

# 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

|                                                                                                                         |                                                                                                            |                                                                                                                                  |
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| <b>MORNING</b><br>(Start Strong) <ul style="list-style-type: none"><li>• Gratitude</li><li>• Clear 1 priority</li></ul> | <b>MIDDAY</b><br>(Stay Strong) <ul style="list-style-type: none"><li>• Execute your 2-hour block</li></ul> | <b>EVENING</b><br>(Finish Strong) <ul style="list-style-type: none"><li>• Track your actions</li><li>• Reset if needed</li></ul> |
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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.