

WHICH VERSION WILL CONNECT WITH THE AVATAR MORE? ←please help

DIC Version 1 (Past and future self)

SL: Are you letting your past self control your future?

Every day, an ongoing war rages between your past and future self

AND YOU are the only person who can determine the victor of this battle.

What steps will you take to emerge from this battle as a truly disciplined and hardworking man, feeling the triumph of your efforts?

Your past self has been using every tactic possible to prevent you from living a life of fulfillment.

He has been dangling the promise of cheap dopamine in front of you like a carrot on a stick everyday.

Guiding you down a path that leads into an abyss of soul-crushing depression and hopeless despair.

Without a plan to win, you will be robbed of any chance at true happiness forever.

Your past self will execute his plan endlessly until your hopes and dreams are beaten out of you.

Your current plan fails you everyday, you NEED a new plan to take back control of your life.

A plan of action, filled with daily tasks and steps that will result in a life of satisfaction and hope.

A plan that destroys your past self and rebuilds you into a man of confidence and purpose.

Do you want to stay depressed and hopeless, destined to be known as a man of complete failure for the rest of life?

OR

Do you want to live an exceptional life, one that will be remembered as a testament to your success and accomplishments?

[Click here to defeat your past self and emerge as the confident, disciplined and successful man you envision.](#)

DIC Version 2 (bad habits and future)

SL: Shape your future by changing your habits

Every day, an ongoing war rages between your past and future.

AND YOU are the only person who can determine your future with present actions.

What steps will you take to emerge from this battle as a truly disciplined and hardworking man, feeling the triumph of your efforts?

Your bad habits are the only obstacles preventing you from feeling the sensation of victory.

They have been dangling the promise of cheap dopamine in front of you like a carrot on a stick everyday.

Guiding you down a path that leads into an abyss of soul-crushing depression and hopeless despair.

If you don't crush your bad habits soon, you will be robbed of any chance at true happiness forever, watching your hopes and dreams fade away.

Your current plan to stop these habits fail you everyday, you NEED a new plan if you want to take back control of your life.

A plan of action, filled with daily tasks and steps that will result in a life of good habits.

A plan that destroys your bad habits and rebuilds you into a man of confidence and purpose.

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Email PAS

SL: The secret to guaranteed success

Are you tired of feeling stuck in a cycle of depression and regret every day?

Struggling to become the confident and disciplined man you want to be.

Hoping that somehow all your dreams and goals will magically be achieved without any action.

Yet every morning you wake up as the same man you were for the past years.

Here's the harsh reality, without a plan...

There is a 99% chance that you will never become a man of hardwork and discipline.

You will continue to waste precious years of your life feeling frustrated, unfulfilled and constantly wondering what could have been.

Never having the chance to experience the sensation of becoming a successful man.

Forever trapped in a downward spiral of weakness and hopelessness.

You MUST have a plan if you want to break free from this loop.

A plan that will create an upward spiral towards success and happiness for the rest of your life.

A plan that will move you one step closer to becoming a confident, hardworking and disciplined man everyday.

A plan that I used to improve myself as a man and achieve greater success in all areas of my life.

This is a once in a lifetime chance for you to completely transform into the man you've always dreamed of being.

[Click here to discover my proven step by step plan to turn your dreams into realities](#)

Research Template

Target Market

- What kind of person is going to get the most out of this product?
- Males 18-25
- Who are the best current customers, with the highest LTV?
-
- What attributes do they have in common?

They are all seeking ways to self improve

They all wish they were taught how to be a “man” when they were younger

Most have the same bad habits

- Binging netflix/tv shows
- Porn addiction
 - Watching porn in the day destroys your energy levels
 - Everytime before you jerk off most men know it's not the right thing to do and the post nut clarity proves that
 - The more you jack off the less energy, drive and focus you have
- Social media trap
 - Going on your phone first thing in the morning and checking your “entertainment apps” is the worst way to start your morning
 - It traps you in your bed and soon enough your an hour behind in your day
 - This STACKS: if you do this everyday you are at least wasting 1 hour of your day AND

- You start off your morning without doing anything productive which sets the tone for the rest of the day
- It also traps you in a “scroll trap” or “scroll addiction”
 - “Have you ever opened instagram and ended up spending 30 minutes or more just scrolling
- Comparing yourself to others on social media
 - You have no idea who you are comparing yourself too
 - You think the person on social media has such a fantastic life, they have hot girls, lots of money
 - IT CAN LITERALLY ALL BE FAKE
 - Comparing your accomplishments to someone you met online is very bad for your mental state and how you perceive yourself
 - The competition is between yourself and who you want to be. Stop comparing your life to others. The real competition is your past and future self v.s your present self.
 - Will you continue to be the same as the past person? Will your future self never become better than who you are today?
- Video games addiction
 - Video games help men escape their realities
 - It provides a false sense of achievement
 - It provides a false sense of competition
 - Video games are one of the most addictive distractions
 - It's fun and enjoyable
 - It feels good when you see victory
 - It's visually pleasing to see the graphics and how

you feel like the main character in the game

- However video games are one of the best distractions created
 - 1-2 hours fly by when you play a game
 - Having a high rank in the game doesn't mean shit in real life
 - Your adding stats and putting in hours into something that produces no tangible benefits
 - Unless you are streaming or playing professionally that is different
 - I am not saying to quit games but if that's how you spend all of your free time my solution would simply be to play less of the game
- No exercise
 - Exercise is the most overlooked factor in a males mental health
 - when you look in the mirror before going out or after the shower you create a mental image of yourself
 - If you think you look good, this will make you more confident throughout the day
 - If you think you don't look good, this will lower your confidence and will cause missed opportunities
 - Exercise is more than lifting and getting big muscles
 - Exercise drastically improves your mental strength
 - When the rep starts to get difficult, your mind comes in and says 1 of 2 things
 - "Stop I am sore and tired"
 - "Finish this set. Finish what you

started”

- Whenever you exercise and you start to hear your mind wanting to quit because your body “feels tired or sore” don’t give in. Push through. Say “no i will finish this” and this will greatly increase your discipline and mental strength to handle on other challenges in your life
- Bad Diet
 - Avoid fast foods
 - Eating healthy foods fuels your mind and body
 - The better you eat the better your mind and body can perform everyday
- Drug abuse
- Alcoholism

Avatar

- **Name, age and face.** This makes it much easier for you to imagine them as a real, individual person.

James is 21

- **Background and mini life history.** You need to understand the general context of their life and previous experience.

James is from colorado. He was exposed to drugs and porn early in his teens. All throughout highschool he was addicted to doing drugs, playing video games and watching porn daily. He didn’t know what he wanted to do when he grew up so he pursued college in hopes of figuring out what he wants to do later in life. He

hopes college will teach him very valuable lessons that will help him make some money or score a job

Day-in-the-life. If you can get a rough idea of what the average day in their life looks like you will be able to relate more easily to them.

James is a 21 year old senior who is about to graduate in 3 weeks. All of college he has followed the same routine. He goes to class, works out, plays games, smokes and drinks. He has believed all this time that he had a good routine and a good life at college, a "pleasurable" one. Now that he is graduating and realizes that he has no idea on what he is going to do after college. His whole daily routine is about to change and now knows he has learned nothing. Not in school or even about himself. He knows he needs some kind of money and all he hears from his family and friends is if he has a job. He feels embarrassed, lost in his thoughts and begins to allow depression and anxiety to enter. He realizes he hasn't done anything productive in his life. He wants to find help but doesn't know where, how or the first step he should take.

- **Values.** What do they believe is most important? What do they despise?

Important: making money, finding his purpose in life, being in control of his life, making decisions that he knows he should do, having good habits/routine

Despise: Being broke, people believing that he has nothing going for him, a porn/drug/alcohol addict. Doesn't want to be miserable and lonely or depressed when he gets older.

- **Outside forces.** What outside forces or people does the Avatar feel influences their life?

They feel people/society has a strong influence. He has noticed that everything that is told by others or social media, he has unknowingly accepted without any questions. He thinks success and happiness will randomly land in his lap without having to try.

Current State

- What is painful or frustrating in the current life of my avatar?
- What annoys them?
- What do they fear?
- What do they lie awake at night worrying about?
- How do other people perceive them?
- What lack of status do they feel?
- What words do THEY use to describe their pains and frustrations?

When I was in high school. Everything was so simple and I felt weak

Anybody else see a group of people enjoying themselves, talking with each other, and just wish you knew people who you could do that with? Like how nice would it be to have friends that you can go out with?

a dude that doesnt take care of himself and hes insecure because hes afraid of other men he goes thru her phone because he supposedly has been played by girls

I'm 29 and Hamza is helping me so much. I gave up the last 10 years of my life because my girlfriend of 2 years got into a car accident and died. I decided to get into heroin, alcohol and was hoping I would just die before I turned 30

I'm tired of being a bullshit, tired of being nothing!

I'm 33 years old and I feel like I wasted a lot of years of my life

I was playing video games with no muscles and being bullied

a hopeless, addicted, and ignorant 15 year old teen.

Semi depressed, video game addict , porn addict , not doing anything productive

I was depressed, overweight broke and broken

Eventually, the fornication and social anxiety made me so miserable that I frequently contemplated suicide.

Try having kids, working full time, going to all the soccer practices and ballet recitals, keeping up with world events, reading books, having a social life, having quality time with your partner, cooking, cleaning, and working out...

they want to play video games and be lazy (although I imagine escapism, fantasy, and wanderlust is certainly something that is chased)

I'm sick of being a failure but at the same time I can't get myself to work on it. I wake up every morning with an intention to work hard but then it goes away or procrastination wins and I keep on putting it off. I am aware of how negatively this will impact me. I watch videos like these, read quotes but it gives me a rush of motivation and then it's gone. I keep myself busy with other stuff and I go to bed every night with regret.

Its like I am meant to watch this... Im so lost right now.. I no longer have the idea what is my real purpose and I lost my passion in the things I love.

I am just beginning my first semester of college. At the rate I'm going right now, I will fail. I am undisciplined and turn 4 hours of homework into 7 hours of homework. I realize that that will be the death of me.

As a Men gone through a lot of loss in his life, downs, abandonment, feelings similar to imposter syndrome, and still "trying to climb that hill" every day,

I felt like I was aware of some of these distractions in my life but I never really took action.

I have a bad mental health and try to K%^&* myself multiple when I saw the problem I start to run
I'm constantly trying to do so many thing at a time and end up failing .

So I basically already know what I need to do to have my perfect day, and I'm clear on what habits to do and what not to do. But it's very difficult to stay consistent over the long term. Like, I have some really good days where I feel super productive but when I slip up I tend to binge a lot, which really hurts my progress.

I am one of those people who generally works in energetic spurts and therefore cannot keep a consistent habit. I just do things when I have the desire to, I then do them a lot, I burn out from them, and then put them on pause for a bit until the cycle repeats. And I want a daily routine that is consistent with my skincare, yoga, language learning, journaling, etc...but if im not in the mood i just wont do it. How do i force myself to keep consistency and truly build a reliable habit for every day? Setting alarms seems to be a common piece of advice but it never works for me.

"If I'm not in the mood I just wont do it"

I guess a problem of mine is that I'm terrible at being consistent. I didn't really care about what

others thought until there was a conversation I had with a friend.

the problem sometimes with me is that even though I get disciplined during my day, I see my friends enjoying with girls and having a good time and I feel like I am missing out on life which makes me feel frustrated. Also, a person who's in college and has started a job midway as a fitness professional it seems really hard to stick by it and keep hustling while abating my social life to a significant extent

Honestly I just suck at not rationalizing things. I absolutely suck at not overeating and I break my calorie deficit daily

The problem of thinking who I want to become relating to most tasks is that I just want to be a person free from doing the same thing ever in my life. My current health state is also a burden, and that's often the thing that ruins my productivity and emotional state

She excels at tasks assigned to her by authority (ex: work) and she's always available for her friends, but outside of that, she doesn't take any initiatives to spend her time doing better stuff and she wastes her time every day, blaming it on circumstances and refusing to see that there's a pattern and that it's about her. I can see it affecting her mental health, but her answer is more escapism and less of admitting that all what she's saying is excuses. She's 28. She convinced herself that she knows what she's doing, maybe that she needs more escapism, and that by doing so, instead of reinforcing those bad habits, magically everything will click together in time

amazing video for students like me who struggle with gobs and gobs of distractions

I have been chubby for a long time and i felt okay with it. I noticed other people were not happy with it (especially my parents). But i didn't see the need to loose weight and i didn't want to loose weight until i was diagnosed with ms.

One of my biggest problems with laziness is that the thing that I 'ought' to be doing is something that I'm totally uncommitted to be doing on a psychological level. I am basically caught between not at all being passionate about this career path, and on the other hand not at all wanting to face any alternative path in life either (since I can't imagine being even interested in anything else). So I'm basically stuck between somewhat interested and utter disinterest

My biggest issue is not seeing results soon. For example when I tried to grow plants it stuck since some of those plants started growing in a few days. Seeing that progression kept me interested in making sure it continued. But working out for example takes weeks to see physical change so it makes it harder to stick with. And my biggest challenge, learning a language, takes months to really show progress so it's harder to stick it out for that long. Sometimes I'm on tasks for months but then if something happens that takes me away from whatever activity for a week or so it makes me lose interest

My entire life I have been conditioned to believe other people's beliefs about myself. I remember clearly when I was a kid being told I was the naughty one compared to my brother. My older sister literally compared me with Kane and Able (its a bible story, kane is the bad guy) and said that i was

Kane and my brother was able when I was a kid. I've been told by my own family so many times that I'm every bad and they don't even realise the extent this has harmed me. I feel like this is primarily the pain I had especially during my teenage years and sometimes i felt like i was going insane. The anger i felt was immense i can remember how it feels. because even when I was literally being the example of a good kid, even when i was consistent with my homework for example 'oh you don't do enough homework', 'you don't do enough chores' or 'I make the house messy' or 'I don't help around the house enough' What made it worse is they're not angels themselves, they're far from perfect people yet they go about that they're and if something bad has happened it has to have been me. I took the blame for EVERYTHING. It really messes with your head too because i genuinely couldn't tell anymore, like im i just inherently bad? Maybe they're right and i can't tell right from wrong myself? It's really painful

I slowly fell into this depressive state of staying in bed until noon and watching YouTube until midnight. This cycle went on for a month of the winter break. Now I have ten days left of holiday but a whole holiday worth of homework to complete and a bunch of revision to do. Just recently my back was pretty much fully recovered and I started to train again, but the bad habits that I've developed were still there. I played a bunch of videogames so right now I subconsciously view myself as just a dude who consumes online content all day, plays videogames and does a bit of training. Not an athlete striving to be better everyday as I'd used to be

I couldn't even handle 24 hours without getting high, it was everything to me and the only thing I could look forward to as much as I hated it and how it made me feel. The limited beliefs, self hate/neglect and negative self talk kept me in the same spot. Smoking was my comfort place as much as it was destroying me mentally, physically, spiritually and socially. I knew I needed to change but I was holding onto who I was because I was scared of change I didn't believe I could change. I had no self esteem, my anxiety over took me and my depression was my identity.

Dream State

- If they could wave a magic wand at their life and fix everything, what would their life look like?
- What enjoyable new experiences would they have?
- How would others perceive them in a positive light?
- How would they feel about themselves if they made that change?
- What words do THEY use to describe their dream outcome?

today I feel more confident since I am responsible to myself

the coolest guy and most attractive guy

I went from being a 4 to a solid 9. I've got a whole fanbase obsessed with me. Love this guy. He transformed me to the greatest version of myself

This guy makes me feel like I can accomplish anything

I'm definitely enjoying more inner peace and happiness now

my best mental health, best physique i ever had in my life, and a good social life.

I am more balanced and grounded now

To sober for 5 years now and a critical thinker and a MAN now that provides and loves and cares for my wife. Thanks to him I'm more humble more tolerant to new ideas and I'm able to navigate my feelings easier now and with purpose.

Better habits and routine

Disciplined and hardworking in everything I do

it has, undoubtably, changed many of my visions and transformed my state of mind

Before long you'll forget about how the old way felt due to living in the present and experiencing a much greater sensation... that of success.

I've added exercise to my routine and am trying to eat better. I've got plenty to lose but already dropped 30lbs! It is possible!

Another great self-discipline tactic is making your bed every morning. I started this about a year ago after hearing an incredible speech on the power of making your bed. I now do it every morning without fail and find that it helps me feel more disciplined and starts me off in a better state of mind. It also feels like a small accomplishment every day

Roadblocks

- What is keeping them from living their dream state today?
- What mistakes are they making that are keeping them from getting what they want in life?
- What part of the obstacle does the avatar not understand or know about?
- What is the one key roadblock that once fixed will allow them to move forward toward their dream outcome?

A lot of us beat ourselves because we look at others achieving these great habits and think that we just don't have enough motivation

I wanted to improve so long but all those bad habits kept pulling me into the abyss everytime

the hate i've had for myself has slowly been fading away from doing the good habits and, rejecting all these things that cause depression.

I really need to tell myself no, and sacrifice the bad habits so that I may focus on forming new better habits

never had an emotional outlet

Lack of purpose and direction in life.

the most difficult part is staying consistent with the good habits when there is no results or/and it seems there is no light at the end of the tunnel

It helps me if someone tells me to do something like "you need to get up" blah blah blah. Someone who can tell you that you're wasting your day in a nice way so that you know to move on and do what you wanted to do.

it comes down to overcoming the voice in your head that says "just skip today, you're fine". That voice isn't there to help you

It's hard to discipline yourself when a voice in your head tells you it's okay to lay down and watch netflix, eat some snacks and relax after work, you deserve it you've worked hard for the day. Basically I give up on every goal when I get home from work and make myself ready for the next day and it goes on like that

For me, the biggest challenge for maintaining a habit is "that day"... will come a day that I just don't want to do my new habit for whatever reason (being tired, occupied, etc.). This seems to be the key day and it's the day I REALLY need to do it. Failing to do so will lead to more days that I don't want to do it.

Some hours ago I literally realized my habits were NOT leading me to my goals

The one key roadblock is having bad habits

Solution

- What does the avatar need to do to overcome the key roadblock?
- “If they <insert solution>, then they will be able to <insert dream outcome>”

focus my attention on small building blocks to build a little momentum

One thing that has really helped me stay consistent & push through 'the feelings' of not wanting to do anything is turning on music that motivates me (Yonce never fails me) What this does is triggers a can do / energizing attitude that gets me in a flow, reminds me of my why and empowers me to accomplish things

You need to stop only working from energetic spurts

Start thinking in behavior change in terms of The person you want to embody, rather than the goals that you want to achieve

Yes, I have them too and I get a lot done when they come, but you have to learn to do things when you generally don't want to

What really helped me is setting goals with other people in mind, for me its my family. And that gives me the drive I need to push through.

I changed my mindset to view habits as the backbone of my day/life

You need to start small and improve from there - habit stacking

Life is options. When I get home from work I have the option to sit down and scroll or figure out what needs to be done and hit it. The flesh will always want the easy road and, in a sense, that makes it easy to choose the opposite. Just choose the thing you don't want to do and embrace the suck in it.

You don't have to be perfect. Just focus on getting better and making the best decisions for yourself. Try things out, get rid of em

if they don't work, do your best to keep em if they do.

Find these that add value to your life

Remove the distractions that are keeping you from your goals

- Life is like a video game and you are the main character. Imagine trying to play the game but every minute your set back to the last checkpoint. That's exactly how distractions work. Consuming content or doing activities provides you 0 value are distractions. It's easy to level up and hit every checkpoint if you're never distracted

Every bad habit has a purpose and you need to understand why it is there so you can substitute it with a positive habit.

Everything is a choice until it becomes a habit

discipline is one of the highest forms of self-love

When you feel the urge to get distracted, smoke a cigarette, eat cake, Take a moment to analyze that feeling of craving. You feel a little jittery, a little restless - try to understand that feeling. The act of mindfully paying attention to the craving allows you to separate yourself from it and let it go.

feeling and understanding the consequence of our bad habit makes it much easier to stop or change.

replace your thoughts from what you're "not" going to do with what you "ARE" going to do that way you are constantly reminding yourself of the new thing not the old. Therefore, you are focusing on the future not the past

When I started taking actions towards my goals instead of focusing on avoiding bad habits, I noticed the enjoyment from goal pursuit slowly replaced my bad habits without even trying.

Track your progress! The biggest indicator if you'll stick to your plan is if you did it yesterday. Mark your calendar. The more red dots you see the more you want to see. Doesn't need to be every day but if you achieved your goal 5 times this month and 8 times next month, you'll automatically shoot for 10-11 the month after. If you don't track and can't see your progress you'll be likely to give up after one missed day.

But recently I've been doing daily journal entries, I'll write what I've been going through mentally and what I need to work on. And I'll also write down all the things I need to get done that day, then at the end of the day I can check back with it and see how I've done. But recently I've been doing daily journal entries, I'll write what I've been going through mentally and what I need to work on. And I'll also write down all the things I need to get done that day, then at the end of the day I can check back with it and see how I've done.

If binging is your problem, reserver a block of your day for it. Don't do it any other time.

For me I have to understand in the first place WHY I want to implement XYZ in my life. As long as the why is not clear enough everything else will fail. When this is done you can move further. For example you could try to be more aware of your actions and the reasons behind it. For example: "Why I am bingewatching right now? Do I really enjoy it right now or am I running away from the task I should perform?" If so, ask yourself why the task is laid off.

Key solution is to learn which habits are bad and which ones are good. Then remove the bad and develop and continue doing good habits

Product: program/course to learn how to self improve (life coach)

- How does the product help the reader implement the Solution?

Provides courses on any topic about improving one through self development

- How does the product help the reader increase their chances of success?

This provides the best available courses, content creators, or communities that is a perfect fit for the individuals needs

- How does the product help the reader get the result faster?

They no longer have to search for all these content creators or platforms for ways to self improve. They don't have to spend large amounts of time to find a course that they perfectly fits their interest

- How does the product help the reader get the result with less effort or sacrifice?

They spend less time searching

Its faster and efficient in searching and the results can be more accurate towards the individuals requirements

- What makes the product fun?

You have a chance to interact with other men who are doing the same thing. It builds a community where men can learn how to become better versions of themselves and build a brotherhood/community with people trying to do the same

- What does your target market like about related products?

How much it has changed their life, increased confidence, more fit, more attractive. Making money and taking care of my family and friends. Develop good habits and a positive mindset in life. More grateful for life instead of feeling depression or suicide. Overall they felt as if they self improved in all aspects of their life once they started focusing on themselves and not others

- What does your target market hate about related products?

Many say its a pyramid scheme, they don't like how you have to put in the effort to see results, they are used to fast results (and if it's not fast then its not worth their time), they don't believe in the credibility, they disagree with what is being taught, they believe

what is being taught won't come to fruition

ETC below

How to figure out self improvement

- How to first create good routines (focus on the health side)
- How to increase your mental strength
- How to develop an iron mind and strong discipline
- How can you make money off of those habits