

P-A-S practice.

David is a fake name

**BECOME SELF DISCIPLINED NOW!**

Hey David,

Are you having a hard time getting out of bed, always hitting the snooze button,

Too comfortable to get out, and when you finally get out of bed, you feel like shit,

Like you just got up from a grave that you've been in for the past 100 years,

Well lucky for you, in this email I will go through the exact ways I got out of the weak minded trap.

David, being this lazy is okay, but not doing anything about it isn't acceptable,

You have to start NOW, stop being embarrassed of how weak of a mind you have,

STOP saying I'll do it tomorrow and not doing it.

That is the weakest thing a human being can do, You think a thousand years ago people said,

I'll go get food tomorrow, ABSOLUTELY and Utterly not, because it's about survival,

But having a weak mind is worse than not having food for 2 weeks, how you might ask?

Well if you always say that you'll do it the day after or setting a goal for the day but not completing it,

Your brain will start to get comfortable, it will think that you don't have to do anything,

So when it finally will become time for you to move out, you won't know a thing,

But in the end, all of this comes down to self discipline,

Training your brain to do things even though you don't feel like it, is the meaning of self discipline,

Waking up early is crucial for improving self discipline, and it is needed for you to survive in the world.

So now you have 2 choices, either you stay a weak minded loser and go on about your day,

OR, you actually take in what I said to and start today with improving your self discipline,

Even if it just waking up and not hitting snooze,

Or [clicking this link](#) that will help you improve your mind and change that loser mindset you have,

Which path are you going to take?