

RTD

REDEFINE THE DISCIPLINE

FREE GUIDE

THE 3-STEP

DISCIPLINE RESET

The fastest way to stop negotiating with yourself – and start doing what you said you'd do. No motivation required.

ADAM JOHNSON

U.S. Army Veteran · B.S. Sports & Health Science · 20+ Years Coaching · 400+ Clients



If you're capable, respected, and successful — and you still can't keep the promises you make to yourself — you are not weak and you don't lack willpower. You're almost certainly making one specific mistake. Once you see it, you can't unsee it.

THE SINGLE BIGGEST MISTAKE

You **negotiate with yourself**. You set the standard at night — “tomorrow I train at 5” — and at 5 a.m., in a warm bed, you quietly reopen the deal. Motivation handed you the goal; the moment it fades, you hold a vote. And a tired, comfortable man almost always votes to quit. It was never an information problem — it's that every task is still up for debate.

THE FIX

*Make the task non-negotiable. Decide once, then remove the vote.
Discipline is not a feeling — it's accomplishing non-negotiable tasks daily,
whether you feel like it or not.*

WHAT THAT ACTUALLY DOES

When the task is non-negotiable, willpower stops being the deciding factor. You quit spending energy *deciding* and start spending it *doing*. Motivation becomes a bonus, not a requirement. This is how disciplined men actually operate — not more willpower, fewer negotiations.

WHAT 3 MOVES DOES

You won't be a new man by tonight — but you'll feel the negotiation stop. This is what most men notice first:

- **Less mental noise.** One decision made once beats fifty decisions remade every day.
- **Faster mornings.** No debate, no snooze spiral — you move on command.
- **Kept promises.** The first one you keep to yourself starts rebuilding the trust the broken ones cost you.
- **Quiet confidence.** Not hype — proof. The man who does what he said begins to believe himself again.

THE STANDARD

This isn't a one-time reset. It's the first rep of how you operate from now on. Three moves prove it. The system makes it permanent.

Discipline isn't built by doing more. It's built by deciding three things — and refusing to renegotiate them. Here they are.

MOVE 1 — DECIDE WHO YOU ARE

You don't rise to your goals; you fall to your identity. Most men set targets — “lose 20 pounds,” “wake at 5” — but never change who they believe they are, so they always snap back. Name the man first: **“I am a man who keeps his word to himself.”** Then every choice gets simple — it's either evidence for that man, or against him.

The gap you're closing is between who you are today and who you've decided to become. Nothing closes it but daily evidence.

MOVE 2 — MAKE THE PIVOT

Don't try to fix ten things. Find the **one** pattern that costs you the most — the scroll, the snooze, the drink, the skipped workout — and replace it. Not delete. *Replace*. A habit you only remove leaves a vacuum the old one refills. A habit you swap holds.

I rebuilt my own life on exactly this. I didn't just quit drinking — I replaced it with training and a standard. The swap is what stuck. Name your one pattern. Name what replaces it. That's the pivot.

MOVE 3 — NAME THE PATH AND THE BLIND SPOT

Most men stay stuck because they've never said out loud what they actually want — and they won't admit what they don't yet know how to do. Name the target. Then name the **blind spot**: the knowledge or skill gap standing between you and it.

Naming the blind spot isn't weakness. It's the first move every disciplined man makes — because you can't close a gap you refuse to look at. And the fastest way to close one is a conversation with a man who's already crossed it.

No theory. Three things to write down tonight — by hand. This is the first rep, and it takes ten minutes.

1 · YOUR IDENTITY STATEMENT

I am a man who _____.

Write the man you're becoming — present tense, not someday. "I am a man who keeps his word to himself."

2 · THE PIVOT

My one negative pattern is _____.

Starting tomorrow, I replace it with _____.

One pattern. One replacement. Don't remove — swap. The vacuum is what beats most men.

3 · THE PATH + BLIND SPOT

What I actually want is _____.

The gap holding me back is _____.

Say the target out loud. Then name the one thing you don't yet know how to do.

NOW PROVE IT — THE NEXT 3 MORNINGS

Pick the **one** non-negotiable that proves your identity statement — one task, every morning, done **before you negotiate**. Three mornings straight. Check the box each day. Three kept mornings is your proof the method works on you.

DAY 1

☐

DAY 2

☐

DAY 3

☐

THE ONLY 3 RULES

- **Write it by hand.** Typed doesn't count. Your hand is what makes it real.
- **Put it where you'll see it.** Bathroom mirror, phone lock screen, truck dash.
- **Do the pivot tomorrow** — without reopening the negotiation.

One kept morning. Then another. Discipline is just kept promises, stacked — start the stack tomorrow.

YOU'VE STARTED. NOW FINISH.

THREE MOVES IN. DON'T NEGOTIATE **NOW.**

You named who you are, your pivot, and your blind spot — and ran your first three reps alone. That's discipline in miniature. But three days prove it; they don't rebuild the man. Here's how you keep going.

YOU NOW HAVE

- ✓ The mistake that kept you stuck — named and fixed
- ✓ Your identity, your pivot, and your blind spot on paper
- ✓ A 72-hour proof loop you can run on any goal, for life

WHO YOU'LL BE TALKING TO

For two decades I built discipline into other men — Army combat medic, drill sergeant, coach. Then I lost my own to alcohol, and learned how far a "disciplined" man falls when no one's watching. Getting it back didn't take motivation — it took a standard I refused to renegotiate. I've been the man who couldn't keep his word to himself. I know the way back.

— **ADAM JOHNSON**

U.S. ARMY VETERAN · SENIOR NONCOMMISSIONED OFFICER · FORMER DRILL SERGEANT

TWO WAYS FORWARD — PICK THE ONE THAT FITS WHERE YOU ARE.

OPTION 1 · WORK WITH ME 1:1

A free discovery call. We find the blind spot you can't see on your own — and your exact next move. One-on-one, direct access to me. No pitch, no pressure.

BOOK THE FREE CALL

calendly.com/adam-discipline/30min

OPTION 2 · JOIN THE BROTHERHOOD

The full RTD system. All five pillars, the daily non-negotiable method, and a room of disciplined men holding the standard with you. Founding 100 rate — locked for life.

JOIN THE COMMUNITY

Founding 100 — doors are open.

You don't need more motivation. You need a standard — and the discipline to hold it.

Redefine the discipline. The standard starts now.



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