



THE RTD RESET GUIDE

THE DISCIPLINE RESET

Three moves. Seventy two hours. The fastest way to **stop negotiating with yourself** and start doing what you said you would do. No motivation required.

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REDEFINE THE DISCIPLINE

01 WHY YOU'RE STUCK

PART ONE · THE MISTAKE ALMOST EVERY HIGH PERFORMER MAKES

If you are capable, respected, and successful, and you still cannot keep the promises you make to yourself, you are not weak and you do not lack willpower. You are almost certainly making one specific mistake. Once you see it, you cannot unsee it.

Four parts, three moves, seventy two hours. Part one is the mistake. Part two is the method, three moves you run in order. Part three is the system underneath it, the five Codes. Part four is where you write yours down and start.

THE SINGLE BIGGEST MISTAKE

You negotiate with yourself. You set the standard at night. Tomorrow I train at 5. Then 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 brain almost always votes to quit.

It was never an information problem. You already know what to do. The problem is 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 is 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 people actually operate. Not more willpower. Fewer negotiations. You stop auditioning for discipline every morning and start operating on a standard you already set.

WHAT THREE MOVES DOES

You will not be rebuilt by tonight, but you will feel the negotiation stop. That is what most people 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. Do what you said and you begin to believe yourself again.
- **Pressure stops deciding for you.** When the choice is already made, a bad mood is just weather. You execute anyway.

THE STANDARD

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

02 THE THREE MOVES

PART TWO · IDENTITY, PIVOT, PATH. THE WHOLE METHOD IN THREE MOVES

Discipline is not built by doing more. It is built by deciding three things and refusing to renegotiate them. Here they are.

MOVE 1 · DECIDE WHO YOU ARE

You do not rise to your goals. You fall to your identity. Most people set targets like lose 20 pounds or wake at 5, but never change who they believe they are, so they always snap back. **Decide the identity first.** "I keep my word to myself. That is who I am." Then every choice gets simple. It is either evidence for that identity, or against it. Say it out loud once before you write it. If the words do not feel slightly uncomfortable, you aimed too low.

MOVE 2 · MAKE THE PIVOT

Do not try to fix ten things. Find the one pattern that costs you the most. The scroll, the snooze, the drink, the skipped workout. Then 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 did not just quit drinking. I replaced it with training and a standard. The swap is what stuck. If you cannot decide which pattern, pick the one you would be embarrassed to have filmed for a week.

MOVE 3 · NAME THE PATH AND THE BLIND SPOT

Most people stay stuck because they have never said out loud what they actually want, and they will not admit what they do not 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 is not weakness. It is the first move every disciplined person makes, because you cannot close a gap you refuse to look at. And the fastest way to close one is a conversation with someone who has already crossed it.

WHY THE ORDER MATTERS

Most people start at Move 2. They attack the habit, skip the identity, and the habit comes back the first hard week. Identity is what makes the pivot survive a bad day. The path is what keeps you from building discipline that points nowhere. Run them in order. And if you only get one done tonight, make it the first. When you know who you are, you find the pivot on your own.



DON'T GUESS YOUR PIVOT. **MEASURE IT.**

These three moves run on the RTD System and its Five Codes, laid out on the next page. The free RTD Diagnostic reads all five in about four minutes and flags the one that is actually failing you.

MOVE 1 = CODE 01 IDENTITY · MOVE 2 = CODES 03 + 04 ENVIRONMENT & FRICTION · MOVE 3 = CODE 02 CLARITY · THE NEGOTIATION = CODE 05 SELF TRUST

Free at adamjohnson.com

03 THE FIVE CODES

PART THREE · THE SYSTEM UNDER THE THREE MOVES. ONE LEAK SINKS ALL FIVE

The Three Moves are the entry point. Underneath them sits the full RTD System: five Codes that decide whether your discipline holds. Almost nobody is weak on all five. Most people are locked in on four and bleeding on one, and they are usually wrong about which one. Read each Code and the leak that comes with it. One of these is yours.

01 IDENTITY

You decide who you are. The decision starts it. The proof makes it real.

The leak: *You run the routine, but it never feels like you. Miss two days and the whole thing collapses, because it was built on a goal, not an identity.*

02 CLARITY

You know your non-negotiables before the day starts pulling at you.

The leak: *You have the drive and the energy, and you spend it on whatever screams loudest. Busy all day, and nothing that mattered got done.*

03 ENVIRONMENT

What surrounds you either carries you or drags you. Nothing around you is neutral.

The leak: *Your willpower is real. So is the phone on the nightstand and the food in the pantry. The room is rigged, and the room wins at 9 p.m.*

04 FRICTION

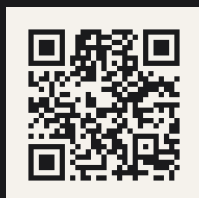
Resistance is where capability gets built. Remove it from what matters. Add it to what does not.

The leak: *You are disciplined right up until it gets uncomfortable. The plan survives until the first hard rep, then every exit starts looking reasonable.*

05 SELF TRUST

You keep your word to yourself until your word means something again.

The leak: *You keep every promise you make to other people. The ones you make to yourself are the only ones allowed to slide.*



ONE LEAK SINKS ALL FIVE

You do not need five perfect Codes. Nobody has that. But discipline never breaks at your strongest Code. It breaks at the weakest one, then drags the other four down with it. Locked in on four and leaking on one is still losing. So this works like triage: find the wound that is actually bleeding, fix that first. The free RTD Diagnostic reads all five Codes in about four minutes and flags yours.

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04 RUN IT TONIGHT

PART FOUR · RUN THE THREE MOVES TONIGHT

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 someone who

Write who you are becoming. Present tense, not someday. "I am someone who keeps their word to themselves."

2 · THE PIVOT

My one negative pattern is

Starting tomorrow, I replace it with

One pattern. One replacement. Do not remove. Swap. The vacuum is what beats most people.

3 · THE PATH AND THE BLIND SPOT

What I actually want is

The gap holding me back is

Say the target out loud. Then name the one thing you do not 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 system works on you.

☐

DAY 1

☐

DAY 2

☐

DAY 3

Three checked is proof, not a feeling. When the third box is done, do not stop and do not celebrate. Go find out which Code is still leaking and put the next thirty days on it. **Free at adamjjohnson.com**

THE ONLY 3 RULES

- **Write it by hand.** Typed does not count. Your hand is what makes it real.
- **Put it where you will see it.** Bathroom mirror, phone lock screen, dashboard.
- **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 mornings alone. That is discipline in miniature. But three days prove it. They do not rebuild you. The next thirty days decide whether this was a good weekend or a different life. Here is 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
- A standard your kids can watch you hold, not one you have to explain

WHO YOU'LL BE TALKING TO

For over 13 years I led soldiers. For more than 20 I have trained and mentored clients in the private sector. Combat medic, drill sergeant, coach. Then I lost my own discipline to alcohol, and learned how far a disciplined man falls when no one is watching. Getting it back did not take motivation. It took a standard I refused to renegotiate. I have been the man who could not keep his word to himself. I know the way back.

Adam J. Johnson

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TWO WAYS FORWARD

Pick the one that fits where you are.

OPTION 1 · WORK WITH ME 1:1

A 30 minute discovery call. We find the blind spot you cannot see on your own, and your exact next move. One on one, direct access. Bring the three answers you wrote tonight. We start there.

BOOK YOUR CALL

calendly.com/adamj-discipline/30min

OPTION 2 · JOIN THE BROTHERHOOD

The full RTD System®. All Five Codes, the daily non-negotiables, and a room of disciplined men holding the standard with you. You post your reps, and men who do not know you notice when you go quiet.

JOIN THE COMMUNITY

Start with a 7-day free trial

FOLLOW THE STANDARD DAILY



INSTAGRAM
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YOUTUBE
@adamjohnson-humanperfo...



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You do not need more motivation. You need a standard, and the discipline to hold it.

REDEFINE THE DISCIPLINE. THE STANDARD STARTS NOW.