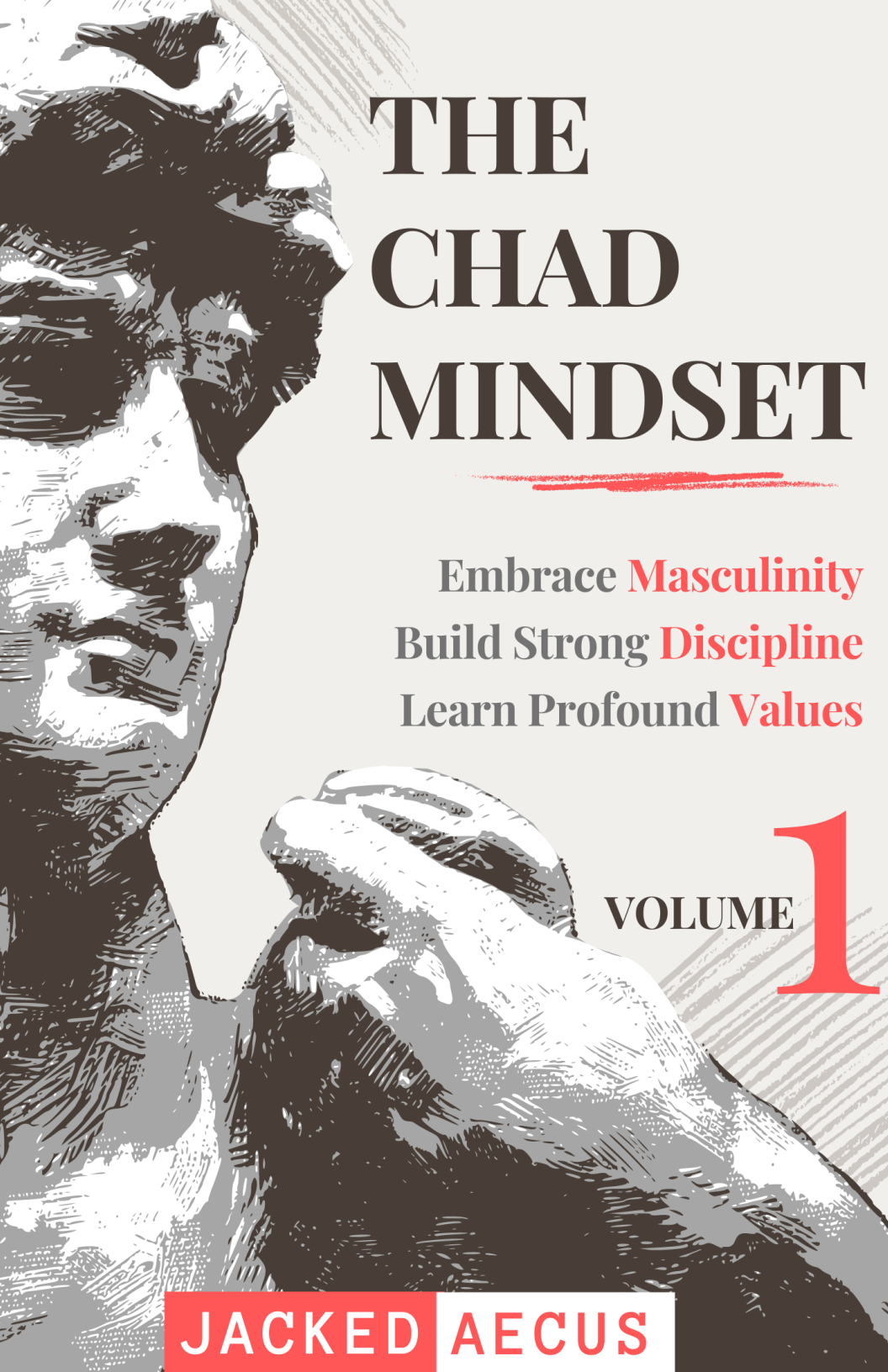




THE CHAD MINDSET

Embrace **Masculinity**
Build Strong **Discipline**
Learn Profound **Values**

VOLUME

1

JACKED AECUS

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INTRODUCTION

We are here to change the way we think aka our mindset.

This book gives you a new perspective of life where masculinity is not a sin, strong men are kings and being rich is not criticised.

We will talk about different aspects of life.

Read the book till the end and end up becoming a new fearless man!

Note:

The Chad Mindset consists of 3 volumes each with 7 chapters.

Out of these 21 chapters, you can randomly read any chapter you like.

This book is designed in such a way that doesn't matter where and when you start reading, you'll gain massive value.

Let's start!

CHAPTER 1

THE TIME HAS COME

“In the past, huge economic downturns have been more favourable to creating fortunes than periods of tremendous prosperity.”

The majority of people out there will advise you not to start a business right now.

“It is too risky, you shouldn't take a chance right now.

Keep working at that miserable job since it pays well and it's difficult to get a job at the moment.” — 9 to 5 Job Seeker

These people will accuse you of being insane for taking a chance.

Everyone out there will be scared. **But not you.**

In fact, just because of “those” people that now is the best time to start.

Why?

Because everyone is afraid to take that risk.

No one has the guts to think outside the box.

And because of the risk taking ability, you're going to make fortune.

Others will cling onto their senseless jobs just for the sake of insurance that they pay for, will lose their time and freedom, will bend to the will of others, pay more taxes than the average millionaire, etc.

So what should you tell those people about why you're starting a new business and what it's all about?

Nothing.

Don't tell anyone anything about your plans.

There are two reasons for this.

- 1) Chances are that you will not follow your plans if you start spilling out your plans in front of every other person. The reason is that you get the dopamine hit just by telling yours plans. This dopamine hit was meant to be earned by you but you just got it without even accomplishing the goal.

2) People will call you insane or stupid or both. They will try their best to pull you down. Nobody truly wants their friends and coworkers to succeed more than they do. This is another reason why you should not spill about your plans.

Now you know that you don't have to worry about others. A common question that comes inside people's and is which business should I start?

I could give you a long list of business ideas but it would make zero sense.

Why?

Because deep inside we all know what we're good at. You may not be able to put your finger on it but you will, eventually.

Always remember one thing:

“Be a problem solver.”

I spent months to figure out what I was good at and what I really wanted to do.

The catch here is that I always knew what I didn't want to do.

I didn't want to get out of bed every morning, put on clothes I didn't want to wear, rush to a job I hated, let them decide when I could take a break, sit in traffic for another hour to go home.

All for what?

A miserable pay-check.

I am a free man!

I do what I want to do.

Anytime, anywhere.

I want you to be a free man too.

I want you to get rid of that miserable job.

I want you to live the life you always wanted to live.

You may ask,

“Aecus, how can I become a free man?”

Don't worry, I've got you covered.

PAY ATTENTION

This is a task that I want you to do **RIGHT NOW!**

Doesn't matter if you're in your office, on a vacation, on your desk, on the bed, in a park, etc.

I want you to grab a pen and paper (arrange it from anywhere).

Write down lists of what you can do and what you cannot do.

Try to figure out where you can start a business and how.

Stick those notes on your wall if necessary.

These notes will act as your daily dose of motivation and believe me, the motivation from these notes is terrific.

List down your goals and give yourself a deadline!

Always remember:

“A goal without a deadline is just a dream.”

Get rid of all the toxic habits.

Get rid of all the unwanted expenses.

Cancel that unwanted subscription of your favourite entertainment platform.

Now is not the time to be wasteful with your money.

You need every dime you can get your hands on and it's ok to live like a bum. It will pay off in the end.

You should choose something you are an expert at or something you love to do as your business.

You must invest all of your time and effort into that project.

Start reading books every single week.

Start reading autobiographies of successful people.

Start reading books that have to do with your chosen field.

Start reading business books and motivational books.

Read all of those books you can get your hands on.

Never stop reading those books.

Start exercising!

A healthy body is a healthy mind.

You will need to be in good shape to start your own business.

There will be very, very stressful times ahead and it will help if you are in good physical shape.

Lay off the cigarettes and booze.

Those do nothing to help you achieve your goals.

They only help to kill you faster.

Even if you don't have a business idea yet, you ARE waiting for the opportunity.

Opportunity comes to those who are prepared.

In fact there is an opportunity out there waiting for you right now.

What are you going to do when opportunity presents itself?

Will you take it?

OR

Will you let it pass you by?

The decision is yours!

CHAPTER 2

THERE IS NO SUCH THING AS TOMORROW

“Tomorrow doesn’t exist. Yesterday doesn’t exist.

The only thing you have in your hands is today.”

Yesterday is in the past.

Tomorrow is going to be today in the future.

Hence, all you have is today.

We have to make the most of our today.

We cannot rely on ‘doing it later’.

It must be done and it must be done right now.

The past is the past. We cannot live in the past, it’s over. Let go of it.

We have to look back on our successes and mistakes and we have to learn from them, so that we can do the right thing right now.

The future doesn't exist. We can't rely on the future. No one is guaranteed a tomorrow.

If you say *"I'll do it tomorrow"* you might as well say *"I'll do it in 7 years"*.

To become a winner, you have to learn this phrase:

"I'll do it now!"

The world's most successful and happy people are that way because they don't put anything off until later.

They take care of business right away.

A top CEO will not say, *"Oh, I'll take care of it next week."* *"I'd like to watch this TV show right now."*

A top bodybuilder will never say, *"Oh, I'll work out in a few days."*

We only get one shot at this life, just one chance. We have to make it count.

Do you have a crush on a girl but are afraid to call her or do you plan to call her later?

Give everything a miss and call her right now!

Have you been yearning to start a business but "it's simply not the proper time"?

There is only ever one ideal moment, and that is the present.

Are you weary of having a flabby stomach but holding off on going to the gym?

Get off your bum and head to the gym now!

Figure out who you really are and what your life's purpose is!

It certainly isn't to work for someone else, come home to watch the idiot box, eating chips and soda pop.

Your life has a purpose, a meaning.

You have goals and dreams.

Quit whining and complaining, quit procrastinating, don't give in to apathy – go do something this very instant!

You are ALIVE!

Get out there right now and live your f*cking life!

CHAPTER 3

THINK BIG!

The things we think about are the things that we eventually become.

They are the things that consume us.

As long as we're going to think we might as well think BIG instead of small.

Let your petty coworkers worry about the little stuff.

You are moving in the direction of greater and better things, therefore you have better things to accomplish right now than to become involved in a small argument.

The only thing you should be considering right now if you aren't already self-employed is how to make that a reality.

Most of the time, the things we focus on the most turn out to be true.

If you want to leave that job, think about the business you will build.

If you want to get rid of the unwanted fat from your body,
think of that muscular version of yourself with six packs.
If you want to attract women, think about your best form.

If you want to go on a world trip, think about you getting
inside the life changing flight.

If you want to retire your parents, think about the happiness
they'll have on their faces.

Always view the BIG picture.

The small picture is for the small-minded.
Let them keep it.

CHAPTER 4

THE BEAUTY OF SIMPLICITY: LIVING THE SPARTAN WAY

They were known to have a minimalistic lifestyle.

They ate only what they needed, kept their bodies fit, did not spend money wastefully.

Spartan living includes getting rid of all the unwanted junk and clutter from all the areas of your life.

Be it food, people, habits, fat, etc.

We have all experienced situations where we are struggling to make our astronomical rent, mortgage, credit card, car, and lease payments.

All for things that do not improve our lives or make us happier.

That stuff is crushing us little by little like a weight on our shoulders.

It feels like a tremendous weight has been lifted off our shoulders to get rid of all those burdens.

Simplicity works. Complexity is often a waste of time.

The deadlift, for example, is just about the simplest exercise in existence. Pick up a heavy weight from the ground. That's it.

But this simple exercise will produce more results than the most complex of exercises or any combination of complex exercises.

If it can be done in 5 minutes there is no reason to stretch it out to 30 minutes.

Things are easier when they are simple.

Making things tougher simply because is just dumb, but hard work is its own reward.

Living simply allows you to live freer.

The choice is yours.

CHAPTER 5

LEARN TO BE PRODUCTIVE

You will find 1000s of ways to become productive online.

Here are not 1000, not 100, not even 10, but only 4 ways to become a hyper-productive man.

1) Do one task at a time.

If you enjoy doing things half-heartedly, multitasking is excellent, but if you want something done well, you must put all of your attention into it.

You only go on to the next item once the previous one is finished.

2) Make a to-do list every single night before bed.

This is critical!

If you don't know what you need to do how will you ever get it done?

Write your to-do down on a notepad or word processor and cross every item off as soon as it is accomplished.

Make your to- do list manageable but not laughably easy. 5-10 quality items that need to get done is a good start.

3) When you wake up in the morning start crossing off items on your to-do list first thing.

When you have a clear vision of what you want to accomplish for the day it's almost too easy to get everything done before most people even have breakfast.

Don't erase your to-do list items, put an X beside them or cross a line through them.

It's an amazing feeling to see the big to-do list items being crossed off seemingly by the minute.

At the very end you will see the fruit of your labours with your entire list done.

4) Give yourself a short time frame to complete your tasks.

When you're looking at a time limit you have no choice but to get things done faster.

If you've got a week to finish everything there is no rush, but if you only have 2 hours to finish your tasks you're going to be working like a frantic maniac.

The goal isn't just to get stuff done, it's to get stuff done ASAP!

CHAPTER 6

MASTER YOUR FEARS

Fear is an excellent motivator, if you let it motivate you.

Fear is also an excellent tool to keep you from succeeding, if you let it.

Those that have achieved their dreams have faced their fears and conquered them.

Always ask yourself what may possibly go wrong when you're afraid to undertake something but are thinking about it.

It's possible that nothing negative will occur.

What are the possibilities that anything horrible will occur? usually a slim possibility.

It's a positive indication that you should do something if you're terrified to start.

If you're too scared to ever take a chance...

Then you don't deserve any rewards.

CHAPTER 7

TRAIN LIKE AN ANIMAL

Train like an animal because failing to do so is a waste of time.

You are the gym's lion.
Act as if it.

You are there for a reason; the sheep and cows can sit on a machine and watch TV.

You're there to improve your physical and mental health.

The only way to do that is to exert more effort than you ever thought possible.

The other slackers at the gym have agreed upon restrictions.

They appear the way they do because of this.

They behave the way they do because of this.

They are scared as a result.

Not you though.
No longer.
Not once more.

Pick up that enormous weight.
Give it your all.

You don't deserve something if you're not willing to work
hard for it.

You can have it if you're willing to die for it.

TO BE CONTINUED...

Congratulations Chad Man!

You've made it to the last of the volume one of The Chad Mindset.

Volume 2 and Volume 3 consists of 7 chapters each.

As said in the introduction, you can read any chapter at any time, whenever you like.