

BEASTMODE

1-PAGE DISCIPLINE RESET

Being Effective At Small Things Makes Opportunity Decisively Easier

READ THIS FIRST

Discipline is not motivation.

Motivation fades. Feelings lie. Excuses multiply.

THE 3 NON-NEGOTIABLE RULES

1. NO ZERO DAYS

You do something every day. No matter what.
Even if it's small. Zero days = losing streak.

2. THE 2-HOUR INCOME RULE

Minimum 2 hours daily focused on:

- Income
- Skill
- Opportunity

No distractions. No excuses.

3. THE 5-MINUTE RESET RULE

You fall off?

You DO NOT spiral.

You reset within 5 minutes and continue.

THE DAILY EXECUTION SYSTEM

MORNING

(Start Strong)

- Gratitude
- Clear 1 priority

MIDDAY

(Stay Strong)

- Execute your 2-hour block

EVENING

(Finish Strong)

- Track your actions
- Reset if needed

THE TRUTH

You don't need more information.

You need:

- Structure
- Consistency
- Execution

NEXT LEVEL

This is just the foundation.

If you're serious about becoming disciplined and building structure into your life:

Access the full BEASTMODE System:

Remember:

No excuses. No shortcuts. Just execution.