than everyone else, but also time in the day, which is important. They do less hours of work in a day, yet accomplish often ten times more than the average guy – or even their competition – in a given year.

Discipline is at the root of this ability, which should be exciting because, when you dissect some of the great performers on the planet you'll realize that it isn't talent or a God-given gift that makes them great, it's usually a recipe that consists of one of the following attributes or a mixture of all of them:

- a. They're consistently more excited about the problem they're trying to solve.

This has a lot to do with their vision. It also has much to do with their world view.

A couple examples:

- Theodore Roosevelt

This is a man that did more work in his lifetime than maybe all of us combined who read this book or follow this course.



How?

It didn't necessarily have to do with what he was pursuing, because this incredible amount of work involved many different areas of his life. He was a relentless hunter who hunted all over the world. He was an explorer, who mapped out new channels of the Amazon River. He was a prolific writer who penned 37 books (by my count, I may be short). He was the President of the United States. He was a rancher. At some point in his life, he was something that you'd like to become.

This tenacity had a lot to do with his idea of time and life. His view that life should not be easy, but strenuous, led him to constantly be on the move or engaged in some kind of project.

I agree with his view of life. If we're waiting for life to happen we're going to spend an eternity waiting and we're never going to actually, truly, honestly live. He lived because he pursued.

- Elon Musk

Space X was created to get to and colonize Mars. It's this vision that still propels the company today. For Musk, it isn't just a worldview or a philosophy on life, but goals that he wants to achieve and problems he wants to solve.

If you see problems on the scale that he sees them and set out to solve them, you can't help but get excited, daily, about what you're pursuing.

The Lesson: Set massive, audacious goals and dreams, and understand that you're not here to wait for things to happen, you're here to make things happen.

b. They're in it for the long haul.

None of the elite performers I've studied, nor any of the producers in Flow or Deep Work, had entitlement issues.

Another book every guy should read is *Thoughts of a Philosophical Fighter Pilot*, by Jim Stockdale. One of the issues that most deeply hurt and led to the demise of the men who Stockdale was held captive with in the torture prisons of Vietnam, was optimism.

You have to be optimistic about the future. You have to believe and even know that what you're doing and who you're becoming is for some grand purpose (if you're working hard enough and focused enough). You can't, however, expect something to happen at a certain time and then get distraught when that time comes and that victory isn't yours.

That's what led many to die and to give up; they were optimists. They believed they'd be rescued in 10-months, and when that ten months came and they were still imprisoned, they gave up and quit and died.

This isn't even necessarily about your pursuit, vision, or why you're becoming more disciplined. This is about life. You have to be a part of this quest for your entire life, it's the struggle that you have to appreciate and love and not get distracted by where you want to be.

Life isn't a mountain, or at least you shouldn't expect it to be a mountain.

The fable of Sisyphus is applicable here. You're pushing a boulder up a mountain that never ends. Thus, it's the process, it's the daily discipline and focus that you should love and not the place you want to get to so you can feel good about yourself and post nice pictures of what you've earned.

Elite performers are who they are every day and they don't stop.

- c. They're focused not just on 'doing things', but on figuring out what's the single thing that deserves most of their time or their best hours that will yield the highest results.

History is filled with men who've worked incredibly hard for long periods of time, yet not really earned what they wanted to earn.

As an aside: You can't work your ass off for decades, have discipline and focus daily, and be mindful, and not become something better than who you were when you started. So while history may have examples of men who worked hard but didn't win in the conventional sense, it cannot have examples of men who worked hard and didn't improve personally. While you want to win something, you also have to understand it's not necessarily about the 'what' you're after, it's a pursuit of 'who you're becoming' that should be the focus. It's this pursuit that will keep you in the process and help you avoid the disappointment of falsely optimistic expectations.

Clarity is as important as hard work and persistence.

Thinking is as important as doing.

Spending time to discover the best use of your time is just as important as using your time in a focused, efficient manner. Deep work and flow are being completely into what you're doing.

I'm deeply into what I'm writing right now. I have big headphones on with soothing music and the world doesn't exist. Nothing exists. My phone is somewhere, I have no clue where. My social media accounts aren't in my browser at all, in fact, my internet is shut off. There's one thing I'm working on and one thing alone. However, I also spent time last night determining the best use of my time today, and this book was at the top of my list.

Don't just work hard for the sake of working hard. Work hard on the right things. We'll spend an entire chapter on this, on Mindfulness (spelt with capitals because of its importance) as a necessary aspect to true discipline.

Know what deserves your time, then give nothing but your 100% focus to that thing for a scheduled amount of time (more on why this 'scheduled amount of time' aspect is so important later on).

d. They're consistent in what they do every day.

Tim Ferriss', *Tools of Titans*, is a great book for its actionable tidbits of wisdom and knowledge from elite performers. You can take a chapter or a person from that book and learn something that you can apply to your life every day for the rest of your life, and you can see a new process, be it of problem solving or learning or working, that will completely change how you do things.

Casey Neistat was a surprise read for me. If you visit his YouTube Channel, you'll see wonderful work, great videos, and a guy who appears to be living a pretty fantastic and free life.

The page isn't a lie. He really does do the things in his videos, but what you don't see is that he wakes up at 0430h every morning, seven days a week and edits his vlog from the night before every day.

He falls asleep at his desk every night around 0100h, wakes up the next morning 3 hours later, and begins again.

He's consistent. It's this consistency that enables him to do a ton of work, and to create all that his imagination can conjure, while also living a pretty awesome life, one filled with variety and adventure.

No matter the success story, if its great enough, there's someone who's consistently impressive behind it.

This is discipline. It's all discipline. Everything on this list, everything we learn from the elite among us, revolves around discipline.

e. They've become professional learners.

The Practicing Mind is one of the best books I've read, and I'll read it many times over. It's about the process, and that we get better at learning the more we practice.

Great thinkers are focused on practice, not necessarily the end. This is discipline, especially in our age of distraction. Rather than aiming to become a professional whatever, aspire to become great at practicing whatever it is you're doing.

There are things that lend more to process than others. I've taken up archery and shooting relatively recently, and both things require you to be in the moment. If, even for a second, your mind wanders, the end result suffers. If, however, you focus completely on how you have to do what you're trying to do, the end result is typically successful.

When I was in high school I played basketball – and a little bit in college. Free throw shooting is a perfect example of something where, at least in my case, a focus on the steps led to a successful result while a focus on the result led to a missed shot.

When I'd walk up to the free throw line I'd focus on the body movements and how I wanted my hand to finish and where the ball should be each way of the step. This helped me increase my free throw shooting percentage by over 20%, which is huge.

Good practitioners are great learners, and great learners discover things that pass most of us by.

Practice requires disciplined focus that cannot include your phone or the internet. It cannot consist of more than one thing nor more than one thought nor more than one tense.

What do I mean by 'tense'?

You cannot become great at practicing while constantly thinking of the past or the future, there is only one time frame for your mind and that's in the present.

How do I become more disciplined at....?

That's one of the most commonly asked questions I get in my inbox, and the answer is one that people don't want to hear.

People want discipline in a day.

They want to snap their fingers and become disciplined. It doesn't work like that. Nothing works like that.

If you think you're going to rely on your willpower to remain disciplined, you're not. If you could, you'd have already become more disciplined.

Part of this book is determining the 'why', the thing that gets you excited daily that will motivate you to become the man you need to become. It's your habits and the routine you're going to create in later chapters that will bare fruit.

There's much dichotomy within these pages, within the art of being disciplined, and in life, in the pursuit of becoming better every day. You need to have a vision, for example, you need an idea of what you want from life and who you want to become while you're here, but to focus too much on that vision without being in the process, the habits, the deep work that this vision depends on, you're not going to win.

You need clarity about the future while forgetting completely about the future or the past and focusing exclusively on the activity while it's taking place.

To answer the question, you become more disciplined at whatever area of your life you need discipline by having a strong reason, but also replacing bad habits with good ones.

We're going to delve more deeply into this in a later chapter where we define your bad habits and the areas of your life that you want to become more disciplined at, and then replace those forks in the road where you either make the right decision or the wrong decision with a simple action that will get you out of the negative more, the destructive habit you're currently stuck in.

You become more disciplined by consistently choosing a beneficial act over a destructive one.

Part of this is self-awareness and understanding what's good and bad as it pertains to your own life. Another aspect is having the balls to do what's right rather than what's convenient or easy.

## **Chapter 5**

### **THE SLAVE SOCIETY**

Most people are slaves to things they're told are good and natural.

Desires have become good. Freedom has become the art of giving into desires and not being in control of your thoughts, ideas, and emotions.

It begs the question, how can one be free if they're a slave to their desires?

They can't. It's silly and ignorant to think so. If you see your desires as a source of freedom, ask yourself if you can truly say no for the greater good?

If you can't, you've accepted that you're powerless and no matter how destructive the desire, you can do nothing to free yourself from it.

Yet, this is what we're taught and told and pushed toward. It's as if everything we want and think is natural and good, in complete ignorance of the fact that what's good is what's right and beneficial, not what's easy and pleasurable.

To be considered 'good', something has to improve you or your life.

Eating chocolate whenever you want to isn't good because it leaves you fat and unhealthy and likely with rotten teeth. Watching porn whenever you want to isn't good because it leaves you impotent, it distorts your view of women and of what sex is, and it can ruin a work day. Smoking isn't good because it kills you. Buying whatever you want isn't good because it leaves you broke.

Both porn and purchasing are similar. They give you a brief dopamine rush that provides momentary happiness. It's happiness that takes away from the overall good and success of your life. Giving into either of these desires simply because they'll make you feel good for a moment is short sighted, it's also handing your happiness over to an act and a thing that you can, essentially, replicate on cue. Your life, then, becomes more about pleasure than meaning or purpose or accomplishment, all thing necessary to live a flourishing life.

A society where we consume for the sake of consuming, or where we buy things to feel better about ourselves, is a slave society. You are a slave if you depend on something to feel better, especially when they're things that take away from your meaning, purpose, self-worth and value, and ability to maximize your efficiency.

A man cannot be led by desires and lead. He cannot be a victim to distraction and win.

## **Chapter 6**

### **WHY NOT 6 MONTHS?**

Peter Thiel asked this question on the Tim Ferris Show (a great podcast everyone should listen to). He looked at his long term goals and began to realize that you don't have to wait. What you want to accomplish can be brought into a 6-month time-period more often than not.

Six months is kinda scary, too. It puts real urgency into what you want to accomplish, and more importantly, it makes you hyper-focused on the daily details, the immediate disciplines you have to live in order to create what you're aiming to create.

Scary is good. Ten years is too easy. If I look back at goals I set ten years ago, or even five years ago, the tracks and focuses are completely off. I'm on a much different path than I was back then, which is why this vision that you've created should be brought to a more immediate time.

Six months, apart from being scary, can – if you use your time incredibly well – also be doable. It's possible, and that's all you need to hear.

The vision chapter was done as a bit of a trick. I never intended for you to keep it as something in the far future because that isn't relevant enough, yet, if you're told to write down a 6-month goal, it's going to be so short of what you can potentially accomplish (be it in business, life, self-improvement, acquiring of knowledge, skill-building, adventure-seeking, and so on...).

Six months is real. It's close. You can tangibly imagine it arriving and the discipline you're going to have to develop to create it.

This is also why your vision has to be your true ideal.

What skill do you want to master?

Is it a language, a martial art, an instrument, investing, writing, copywriting, climbing, hunting etc...? You get the picture. What is it that you want to be the best at? Now, how are you going to do that within six months?

Take your massive goal and start thinking of who you need to become and what you need to accomplish on a daily basis to reach this goal.

If traveling is a part of this vision, it's pretty simple what you have to do. If it's a business vision or a land-buying vision or a financial vision, having your goal brought to a 6 month time frame will force you to create the discipline and the clarity you need to reach it in 10

years.

This is also a great barometer for whether you actually want what you think you want in life.

If you're not willing to be disciplined enough to earn what you want and to accomplish all that you want, you don't really want it, do you?

Your actions tell a different story than your goals and your dreams.

Your actions may say tell the story of wanting to watch TV more than wanting to accomplish something grand. Or they may tell the story of wanting to remain safe and secure in a zone of comfort. What you really want is what you do.

Answer the question and solve the problem.

Spend a couple days on this. Really think about how you're going to create this vision, this grand goal within the next six months.

Start writing your plan.



## Chapter 7

### YOUR DAILY HABITS

I've always wanted to pump out a ton of content, but I could never find the time nor the motivation nor the discipline to get it done.

I didn't understand how some people, for example, write an article per day for their web site, then somehow find time to do podcasts and write books. It still kind of boggles my mind. I'm yet to have a big book, but I'm writing 12-18 pieces of content for the web sites per week, along with daily newsletters, products, podcasts, books, and Facebook content.

What I did was simple; I created habits.

The habits you're going to see take a single approach to the day focus. This is incredibly valuable. The single focus is never the only thing I do in a day, but it's the first thing I focus on, and I give it the most deep work hours that I have available. Sometimes this just means the morning. Other times, like today, it was the morning hours, then the day was spent working on other things, and I'm coming back to this project in the evening, with a bottle of wine that lets the ideas to further percolate.

The habits are a part of a weekly content schedule. Here's what it looks like from a content production angle (publishing all of this stuff is a different animal):

Monday: 3 long-print articles

Tuesday: 7-14 newsletters (done every second week, ideally)

Wednesday: filming (driving with Chad and Teddy Youtube Series, Man Up! Podcast)

Thursday: Single focus is whatever big project I'm working on

Friday: Facebook posts/Articles 7 each

Saturday and Sunday: Big project stuff

This is what discipline can look like. In my life it has allowed me to work fewer hours, get 10x more work done and at a higher quality, while not being a slave to 'the muse'.

I used to write content when inspiration would hit. It doesn't work like that. You have to make inspiration your little bitch. You have to tell it when it's time to work, it cannot be your boss, you have to be its.

The muse is a myth. People treat creative type activities like they're dependent not on discipline and habit but on imagination and something more spiritual. The thing about spirituality, adventure, motivation, inspiration, is that to have them consistently and to be spurred on by them, they have to become habitual, which requires discipline.

Within each of the days I just wrote about, the main focus simply gets my best hours.

There's still a lot of other work to do, but by prescribing a single focus to a day, every day, my work output has increased dramatically.

Tricks.

Cheat. It's always good to cheat if you can. Cheating in my mind is simply using things that help you either focus or manage your tasks better.

The following are things I use now. I've used a lot of little tools in my time, trying to get more done, trying to find a way to maintain focus for longer periods of deep work sessions, and attempting to keep track of what, specifically, I should be focusing on and what I shouldn't.

OneFocus (mac app)

This is a great tool for anyone who does any kind of computer work offline. The big one, of course, being writing.

OneFocus is an app that gives you the ability to shut off access to whatever programs you want on your computer. When I'm working, for example, my ability to access everything but my Word doc is denied. You add a timer to it, which is important (I'll explain why in the next tool).

Stopwatch

Focus and discipline needs to be forced and trained to become stronger. Don't just work, time your work on a single thing. Timing your work sessions forces you to focus for a prescribed time. You don't stop when your energy runs out or when you run out of ideas or when the 'muse' leaves you. You stop when the timer runs out.

Studies suggest that our attention span for deep work runs around 90-120 minutes. So you have a maximum of 120 minutes to focus deeply on a given task.

You won't have that 120 minutes in your tank when you begin your work on discipline, but it's something you can build up to with the help of a timer. Increase your work sessions by 10 minutes every week. Start with 60-minute work sessions. That may even be a stretch, but you'll work your way up to it.

One of the best features of onefocus is that it includes a timer. It tells me when my writing session is done, I don't tell it.

Trello

Trello is a task manager of sorts. You can create columns, then to-do's or tasks within those columns. You can manually move one task through your funnel of columns, which is what makes it the best task manager I've come across.

How I set my columns up:

big projects – weekly projects – to do today – doing – done

You can see how projects move through that flow. They start at big or weekly projects – like a book or a program in big, articles and emails in weekly – then move to 'to do today', then doing, then done.

It's a visual way of getting all of your work done. You should also only put 1-2 things in the 'to do today' column, and never more than one thing in the doing column.

I'm relatively new to using this. It's only been a few months, but it's already made a big difference. I'm sold.

### Evernote

Evernote is a great note-taking and project planning tool. You can scan things with your camera phone using the app. It's also a great note-taking platform for the books you read.

Taking pictures of articles or quotes or ideas you have while walking the streets or in the mountains, it becomes a visual journal that isn't so much about creating discipline, but finding focus.

### A Journal

Journals bring clarity. Often times I don't know what I'm thinking unless I take the time to work my thoughts out in a journal. They also give us a period to reflect, to find self-awareness and to call ourselves out on how we're not being disciplined.

I keep two journals and I recommend keeping at least more than one.

One journal is for your story. It's to write down thoughts and ideas and record your life. This journal helps you find clarity. You write your goals and dreams and processes in this journal.

The second journal is for work. It's to write down goals for the week, tasks, or even just to take notes on books you're reading.

One is for your story, the other is for your daily life. Splitting them up allows you to find things in your journal much faster because they're split into two topics. It also helps you really focus on the two aspects of your journaling without messing one of them up.

### Big headphones

This is a new but incredibly powerful addition to my writing. I sit down at my desk, put the noise-cancelling headphones on so I can't hear anything but the sounds its playing, choose a soothing, studying or working playlist that doesn't have any words, and begin working.

I can't explain how powerful this has been for my ability to focus on a single thing, whatever I'm writing. If writing or programming or any skill where you should be focusing on one thing and noise can be a distraction – carpentry, art, etc... - try this.

### What are your tools?

These tools have worked wonderfully for me. They may do the same for your, but it's important to have tools of your own, little 'cheats' that help you get better at what you're aiming to perfect.

## **Chapter 8**

### **WHAT DO YOU NEED TO BE DISCIPLINED ABOUT?**

When I was in my early twenties, around 20 or 21, I took up boxing. Actually, it may have been 19 now that I think about it. I'd gotten a knee injury the year before that forced me to take time away from basketball – which I was playing in college. It was during this time off that I took a leap, I walked into a boxing gym and began to fall in love with a sport that I'd loved my entire life.

One of the first things I remember my old man giving me was a Sports Illustrated VHS tape about the life story of Muhammad Ali. My mom used to tell me stories about Rocky Marciano. I read books about James Braddock before Cinderella Man got into theatres.

I loved boxing even before I stepped into the ring and got punched in the face.

That's a good side story...

I went to the wrong gym, initially. I went to the gym of a fella who actually knew a lot about boxing, but wasn't licensed and couldn't actually get me a fight. He taught me a lot, but he kept my progress incredibly slow, moving from punch to punch in a snail-like fashion, not because he wanted to teach me the perfect punch, but because the pace of his teaching would put back my desire to actually fight.

When I got wise to his inability to get me a fight, I jumped ship and joined another gym. This gym was very different. I'd never sparred at the old gym; we just did jabs or crosses but no real sparring. We also had bikers coming in and out of that gym daily doing who knows what, but never boxing. My first day at the new gym the trainer threw me in the ring to spar.

I got my ass kicked.

The only punch I really knew how to throw was a jab, which was fine for keeping the fella off, but not for doing damage of my own. I walked out of the ring with two black eyes and a busted nose and a newfound, deeper love for the sport of boxing and the struggle involved in it.

Back to discipline...

The purpose of this book is to solve the root of your problems. Your desire to lose weight isn't a matter of genetics or the right workout, but of discipline, both with diet and training. Your desire to get rich and possibly marry an absolute knockout isn't dependent on chance, on an idea, or on luck, but on your ability to be smart and effective and get a lot done, more done than your competition, i.e. discipline.

Everything we want in life is won through discipline of some kind. You're not going to go around it, you have to go through it. A lack of discipline removes the opportunity for happiness, meaning, purpose, pride, self-worth, and a sense of accomplishment.

You feel better about yourself when you're disciplined. You're able to accomplish more, earn more, save more, and walk your own path.

Discipline is the solution on so many levels.

It's more than avoiding the wrong things, but choosing the right things, and the 'right things' are the things you really want, not the things that society tells you you should want, or your desires beg you to chase. Discipline brings clarity and the ability to create the object of said clarity.

When I started boxing I knew I'd have to be more disciplined. I thought that discipline would be tangible, literal, and mainly physical. I'd have to get up early to run. I'd have to eat the right foods, especially when I was cutting weight. I'd have to get in better shape, work harder, avoid booze and partying, and study fighters from the past.

I did all of those things with relative ease.

I love to train. I love to fight. I love the feeling of eating healthy foods, the energy they bring, the results they give. That's easy stuff. You may struggle with this, but changing that struggle is very easy and simple and we'll talk about how to do this in the next chapter. What I didn't realize, and what I'm much more aware of now, as I've delved deeper into the stoics, their teachings, other philosophy, the Good Book, and so forth, is the importance of a level of decision-making that many of us aren't even conscious of.

Within our daily lives there are thousands of decisions that shape our day and how we look at life. We can quite literally choose who we are by making disciplined decisions that are guided by our vision of who we want to become.

This is a deeper aspect of discipline, a mindfulness with a purpose on an unconscious level that can change your life and who you eventually become.

An example...

I played two primary sports growing up. The first was hockey, the second, basketball. Both sports meant a lot to me. So much so that I never played as well as I could have because of the pressure I placed on myself, a result of ambition and imagination that had, as far as performance was concerned, a crippling effect.

Age was also a part of this. I was too young to look outside of myself and my world to realize the scope of what was going on. I was playing a fucking game, and that reality never sunk in. These games were the focuses of my life. Everything I wanted in life centered around them. I took that weight into each game and, while I played well, I didn't play on par with the skill I had that came as the result of the hours upon hours of practice I put in. For instance, I killed it in practice and at the rec centers, but I didn't quite kill it in games, at least not consistently.

When boxing came, I had that same love, but I was old enough to put its importance in perspective. I was disciplined enough to keep my mind focused on the match and the moment and nothing else.

During basketball games my mind would wander. I'd think about the future, what could happen if I played great, and that made my play suffer. In boxing, it's pretty hard to think about anything but the fella in front of you trying to knock your block off, but still, it took discipline to keep my mind in the moment and enjoy the moment above all else.

The last fight I had was against a fella from the States. Everything went wrong. He showed up overweight (he was just a bigger guy than they told us he was – lying is common in boxing, anything to get an edge). He was a southpaw, something they conveniently left out (I didn't train with any southpaws, which is a big thing, it completely changes the strategy of the fight, especially if you've never faced a lefty before).

We found all of this out not even at the weigh in, but minutes before the fight when we saw him warming up. I was also not in my best shape, but good shape. Yet, I walked into the ring with a mental discipline that helped me both focus on the right things, and have fun, and I fought a great fight, winning each round, dropping him once, and coming away with a decision.

### The Discipline No One Talks About

Discipline and clarity go hand in hand. To be disciplined on the right things you need to find the clarity as to where the line needs to be drawn, and it's not always an obvious task, drawing this line in the sand.

### A DISCIPLINED MIND

Our thoughts dictate everything we do and how we see the world. We can think positive thoughts, winning thoughts, losing thoughts, lazy thoughts, and most people think in a way that makes them the victim, that gives the power over their life to some 'bad' entity they feel is responsible for their lack of success or happiness in life. It may be their parents, their government, where they were born, their teachers or whatever else they can think of to blame so they don't have to face the fact that it's they who is in charge

and responsible for every single facet of life.

This thought process occurs a very small, seemingly insignificant decisions we all make every day. Within each day there are thousands of forks in the road, where we can take the path of control or the path of the victim.

They shape our entire worldview and either feed our ambition, our ability to focus, or they crush it.

On a micro level, within a work session, the decision to check your Facebook feed versus focusing on the work you're supposed to be doing is a massive decision with far-reaching implications. The more you move from your work to your main distraction, the more you reward yourself by not working by giving yourself a positive stimulus, like a weird sense of joy in watching others live on the Facebook or the Instagram. This trains you to become a distracted human and it takes your ability to produce high quality work away.

The more you avoid checking your email or social media accounts and focus on the task in front of you, on creating a deep-work atmosphere or a flow state, the stronger that focus muscle becomes and the easier it becomes to focus and to work deeply.

This is why a timer is so powerful. Set yourself up with a challenge, but also to succeed. If you usually find it difficult to focus on one thing for 30 minutes, set that as your initial goal and work up to it. When 30 minutes gets easy, bump it up to 45 and so on.

On a macro level, when you get fired from a job or you don't get hired from a job you either take ownership for your lack of success or you blame someone or something else for your failure. It takes a disciplined mind to see the path you're going down and stopping it before it becomes cancerous.

Disciplined thinking takes ownership because ownership is control. You want control of the things you can control, like how well you perform, how much you work, how well-prepared you are for an interview and often whether or not you get that job or not.

### Focus

Train yourself to be able to focus on a single thing for an extended period of time and you're going to learn more, create more, earn more, and live more.

As everyone else is plagued by distractions, create the discipline that will immediately give you a leg up on your competition.

### Ownership Over Your Desires



Desires aren't definite. Just because you want something doesn't mean you need it. Today we see wanting something as having to have it. If we want something, we think, it's our soul, our being telling us to get it. What we end up with is debt. We end up with a dependence on purchasing things to make us feel valuable. We become victims to marketing.

This is the most important aspect of discipline in this entire book because it's precisely where most people fail. They never realize what they actually want in life and from life, nor do they know who they want to become.

The vision you created in the early chapters of this book should provide you with the clarity to only chase the desires that benefit you and bring you closer to the guy you're trying to become. To make your life easy, the clarity should be stark. The decisions you make on a desires level should be easy and simple.

Your desire to create great content, for example, should trump your desire to check Facebook, watch TV, watch porn, check email, text your pals, watch Youtube videos, and so on. Your desire to become rich and successful and to create a great company should trump your desire to buy things that make you look successful before you actually are.

Carry a notepad for this simple fact. You should know what you want and you should be able to discern what's good for your 'end game' and what isn't. You face hundreds of these little decisions every day, and it's far better for you to face them with clarity rather than ignorance. You're much more likely to win the battle when you can see your opponent, when you know that little bastard intimately, rather than being like the masses who don't have the slightest clue that these desires that come into their brains are actually destructive to their overall goal and purpose in life.

This notepad should be small and reserved only for these choices.

You're walking down the street and you see a nice suit or a great leather briefcase in the window of a store. Do you need this now, or does this desire feed the vain rather than the deeper sense of purpose as to why you want to become successful? Will this suit make you better at what you do, bring you closer to who you want to become, or will the thousand dollars be better reserved for investing in your company?

Jot down the thought, then the answer you come up with.

You've been writing for 15 minutes of a 90-minute work block and you get a sudden itch to check your email to see if you've made any money in that time. It's a big itch. Maybe someone's emailed you and they need a quick response. Maybe you should check your Facebook account while you're at it, and then, of course, your Instagram account, just to see who's liked your stuff.

It's an itch that most people scratch, then it takes 30 minutes to regain focus and get back to what you were doing in the first place. The thought is easy to curtail. You just ignore it and bring your mind back to the work in front of you. Once that thought becomes an action, you're fucked. When you minimize your word doc and open your internet browser so you can check your email and the social media stuff, you take yourself out of your work brain mode. You can't get back into that mode immediately. It takes time.

Concentration isn't something that we can easily get back once we give it up. These seemingly minor decisions in our day shape who we become and what we create. When you choose to remain at your work, you get work done in more time, leaving you more freedom and less stress because the end of the day comes and you've finished what you initially set out to do.

Being busy opposes being productive.

The fella who checks his email constantly, who looks at his phone and is always on the move doesn't actually accomplish much. He ends the day feeling overwhelmed, wondering how he worked 12 hours and still has stuff to get done. He chipped away at four things at once and didn't finish one of them.

Compare that to the fella who does one thing at a time, who has a disciplined mind and who knows what deserves his time and what doesn't. He gets shit done! He's not talking to people, he's not trying to be busy nor trying to look like he's busy. He's just working. This is a winner. Be the winner. Decipher what is good use of time and what isn't. Then have the guts to be disciplined rather than 'being in the mix'.

## Chapter 9

### YOUR MAIN ROADBLOCKS

*The first and best victory is to conquer self. ~ Plato*

Most of us want discipline from something or discipline to do something. Either way, we want discipline so we can have freedom.

We all have something that we don't completely have control over. It may run our lives completely, edging into the addiction realm, or it may just stand in the way of who we can potentially become.

Getting rid of this crutch or roadblock is necessary. No matter how small or insignificant it may be, removing something that holds us back has to happen, and the sooner it can happen, the better.

The important thing to remember when identifying something you want to get rid of, or a habit that you want to develop is that they are just that, habits, and habits can be formed or replaced. You're not doing anything epic here. You're simply replacing a bad habit with a good one. You're being aware of the decision that sends you down the wrong path and putting something in its way, something new and good or simply something that puts you back on the right track.

Most of these bad habits can be changed, altered in the same way. Some, bigger habits, like being lazy or envious, take a bit more work and a different approach, but they're all essentially the same. They're habits that need to be replaced with other habits.

You have to keep in mind that this is all on you.

No one can change a habit for you. You have the ability to change any habit you want. Within you there is enough strength to do this, but as soon as you start thinking that you don't have this strength, as soon as you start being a little bitch, a victim who thinks he isn't in control, that the habit owns him rather than him owning the habit, you've lost.

When you act like a pussy and feel sorry for yourself, you remove the ability to change.

Don't be an idiot. You made the habit in the first place! Thus, it's only you that can reverse it.

#### CREATE A FORK IN THE ROAD

Create a line in the sand, a stark contrast between what you're doing and what you want to do, where you have a bad habit, one that's destructive, and you have the habit or the

action you're going to replace it with. When you begin to go down the wrong road, it jumps the new action before that road is followed.

A couple things you have to know before you embark on becoming a more disciplined man in a certain area:

a. There is no tomorrow.

Don't look at your life in its entirety, nor your eventual goal. Be process-oriented in that your concern is creating the habits you want to create, look at today, and more importantly, right now.

Where most people lose is in looking at the arduous battle ahead involved in curbing a habit that's been built over a long period, even years. Not only is it better for you to focus more on the present overall, for your happiness even, it allows you to care only about making one correct decision instead of looking at the possibly thousands or millions of correct decisions you'll have to make over the rest of your life.

One decision is easy to make. Millions can be done, but it's daunting.

b. It gets easier.

Habits are formed by you – whether intentionally or unintentionally. I'd rather be in control of the habits I form than not. Over the span of our lives we're either in control of forming habits or they're happening to us. Either way, it takes 60-100 days to form them – depending on the person and the difficulty of curbing or acquiring a habit. That's it. Just a maximum of 100 days.

As you get closer to that mark, this habit becomes habitual. Yes, that's common sense, but it's important to note. With each day you make the right choice, you're making it easier to make the right choice.

Get over the initial hurdle. That's all you have to do. From there it gets easier.

c. It's on you, and that's good.

Responsibility is a great thing because rather than your success being dependent on luck or some outside force, it depends on you, it rests solely on your shoulders.

In the moments of decision, where you can choose the wrong path or the right path (your new habit that replaces the old), the decision is yours.

We'll discuss how to make the right decision next.

## HOW TO REMOVE A BAD HABIT

Replace it.

The simplest thing you can do, and the most effective thing you can do, is to replace your bad habit with a better one when that desire comes up.

You have to be self-aware. That is, you have to be cognizant as to when this desire (the bad one) arises. If you're unaware and you simply start the action you want to eliminate, you're not going to be able to eliminate anything. Awareness of the moment where the desire pops into your head is necessary for your success in removing it.

Keep in mind, too, that this is just a desire. It's not something you have to do. You're not controlled by it, it is something you control, something you have power over and that power is wielded very simply and quickly by asking a question, then performing an action.

The question:

What do you want more, the desire you currently have in your mind or the life you want to eventually live?

That's the only question you need to ask yourself. The choice is dependence, failure, being less than you can be, or choosing a higher standard.

The action:

It depends on the habit you want to break and who you are. The simplest action I use when trying to break a bad habit is to do push ups. I need to do something active, something that gets my mind on the muscle and completely off of the habit I'm trying to break.

Again, though, it depends on what you're trying to curb.

When I said I was writing this book, working on a project to help guys become more disciplined, I got a ton of feedback with specific things each of you are trying to break, habits that you want to remove and replace with something more beneficial.

We'll go through most of them here.

- Get up earlier

Most people want to get up earlier, it's just a matter of actually doing it that most people

struggle with. Now, the simple solution is to just do it. You can get up earlier, as early as you want, in fact, and for as many days in the week as you want. It's just a choice you make and you follow that choice up with the action of standing up as soon as that alarm rings.

That's what you can do and ideally will do, but few will actually do that.

So, start with a time you know you can wake up at. Wake up at that time 7 days this week. The next week, drop that time down by 15 minutes. Do the same the following week until you're awake at the time you want to awake at.

This is the long approach. What you'll find, by the time you reach that desired wake up time, is that you don't need an alarm, and that quite often you wake up just before your alarm.

A couple keys:

a. It's on you to actually get up. As soon as that alarm rings, stand up. Do some push ups. Do something that will get your blood going – splashing your face with cold water is always a good option.

b. Use 3 alarms. Don't you dare miss a day. Don't let there be any chance of you sleeping in. Use 3 alarms – not phones, but alarms. Go to an electronics store and buy 3 of them and place them away from your bed so you have to get up and turn them off.

- Stop watching porn.

1. Replace the habit. Find something you'd rather do – like push-ups – and as soon as that desire pops into your head (the actual second it gets there) get down and do 50 push ups. You're going to condition yourself to do something healthy rather than doing something destructive.

2. Get someone else on board. Tell a buddy what you're doing. Be held accountable by someone other than you.

3. Block the sites you normally visit.

- Inability to focus on one thing

We covered this briefly, but an inability to focus on one thing is a muscle you strengthen.

Thus far you've trained yourself to not be able to focus by chasing every distraction that's come into your mind, feeding every desire that has entered your brain. Focusing

on one thing is about (a) removing distractions, and (b) strengthening your focus muscle.

So, here's how you do it.

1. Remove all distractions. Use the tools we've already talked about – onefocus, head phones, shutting off your internet, and so forth – to remove any hope a distraction has of entering your work space.

2. Set a timer. Start with any time you want, it could be 15-minutes or it could be 30-minutes. I'd err on the smaller amount of time and then build up. Spend your week focusing on one single task for that time period. When you're comfortable at that time period, add 5 minutes.

The longest amount of time you can focus for is 90-minutes. That's complete, unbroken focus, and that's your goal.

If you can focus deeply, on one thing, you're going to be so far ahead of any competition in the marketplace and it will be only a matter of time until you earn what you've set out to earn, and likely a lot more than you could ever imagine.

- Quit snacking on bad foods.

This is a habit you have to replace. See: how to stop watching porn. The method is the same. Find a habit you can do immediately, once that desire pops up. It doesn't have to have anything to do with food. You can do push-ups, go for a walk, pick up a book, or simply replace the snack.

The second thing you have to do, is to remove all junk food or non-healthy food from your house.

If you want to stop snacking on unhealthy foods that make you fat or impotent or weak, then don't buy them! Who cares if others in your house want them. This is a habit you have to break, and their cravings shouldn't change that fact.

- Sleeping more effectively

I've had insomnia for a lot of my life, so sleeping better has been a constant struggle for me. It's a reality that I've had to break, change, and alter.

This is your reality. The solution may not be practical. It may not be something you want to do, but you have to ask yourself what you want more, late mornings or quality sleep, energy, high testosterone levels, and the litany of benefits that come from quality sleep.

The thing that's helped me sleep well – and I have great sleeps now – is a sleep schedule.

Go to bed and wake up at the same time every single day. If you are out late with your pals one night – which is fine – you have to at least get up at your prescribed wake-up time the next day (this is on you, you can do it, but it's a difficult choice once that alarm rings).

A firm, set-in-stone sleep schedule is the only thing that's going to make a massive difference in the quality of your sleep. As a former insomniac (a guy who sometimes didn't sleep at all, and more often than not slept only for a few hours), this is what turned me around.

A couple other things you want to avoid:

- a. No screens 2 hours before bed. Your eyes need to be prepped for sleep, and the light that screens give off prevent that.
- b. No booze after 5pm. Yup, this one sucks, but alcohol has been proven to diminish the quality of sleep. Even though we can feel more sleepy after a glass of wine or scotch, it degrades the quality of our sleep. You have to know what you want more, booze or sleep. Then make your decision.

These 3 things will have a massive affect on the quality of your sleep.

They're laid out right in front of you. If you don't do any of these things, or you fail to do one, then you have failed. It's not genetic, it's not the world's fault for setting society up so that it messes up our ability to sleep. It's your fault. Do these 3 things for a month and you'll see a massive change.

### Laziness

Your degree of effort is completely under your control. There is no enemy in this habit besides yourself. This shouldn't be a thing on this list, yet it's one of the more common email topics I get – how do I stop being so lazy?

You just stop!

If you've read this far you have all of the tools you need, but the truth is, you just stop. You wake up earlier. You work harder. You set bigger goals. You stop complaining and you stop taking the easy path.

### Persistence



We have too many options. We also feel as though we're entitled. Thus, when we don't get what we want in the time frame we want it, we jump ship and start a new path.

That's now how life works. Choose a path, stick to it. Find the meaning in that path. Find the good, the beauty, the opportunity in that career. Within any career there's a need for innovation. Whatever career you're in, keep your mind open to the innovations within that job. Have a hobby that takes your hours when you're not working.

I've been doing what I'm doing now for eight years. Before this, I was a picture of a lack of persistence. I loved hockey, then quit when I found basketball. I loved basketball, then quit when I found boxing. I started in corporate sales for a cell phone company, then quit within 9 months. I started a training business, then quit. Sure, each of these things were a part of my path, but I lacked consistency and persistence in the details, what I didn't lack persistence in, was the pursuit of improvement.

And I think that's important.

Persistence can take many shapes and forms. You may hop from career to career for a bit. Maybe passion to passion. Be careful of these changes. Too much change isn't always a good thing. Sometimes you need to stick it out and see where the path leads. However, you should never cease improving. You should always get up early, read, workout, and learn.

Persistence in self-improvement should be life-long.

There is no magic habit that will help you persist. It's on you.

A couple things that will help:

a. Forget about your peers.

Don't work to show what you're accomplishing to others. Don't care about what others think about you or what you're doing. Image is nothing. Some of the greatest success stories our planet has known have come in the latter years of life, after decades of toiling in mediocrity while learning, growing, and working. Forget about what others are doing and do your thing.

b. Remember your goals.

Read your goals every day. Update your goals every 6 months. Keep them fresh in your mind, and ambitious enough to keep you excited about what you're doing.

## Chapter 10

### YOUR PERFECT MORNING

Discipline starts early. It starts from the moment you wake up. Without a plan you're going to leave your quest to become more disciplined to chance, and chance doesn't win.

A plan is what you need, and while this should be your plan and fits your goals and dreams, there are some best practices I've found over the years that should be implemented. Keep in mind that the perfect morning is something I've tinkered with for over a decade.

a. Wake up an hour before you have to.

A day should not be rushed. Part of discipline and being disciplined is not being in a rush. In fact, that's one of the primary benefits of discipline in the form of habit and routine, is that you're not in a rush, you're not stressed or worried or trying to find more time.

b. Read and Write.

Learn and clarify. Reading is learning, it's seeing another perspective and a different way of thinking that you weren't exposed to before you opened the book. Always have a book. Never go anywhere without one.

Starting your day by learning puts something into your subconscious, it puts a problem, an idea that you then mull over – not always intentionally – for the remainder of the day.

Journaling first thing in the morning provides clarity, a focus for your effort and energy and, in my case, has dramatically helped my ability to stay disciplined.

c. Push-ups.

Do something active, feel some pain first thing in the morning to get your nervous system awake. It also wakes you up. Throw in a cold shower here too if you want. Both have a similar effect, and doing both is highly recommended.

d. Mindfulness.

I'm not one to meditate. I supposed it would be beneficial, but it's just not my thing. However, sitting for a few minutes, focusing on my breathing and getting in the right mind frame, a mindful mind frame, is a necessity.

For the most part we wake up and do, without giving much thought as to what we're

doing or why we're doing it. We wake up and walk into a way of life that counters who we want to be and what we want to accomplish. We live average lives, unaware of who we are and why we're doing what we're doing.

Spend a minute of mindfulness. Get aware of your surroundings and your intentions for the day. Then get out there and win.

That's the end of part I.

Do everything within this part of the book before you move to the next part.

## PART II

Life can be simplified into a single problem. The Stoics spent time determining the answer to this question, and it's one that a disciplined human must also do.

That is, *what can you control, and what can't you control?*

Most people spend time focusing on things they cannot control. They fret over someone else's success in comparison to their own. They get in a bad mood while driving because some punk cut them off (I'm in this group all too often). They brood over the weather, and then brood over their brooding, all the while completely ignorant as to what *is* under their control and what *isn't*.

*You cannot control where you were born or who you were born to, but you can control where you end up.*

If you believe that you're on the right path. If you deem that as a true statement then you're going to do whatever is necessary to get to where you want to be and become the person that you want to become. If you think that's *not true*, you're in trouble.

Either way you will prove yourself correct.

If you think that your fate is under your control then you're going to work as if it is. You're going to take heed to the lessons in this book, developing the discipline your goals need you to have if you're going to accomplish them.

If you don't believe that your fate is under your control and a result of your actions, what's the point? Why work? Why give yourself to something that doesn't guarantee you success?

The first choice will lead you to become a winner if you're not already there. The second view will lead you to become a loser if you're not already there.

Make the right decision. And yes, there is a correct decision.

## Chapter 11

### YOUR PERFECT EVENING

Discipline doesn't go down with the sun, nor does it rise with it. Discipline is something that must exist in every area of your life, whether you're working or playing with your kids, it shouldn't matter.

This is where the view of what discipline is and what it gives you has to change in a big way. Discipline isn't relegated to your work or training or working on the yard. It doesn't just contain the arduous hours of your life, it's also found in those filled with freedom and joy.

In fact, discipline gives you *more of those moments*, as it enables you to not have to look at your watch, to be where you are, in the present, with whom you're surrounded by.

This is the most profound affect discipline has had on my life. It's enabled me to travel for months at a time to places in the world that have no Wi-Fi, where a fella with an internet business should not be able to survive financially. It's given me the freedom to hike and hunt mid-week, or go shooting with pals, or take my dog out for a long run with no specific return time.

How?

We've covered much of what will help you get more done in less time, but the lessons in the pages to come will really lay out how discipline gives you more freedom. To be able to enact this freedom, however, you not only have to design your perfect *start* to your work day, your learning day, your practice day or whatever you're pursuing, you have to craft and *end to it*, where you turn off your computer, shut off your phone, leave the field or the court or the range and let it all go.

This does a few things:

a. It forces you to focus during the day.

Taking this from person experience, when there is no end to the day, the day never ends. This usually means that the work you need to get done at the beginning of the day – and even more-so later on in the day – never gets done because there's always later.

When there *isn't* a later, you're forced to *complete* what you set out to complete.

b. It allows more thinking time.

One thing we do too little of in our modern, information age, is think. We're rarely bored.

When we used to work on the fields in silence, or ride a horse or walk or board a ship with no sounds nor screens to occupy us, we were forced to think.

We live in the *worst* possible time to be disciplined. There are *so many options* that just didn't used to exist. We're either on our phone or listening to music or an audiobook, we're never truly free to think. This is even more apparent if you work at a job like mine where you *can work* all day.

Putting a firm cap to the day allows you time to slow down, think, and enjoy life.

c. It helps you sleep.

I've suffered from insomnia most of my life. My mind tends to race, and it races most when I'd like it to be silent. Along with a firm sleep schedule, shutting down at 6pm, with no more phone or computer screen has dramatically improved the quality of my sleep.

I'll still watch a bit of TV (rarely), but I'll usually open a book, get outside, spend some time making a nice dinner or playing with the pup, or head out for beers with the pals. The key is that this firm end-time to the work day signifies a mental switch that allows the subconscious to go to work solving problems, and it's far better at problem-solving than our conscious mind.

### ***How to Create the Perfect Evening***

1. Set your firm end-time.

What time are you going to shut your work OFF?

2. Proclaim its end.

In *Deep Work*, TK notes the necessity to proclaim the end of the work day, and to not just allow it to happen organically.

You need a trigger word to get your brain to shut down. Try, *I'm done!* Or *Finito!*

Something along those lines, then shut everything down and live.

3. Write down a problem.

Before you proclaim the end of your work day, write down a problem within your life or your business that you want to solve, then don't think about it. Let your subconscious do its work. This may sound hokey, but try it. Keep a pen and pad by your bedside, and upon waking up, think about that question, see if an answer to the problem was solved.

Business, writing, entrepreneurship, it's all problem-solving. If you can solve a problem that afflicts a lot of people that no one else has solved, you have the potential to make a lot of money.

### *Planning Your Evening*

Don't. Simply have 2-3 things you do every night before you go to bed. They're habits that help you end the day. They aren't tough. They're not designed to take up a ton of time. They're there to help you think.

A few that I do:

1. Write down 10 ideas.

It doesn't matter how horrible they are, writing down ten ideas gets you thinking like a problem-solver.

2. Think about the solution to one problem you face every day.

This doesn't happen daily. It's more of an ongoing thought process, but a question posed at the end of the day nonetheless. If you can solve a problem you face daily, you're likely solving a problem for others as well.

3. What are 3 things you're grateful for over the past 24 hours?

This is the most important one.

I plan tomorrow before my day is over. So around 5:30pm I start planning the next day, what to focus on and so forth. So that's not on my list here. The most important thing I've added to the routine is this 3 things I'm grateful for.

I took it from Craig Ballantyne, author of **The Perfect Day Formula** (great book), but what does it have to do with discipline?

One thing many of us need to work on is being disciplined about how we view our lives and the world. With how the news is set up it's easy to get cynical, it's easy to turn a blind eye to all of the good we have in our lives, especially the small things that usually go unnoticed in the run of a day.

If you add one thing to your end of the day routine, find three things you're grateful for and have the discipline to see the *good* in your life, not just the negative.

### 1. DEVELOPING GRIT

Discipline without toughness is useless.

Toughness and grit is what enables you to persist.

### 2. ACCOUNTABILITY

Accountability is proclaimed to be the secret to getting things done by many a guru. They say that if you really want to accomplish something, have some form of accountability that will keep you to your promise, your goal, your deadline.

Humans, however, are funny creatures. Sometimes the wrong kind of accountability can work against us rather than for us.

*Two Examples*

#### **Digging yourself into a hole.**

Depending on how your brain works, digging yourself into a hole can be powerful. When you proclaim something or even state something is going to happen, be created, and you're not yet prepared to launch it and make it happen, you force yourself to do what's necessary to make it happen.

A number of years back I told a buddy, kind of in passing, that before the year was done I was going to book a 3 month trip to Italy, the birthplace of my dear mom, and a place I'd wanted to visit my entire life. The problem: I couldn't yet afford the trip nor to take the time away from the office (even though my office is wherever my computer is, I didn't quite realize that yet).

The months passed and on came December and I realized that I hadn't yet booked the trip, so did he. He called me on it. Without *quite* being able to afford the journey, I booked it, and hoped that by the time the flight was to leave I would be able to at least afford a place to stay for the first month.

The hole was in two parts. One, that I told my pal and that I wanted to follow through on my word. Two that I booked it before I could afford it and to afford it I had to hustle.

So I hustled...

That's the *good kind* of accountability on a bigger stage, but there's a downside to



bringing someone else into the picture where your goals are concerned.

### **Proclaiming a goal is its own reward.**

Sometimes telling someone what you're going to do gives you the sense that you've already done it.

Think about this. Is there something in your life that you said you would do, something important, not trivial, but after saying it you sort of sat back, put it on the backburner as if it would get done regardless of how disciplined you are in pursuing it?

We've all done this. Part of telling someone that you're going to do something makes it seem as if it's done. That's in part why there are so many 'talkers' and so few doers.

The talkers claim they're going to do something. The doers don't talk about it at all; they just do it. The proof comes when the project, goal, or dream is finally completed.

Sometimes in our attempt to gain credibility by telling someone what we're attempting to do we make it *less likely* to be realized.

### ***Self-Accountability***

This is the best form of accountability in my mind. Set personal goals and deadlines. Hold yourself accountable. If you can become self-sustaining in this manner there's no need for depending on others to keep you accountable.

Set firm deadlines. Don't put anything on your to do list that doesn't need to be done. Don't make to do lists or checklists simply to have a list of things you'd like to do. Become more discerning in what you put on the lists. Don't just throw stuff in there that you want to put in there. Create lists that matter, do things that matter, and set deadlines that are real, unwavering, static.

Deadlines that you genuinely follow, that act as the final word, bring urgency to what you're trying to accomplish and the habits you're trying to create.

## Chapter 12

### SHARPENING IRON (BODY)

Developing discipline isn't a goal for the mediocre. The fella who just wants to be average, who doesn't care if he accomplishes much or earns much or lives much doesn't much care if he's disciplined.

You're here to be elite. That's why I'm trying to become more disciplined every day. It's the foundation of being elite, and an elite mind needs an elite body, not just to carry out its dreams and aspirations, to live a grand life, to experience adventure, but the process of forging an elite body makes one tougher and grittier if it's done right.

An elite body is born in persistent and consistent pain. When something no longer becomes difficult, the weight is added and the muscle is progressively overloaded. We get stronger, leaner, and healthier not by living safer, easier, less disciplined lives. Thus, the gym can be a foundation for where your discipline can take route and become habit. It's also an arena where results can be quick, in the form of fat lost or strength gained.

Discipline cannot confine itself within a single area of your life. I assume you'd rather not only have it in your work life or personal life, but also your fitness and diet and even in your dreaming. You *need* an optimal body. You need one because of that dream you wrote about in the first chapter. That dream has to consist of a man with abundant energy and strength, one who can do what he sets out to do and isn't limited by a lack of strength or endurance.

While there are workouts you can buy that will help you achieve these goals, making them habitual is something that most people fail to do.

In this quest, to build a better body, it's best to take the less is more approach initially.

*When you're trying to begin a program, aim to train once a week.*

If, at the moment, you train once a month, don't aim to start a program and carry it out to its fullest – which is usually a four day split. Get in the habit of *doing anything*, because something is better than nothing.

Aim for once a week. *Do it* once a week for a month, and then add one more workout to your week. Gradually build to the four-day-a-week program. This ensures that once you're *at* four days, that you're ready for four days. It shouldn't be an incredible shock to your system. It should, however, be followed without breaking.

Once you commit to something, don't dare fall back on that commitment. If that's been a

habit of yours thus far you're going to have to do some work to break it.

### *Habits of Toughness*

The gym is a wonderful place to become tougher if we're aware of the mental battles we face during our workouts. I'll ask you to take that just a step further.

Again, you're after something more than mediocrity. Who you are every day determines what you will become and what you will accomplish. By adding a *little more* discipline to your life in areas you're not quite comfortable with, you become tougher. The more pain you face with a smile on your face, the tougher you become.

a. Do push-ups every morning.

Exercise first thing is on the list of nearly every high performer I've come across – recently, of course, not necessarily historical figures. Even if you workout in the morning, start your day with push-ups. It can be one push-up, 50, 100, whatever you can do consistently, just do them. Add this to your perfect morning.

b. Run.

Long form cardio has been given a bad name in recent years because it's not the most efficient way to burn fat. I'm not arguing that fact, it is, however, a great way to get tougher.

I run not to get ripped or shredded, but because there are moments within every run where I want to quit.

It's these moments where we choose our fate.

They're that important. The more of these moments we have, the tougher we're going to become if we make the right choice, the tough choice.

Navy SEALs run. Any special operations unit typically runs. Running is both a mental test and a skill we'll need at some point in our lives if we want a life where things get a little hairy at times.

Train in whatever fashion you'd like to train in. Just add these two habits to your weekly life.

## Chapter 13

### YOU ARE WHAT YOU READ AND WATCH

At the end of this book there's a reading list. Within that reading list is a book called, *Essentialism*. 'Tis a book in the Stoic theme of determining what demands your attention and what doesn't.

We've talked about identifying what most deserves our attention, our focus, our work hours in this book already, but it's a question that should be asked for every area of your life, including what you watch and what you read.

If you read crap, tabloids, magazines that give image the bulk of importance in one's life, you're filling your brain with information that pulls you away from the life you ideally want to lead. If you watch crap, namely most TV shows that are filled with petty nonsense, you're actively shaping your mind to want things you should not want.

Read *Essentialism*. Study the Stoics. Pay attention to the things you're giving your attention to.

*What Deserves My Attention and What Doesn't?*

You're trying to form new, better habits and break old ones. This shouldn't be relegated to your work life; it should be a part of your *entire life*. Determine specifically what you want to watch on TV, be it for the escape, for winding down at the end of the night (it's far better to wind down with a book, away from the glimmer of a TV screen), or even for education.

There is value in TV. It can provide a window into different ways of life. You can *watch* good writing. You can learn from shows and so forth. You can see how the rest of the world is living, inspiring you to some day travel. You can watch the news, but be careful of the news. The news is on the list of crap. Today it's filled with subjective views rather than mere reporting. News also puts a negative light on the world, and when you travel to some of these places that are being reported on you find that they're nothing like they're portrayed like at 6 o'clock.

Be discerning in what you watch, but also what you read.

Take the mindset that you're studying to become something better than what you are now, and with that framework, choose books and articles that will open your mind, guide you in the right direction, educate you on how the world really is, teach you about how it may one day be.

*Be Purposeful*

The disciplined life is one of purpose and on purpose.

You're not living at the nudging or subtle influence of the media or your friends or your folks or your teachers. You're living on your terms, with the clarity that demands you to ask if what you're doing right now is worth your time or if it isn't. It requires that you have the discipline to discern whether or not you're being pulled in the wrong direction.

Most people on this planet give into someone else's or something else's idea for their life. They do it unknowingly by adhering to someone else's expectations for what they should do with their lives. Maybe they see college as something 'they just do', without giving much thought as to why or what they should take. Maybe they enter a profession because their old man shared that same profession (p.s. nothing wrong with carrying on a family farm or business, what an honor that would be).

The point is we do without intent or purpose. We wake up without much reason or thought and we watch and read and buy without determining if it aligns with our plan.

You *have to have a plan*, a direction, a code that guides you or else you're like seaweed, being tossed and swayed in whichever direction the water demands.

Have a plan. Be purposeful in how you live your life and carry out your days.

## Chapter 14

### MEASURE EVERYTHING

The difference between success and failure is often metrics.

In his book, *Good to Great*, Jim Collins discusses the similarities between some of the most successful companies in the past few decades. Those that have endured and created consistent growth know where they are in comparison to where they *will get*.

If you don't know where you are or specifically how you're doing with the habits you're trying to create, if you expect to make them happen by chance, that's unlikely.

For *habits*, the tracking systems can be different than for other things.

Finances, for example, are simple. Keep a ledger, or keep multiple ledgers depending on how many accounts you have. I have two business accounts, each get a ledger, and a personal account, which also gets a ledger. While I can hop online to check my spending or how much money I have, the simple, straightforward math of a ledger provides far more clarity than any pie chart or graph.

For tracking *habits*, I've found a different tool to be of value: Way of Life app

It's in the iTunes app store or whatever it's called. I'm sure they have it for both iPhone and other phones. It's a tracking system that reminds you when a habit is to occur, and asks you if you've done it or not.

This is good accountability, measuring your progress and seeing if you're actually creating the habit, forging the discipline, or just intending to create the habit.

If there's another method you prefer, by all means use it. With computers and phones these days there are tons of options, just ensure that they work and help you stick to a habit and eventually make it habitual.

## Chapter 15

### JOURNAL

Keep two journals.

One is for life stuff, for your thoughts when you're traveling or working or dreaming, and the other is for what you're intending to do and what you've actually done.

#### *Leather Bound*

Have something that inspires you to write. The optics of it actually matters. This is where you put your vision, your dreams, the story of your life and the things you're setting out to accomplish. It's your story, make it worth reading.

#### *Traditional*

Anything will do for this. It's filled with your tasks, your goals, the things you intend to do and the confirmation that you've done them.

#### *The Ledger*

For crafting better spending habits, and for running your business, I also highly recommend using a ledger. It's old school, it's what helped Rockefeller know precisely what he has and what he's spent, and since I've added it to my routine or the stable of 'journals' I keep, it's done wonders.

*Clarity is found in writing things down.*

We can't simply think, we must document. That's the purpose of journals. They're there for clarity, to solve problems, and the habits we've discussed thus far should be found within the.

## DARING DISCIPLINE

### *Discipline Becomes Effortless*

There will be a point, usually around the 80-day mark, where your habit becomes, well, a habit. It becomes innate. Just like your present habit of checking Facebook or emails or sleeping in, your NEW habit will eventually become innate.

Discipline, initially, requires willpower and effort. Eventually it is who you are and how you act. It becomes something more than an intention but a being, a way of life, a standard that you hold yourself to.

That's the silver lining. It is what you should aspire to create. When you discover what you really want in life and create the habits and disciplines around this ideal end game, and you work toward the end game every day and you eventually *become* your habits, your disciplines, this man you once deems it impossible to be, you end up living a life that's genuinely on your terms, which is incredibly refreshing and rare.

When you want to accomplish something, you accomplish it. When you want to save for something, you save for it. When you want to do something, you move the pieces of the puzzle that is your life around to accommodate this adventure you're intent on embarking upon.

### *Discipline is freedom.*

While we've talked at length about habit-forming and how to create disciplines in your life, you have to remember why you're doing this.

I get lost in my work, which is good, but bad as well. It's been a month, essentially, where I've gone without doing what I love to do. I love hiking, hunting, exploring. I love bringing my rifle to a field, setting up a target, and practicing. I love the outdoors, but I've been working me arse off trying to finish multiple projects because my discipline lagged in the months prior (with that said, I went hunting in Africa, so that should have quenched those desires for a time).

Discipline is the stress-killer. It's the liberator. It's the path of least resistance, oddly enough, because initially the resistance is plenty.

Clarity is king when it comes to living a more disciplined life. Knowing what you really want versus what you think you want or what you're told you want or what a clever native ad insinuates that you should want is a necessity. People can be disciplined on the wrong things and lack discipline on the things that, if they were disciplined, they'd have more money, more time, more freedom, more meaning, more purpose, and more



happiness.

While you've gone through these pages quickly, I'm sure, take time to reflect on this ideal you developed in the early pages of the book. Is it what you really want?

If it is, start dissecting down from the ideal, way down to the habits that this ideal requires, even to the thoughts that you should think, the desires and feelings you should focus on and pursue, and those you shouldn't.

No ideal commands that you be envious. You shouldn't look at your neighbor and want what he has. You shouldn't envy the life he lives or the truck he drives. You shouldn't fantasize about what others have. It does you no good. It turns you into an envious, cynical human which the world has far too many of.

Focus on your own journey, your own pursuits, and remember the perfect day you created, the one you can live today.

I forget this far too often, the perfect day with what I already have and who I already am. It involves work, writing, more specifically. It has my pup and I enjoying the outdoors. It includes books read and hunts and places I've never been before even in my own back 40. When you appreciate where you are, the stress of where you want to be is alleviated. It isn't that stress is a bad thing; we need it. We need productive paranoia to keep us striving and improving, but the pace that stress can thrust us into can become incredibly unproductive. It can get in the way of the man we're aspiring to become, which should be who we already are.

Think about that...

The guy you want to be, the fella who your goals depend on, that capacity is something you already have. Why wouldn't you start living as him right now? Why wait to *get* something you don't yet have to validate this character, discipline, persona, charisma, and courage? Why not be him, then let the validation come, even if said validation takes a decade to arrive?

Of course we're on a journey, one wrought with unexpected turns and failures and triumphs, but much of what we want can already be had. Much of who we're trying to become can already be lived.

Find clarity. Search hard for it. Determine exactly both the man and what that man creates. Become the man *now*, and let what he creates evolve as a natural creation of the habits you develop and the discipline you incur.

Discipline is freedom. It enables you to become something far closer to your potential

than who you're living as right now. It enables you to earn more and to experience more. Without it you're left to serfdom, to victimhood, where you're a slave to your desires and you don't have the wherewithal to see that these desires aren't yours at all.

Know where you want to be and who you want to be, and sprinkle an abundance of audacity on that dream. Multiply it tenfold. Make it something you're exciting to pursue and willing to sacrifice it all to gain. This vision is what will help you become the man you need to become. Make it grand.

### READING LIST

[DEEP WORK](#)

[FLOW](#)

[THE PRACTICING MIND](#)

[ON WRITING WELL](#)

[WILLPOWER](#)

[GRIT](#)

[THE ONE THING](#)

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[MASTERY by Robert Greene](#)

[DISCIPLINED DREAMING](#)