

CHAD HOWSE'S

12 VIRTUES OF MANLINESS

RESOLUTION



RESOLUTION

I just lost the battle...

I'm writing, working on Average 2 Alpha, and like a goof, a thought popped into my head and I followed it.

30-minutes later, I'm back writing.

Momentum lost. Victory goes to the Resistance.

If you've ever read a Stephen Pressfield book – or at least one of his non-fiction books – you'll know what the Resistance is.

He's personified that thing that prevents us from being great and from doing our most important work.

In life all that really matters is if you do what you intend to do.

Most people stop at the intention, largely thanks to the Resistance.

The great among us don't stop until they've finished.

They're men of action, not men of intention.

The Resistance is the voice inside of you that wants to pull you away from the work that must be done, and the more important the work, the stronger the pull of that little bastard of a voice.

It's especially strong for training.

It'll rationalize missing a workout – like I'm actually doing right now in my own head.

The key is naming the enemy.

That's why Pressfield attached a name to what was essentially nameless before; to give a face to the enemy.

When we can see and acknowledge what we're fighting, we can fight it.

So fight.

Action Step #1 to Beating the Resistance:

Identify who he is in your life.

RESOLUTION

Take out a pen and pad or open a word doc and write down how this voice *sounds*.

What excuses does it make?

What logic does it use to pull you away from what must be done?

When does it come into play most (time of the day)?

Most importantly...

What areas of your life is its pull the strongest?

That last question is important to answer and identify because the Resistance grows stronger as importance increases.

Take the book I've been working on.

The Resistance is strongest in this area of my life – by far.

Why?

Obviously because *this book* is what I need to be focusing on most, and there's a small part of me that's afraid, maybe of it sucking, maybe of the insane amount of work that must go into it that *could* potentially be "wasted" if the thing flops...

The reasons are many, but in the end they're only excuses.

Take time TODAY to identify how the Resistance works in your life and what aspect of your life is its pull the strongest.

CONTROL WHAT YOU CAN

Control what you can; accept what you can't.

You can't control who you were born unto, where you were born, even your height or bone structure.

You can't control much of what happens to you either. But you can control how you react to it, and few take command of this control.

WE are different.

This is the Average 2 Alpha TRIBE.

You don't whine, you don't complain about anything! You work hard and you choose to do what you can with what you have because that's all you can do.

What's brilliant about being a man who's in control is that no matter your genetics, whether you've been born into wealth or poverty or if you're talented or not, those who choose to take control of their lives, do, and when they do they achieve incredible things.

3 THINGS YOU CAN CONTROL

1. WHAT TIME YOU WAKE UP.

Don't sleep in. Don't waste time resting when there's living to do.

Don't make excuses. Don't get down if you sleep through your alarm, just don't let it happen tomorrow.

Don't ease into a day, attack it. Win.

2. HOW YOU REACT TO LOSS, FAILURE.

You can control how you react to anything.

Let's take failure, as an example, be it at the gym, at work, at school, wherever.

Most see failure as the end, they see it as an excuse to pity themselves and they take full advantage of that excuse.

You see it as a challenge. It's a challenge to find the lesson in the loss and to prove the loss wrong, but not just what you competed against, more importantly to yourself.

That's how a winner reacts to failure, as a challenge. That is how you react to failure.

3. YOUR EFFORT.

Effort is the main thing that each of us can control and are controlling, it's just that most people do it ineffectively.

Effort is the driving force behind whatever success we aim to achieve in this life.

The harder we work, the more we'll learn, the more we'll do, the more opportunity we'll have in life, and our effort is simply a choice.

With each day you have the opportunity to go to bed dead tired simply because you pushed yourself so hard that the bed welcomes you with open arms.

That's how each day should end, starting today.

So when you read this, get it in your head that you're not going to have down time, even if you have down time there's going to be a purpose to said down time.

Use it – use all of it.

Time is ticking, don't let it tick away without seizing every second.

MAN OF YOUR WORD

Everyone knows a 'man's man'.

You can I *should be one*, but maybe there's work to be done. Maybe that work is in opposition to society's trends.

One such trend is the blowhard.

... the fella who says a lot, but does little. His word is not his bond, but a weightless grouping of words that no one really takes all that seriously.

Be different.

For one, start saying *less*.

Start *showing* your life, and not in pictures on Facebook or Instagram, but in mere actions. If people inquire about what you've been doing, tell them, but set your sights higher and have the balls to pursue.

Second, if you say something, do it.

I've dug myself into many a hole in the past 4-5 years, but on purpose.

I blurted out the Italy trip. I blurted out the Argentina trip. Recently I blurted out the Cali coast road trip while drunk and smoking stogies with pals.

Claim an adventure to your closest pals, then go get it.

MAN OF YOUR WORD

Know what you want to do, then do it.

Go against the trends of proclamation without intention.

This isn't a task or a *thing* that you need to check off your list, but a simple decision.

Much of life is simply making a better decision. You just have to be conscious of the decision you're trying to make.

Don't be a talker, but if you do talk, *always* do what you say you're going to do to its end.

ARE YOU A QUITTER AND A SHIFTER?

Average 2 Alpha is a perfect example of this...

RESOLUTION

I know by purchase records that a lot of people here will hop and jump from program to program. I used to be that guy.

I'd buy a training program or a coaching program and I'd hop from idea to idea, program to program. It doesn't work. Resolution does.

Set out to do something and see it through.

Most business fail simply because people quit.

I failed for the first 3 years of this business and I know, personally, people who quit within years 1-3. They were easily as smart as I, they had better stories and even were in better shape, but they quit.

Endurance and resolution isn't just about persisting. The act of persisting is great because along the way you learn.

You can't *help but learn*.

But without that resolution, that hunger to be what you said you were going to be and set out to *do* what you set out to do.

Make that your mission this week.

STEP 1

Your word is your bond. Don't break it. Don't say shit you're not going to follow through on.

STEP 2

Set firm goals for the next 6 months that you're going to stick to. Even better, the next 12 months. Grit is endurance, persistence, and seeing things through, it's resolution.

Write these down, etch them in stone. Don't quit.