

ANDREW TATE - DO SOMETHING

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develop a passion
for Teaching!*



INFINITY PODCASTS TOP

I always knew the answer to everything is raw action the answer to everything has always been raw action my dad had a tweet about this he said that raw action solves all and he used to say this I give you an example if you're a farmer and you need rain for your crop and there's no rain you can sit there and say there's no rain we're all going to starve or you can stand up and do a rain dance now will your rain dance work perhaps not perhaps the rain won't come but I would argue that you're better off standing up

doing that rain dance than just
sitting there waiting to die
you have to do something raw
action solves so when I was
broke I was never like ah I'm
poor I'm poor what do I do it
was I'm poor what must I
have to do something I just if
I was broke I'd go for a run
that's why I was such a great
fighter if I was broke I'd sit
there and go I'm actually poor
how do I make money don't
know how can I make where
can I get some cash don't
know what work can I do
don't know oh I'll just go for a
run then and I just go for

three mile run you just have
to say well I have to do
something I
can't just sit still and die a lot
of people are happy to just sit
still and die or can go to sleep
and take a nap well if that's
what you want to do then you
can say a loser that's fine I'm
glad there are losers because
if everyone had Lamborghinis
my Lamborghini wouldn't be
fun to show off I need you to
look at it and feel the Deep
pain in your heart of regret
and failure that's the whole
point of it I need to drive my
Bugatti and everyone be

looking at it going I'll never
have one of those and I can
get all their energy and feel it
all and it makes me happy
fantastic so you can stay at
home and do nothing but
when I was poor I had to go
for a run I couldn't sit still or
lift weights or do something I
couldn't even sleep so raw
action solves everything and I
understood that as at a young
age but as you get older you
get to look back and you get
to put your whole story
together the whole tapestry
together I knew I wouldn't
stay poor did I ever think I'd

get this Rich well I never said
I wouldn't but i' ever ever
think it would probably
happen at this level no but it's
amazing how the
compounding interest of just
endless raw action adds up
I've never had a lazy day I've
never skipped work never
missed an email never never
had a day off ever ever you
name the if you were to go
through the last three years of
my life you will see that
there's never been a day
where I wasn't doing what I
was supposed to do and it all
just adds up and then

Monumental success comes
and you get to laugh at
everybody else hah haa and
and life's great well I think
that initially fighting is
always the best thing you can
ever do especially it's the best
way to spend your 20s cuz
you heal superhumanly you
heal like Wolverine and I
can't think of a better use of
that superhuman healing
ability besides fighting and
it's going to teach you
everything you need to know
about personal accountability
and hard work and
overcoming fear and

dedication and discipline
there's so many lessons to be
found inside of fighting and
plus it's the most respect sport
on the planet and I think that
you'll learn more about
yourself and more about life
and more about the realities
of how the world works if
you're a fighter so I think
that's what's so fantastic about
it all of my wisdom and all
the things I say doesn't come
from books it comes from life
experience and a lot of my
life experiences the brutal
realities of violence so people
say oh Andrew's so smart

Andrew's so wise Andrew
knows so many things I've
learned all of that simply
through fighting and if you're
a warrior in life the arena may
change but the battle never
ends it's just never ending and
you have to get used to
fighting you have to get used
to being under pressure and
under stress all the time and
being the kind of person to
could perform and smile
anyway and I'm glad I spent
my 20s training cuz I can't
think of something else I find
it amazing that like I speak to
people my age and I say in

my 20s I spent maybe I don't know let's say three hours a day what's a decade of three hours a day let's say 10,000 hours I spent 10,000 hours in the gym training you're the same age as me what did you do with those 10,000 hours and they can't even tell me what they did what did you do watch TV go out go Pub sit around sleep na chase women what did you actually do we had the same amount of waking hours and the same amount of minutes I know where 10,000 hours of my minutes went and that's why

I'm the champ that's why I
have four title belts above my
bed that's how I spent my
10,000 hours tell me what
you did with your 10,000
hours which is equal to
comparable to or Superior
than how I spent my time and
they can't even name what
they did with any of their
time they're like
don't know so if you're 16 you
need to be using every single
waking minute towards things
you're going to remember
you're going to remember
training you're remember
working hard you're going to

remember trying to make
money you're doing your
spending your life and
wasting your time doing
things you're not even going
to be able to recollect in a few
years you're going to wonder
why you fall behind the
people who don't waste time
time is the ultimate currency
time is money time is also
strength and power and
networks connection time is
everything you convert it it's
like malleable time is like
Play-Doh you can turn it into
anything you can turn it into
muscles if you go to the gym

turn it into fighting prowess if
you go to the fight gym but
people have all this time and
they just mush around with
and then they're like oh don't
know why don't know why

I'm failing I wish I was
successful when you're living
that type of life and you end
up searching for meaning you
end up down the path of
headism because the meaning
is I want to have as much fun
as possible but fun in of itself

I was talking to another
another girl and I was saying
to her that fun she was saying
to me you know what Andrew

all you do is work you never really have fun and I said fun is Haram he goes is fun really Haram I'm like no it's not but please understand what I'm trying to say here what I'm trying to say is when you look at what most people do for fun it's look with fun is clubs drinking running around laughing like a kid all this you all all the bad things in life the negative harames can be obtained through this obsession with fun if you find a man who's obsessed with work I have things I need to do and I feel satisfied inside

when I do them I have duty
and I have work and I have
obligations to fill and
objectives to meet I feel
happy when they are done
that is my fun my fun is
clearing my emails making \$2
million in the day buying
another investment property I
don't need going to bed
training hard eating right
that's my fun call me boring
that's what I enjoy when you
were talking about that
lifestyle and what you end up
searching for in that
Hedonism you just end up
searching for excesses right to

have more fun you want to
get more drun go to more
clubs or and it's just a black
hole it never ends and you
end up destroying yourself we
need discipline we need
purpose we need to have
parameters set for us and and
truthfully as a person you're
happier that way that's why I
quit drinking people think I
quit drinking because I
reverted to Islam that's not
why I actually quit drinking 2
months before that I was
extremely effective on
alcohol
I was I I would drink four or

five times a week because I'm extremely rich and I have a very good life and I'm in my mansion and I'm drinking I was still world famous I was still making millions of dollars I was still in fantastic physical condition all the videos you watched me from a year and a half ago I still look like a bodybuilder I still outperformed everybody I didn't have a drink problem I could easily quit in fact I didn't even want to drink most of the time it's just a party going on I was still monumentally successful on

alcohol and I could continue to drink alcohol for the rest of my life but I stopped because I thought will I enjoy having less fun will it be fun to have less fun okay that's all fun but would it be fun to have less fun and I said maybe instead of spending all of our money doing this stuff we should spend all of our money getting very regimented we should have loads of members of staff and we should be up at exactly 7:46 and we should have a coffee ready and hot at 7:47 and at 8:01 we should go into the

gym we should finish at 8827
and we should have
all of it we just have
everything regimented and we
should produce more content
than ever before become
richer than ever before but
just remove the fun and have
fun and not having fun and
just being monumentally
competent and effective okay
well I'll try it let me try for 6
months to give up all fun and
just be boring and then I
learned some very interesting
things during that time firstly
I learned that the whole idea
of drinking for being social is

now gone I think I we're at
the the age where if you were
21 and you didn't drink you
didn't have a life there's no
reason to drink for socializing
because everything's online
anyway you meet everybody
on apps nobody cares about
drinking anymore that's the
first thing I learned the
second thing I learned is that
being exceptionally
regimented is fun I truly
enjoy it I enjoy it just as much
as I enjoyed being I mean cuz
what would happen before is
I'd do all my work and I'd
train hard and I was always

an effective person I was still
a thousand times more
effective than the average
man and then I would take six
or seven hours and
drink and smoke and have fun
and enjoy all my the fruits of
my labor I became extremely
Rich why not get on a private
jet and have fun but now
instead of spending those 6
hours having fun I spend
those 6 hours continuing to
work and I enjoy it just as
much so now I'm sitting there
going well I enjoy it just as
much and I'm not damaging
my health I enjoy it just as

much and I'm making more money so it really truly ruins my day when a beautiful girl is like can I see you it's like I've got things I've got work to do I'm regimented I have to sit here and type I don't want to just talk to and have fun and party I don't want to do any of that I want to do emails you don't get it I know to you it makes no sense but you already have all this money why do you want to do emails because that's my fun now regimen so I decided to dedicate six months to being boring and by the end

of the six months I was
having so much fun being
boring that now I will
probably never drink again I
am 0% tempted to drink ever
again I am 0% tempted by
Fun which is what you said
and I completely get
it when someone goes we're
going to go here and it's going
to be fun I'm like nah you
have fun I'll do my my emails
you enjoy I don't want to go
to clubs I don't want to go to
some party I'm not interested
in traveling I'm not interested
in seeing anything I've seen it
all anyway I've Been

Everywhere like who cares
I'm above it all I'm over it all
I I want to run my Empire and
I want to spend time with
people I love and I want to
beat my brother Uno and
that's it I don't want to do
anything maybe I've gotten
boring maybe I've leaned too
much into the boring
character but I truly enjoy just
being boring and regiment
and I like getting as much
work done as possible and
and that's why I'll never ever
drink again so the whole
concept of fun is alien to me I
totally get it now when you

said that you're totally right
fun isn't Fun and then
achieving things in work is
Fun the only the only thing I
guess I can say I do for fun is
driving fast cars but then I
need to make \$800,000 to buy
a Ferrari so it's still it's still
work involved you know
there's still work involved but
I really believe God's given
me one of the best lives and I
can't complain about anything
bad that's happened to me it's
all been fantastic I'm I'm truly
thankful for all of I think of a
couple bad things happen
happen to you you should be

intelligent enough to realize
that eventually you're going
to get over it and you're going
to learn an important lesson
it's going to change you in the
correct direction and all is the
best of planners and he knows
what you need to learn I think
that as humans especially as
men we only learn the hard
way anyway there's two ways
to learn a lesson the hard way
and the hardest way there's no
easy way to learn a lesson
you have to learn the hard
way so God gives us lessons
via difficulty he thinks you
need to learn this about

yourself or this about other people so I'm going to give you a difficult time so you can learn learn your lesson because if I told you if I just said hey Andrew this is how the world works you go yeah yeah but when I show you when you feel it my fight coach used to say you have to feel it to believe it that's why he if he was teaching low kicks he he'd kick your leg off because you don't believe in the power of a low kick you don't believe a low kick can be so devastating unless you've felt

it you have to feel it to
believe it so God will give
you a difficult time so you
learn your lessons and the
lessons are very important for
you to be the person who you
need to be in this life he's the
best of planners and I'm
thankful for all the lessons
he's given me he's bestowed
knowledge upon me I would
be how could I not be grateful
to God for making me so
intelligent and wise and the
ability to
look into things so deeply and
come up to the right decision
and basically predict the

future perfectly you have to
have difficulty happening to
you all the time so when you
sit and say I want an easy life
what you're saying is you
you're a dummy and you want
to be a dummy you want to
stay a dummy I want an easy
life and I don't want anything
bad to happen to me because
even though it will teach me
lessons I'm too big of a I can't
handle the emotional pain I
can't handle the stress I don't
want to be a dummy I want to
be smart if I want to be smart
doesn't hurt me I just know
that I become a more

formidable more competitive
version of myself after every
single bad thing that's ever
happened to me it's one less
thing to fear it's one less thing
to be worried about I've done
it before because it's also very
interesting because you talk
about wisdom you use the
word wisdom and I appreciate
the compliment I don't read
books I never read a book cuz
I don't have time all of the
wisdom I have all of this
knowledge I speak all of these
things I say have been learned
through basically difficulty of
life through professional

fighting and being poor and
and all bad things happening
to me and struggle all of my
lessons have been bad things
bad things bad events bad
scenarios bad situations pain
suffering anger resentment all
of these horrible emotions are
how I've learned everything
so I thank God for giving
them to me and anyone who
wants an easy life wants to
stay a dummy what do you
learn if you just get money
you buy a cryptocurrency it blows
up you get some money you
go to some restaurants what
do you learn about anything

completely and then the thing is so interesting is that the people who are choosing the safe option is actually choosing the most risky option so you're not taking a safe option you're taking a coward's way out and it leads to exactly where a coward's way should lead cowards in the end do not get to enjoy the shade of the Olive Tree unless you fought in the arena unless you've been a gladiator you never get the peace of mind and peace of heart which is afforded from bravery so if you choose to Safe choices in

life thinking oh I'm going to take the safe route you don't end up anywhere safe the safe option doesn't work anymore you need to take risks you need to try and start your own business you need to go all in on things you need to go wild you need to be a man who's not afraid to stand up and think [___] it it's all on my back and I'm going to find a way to pull this off cuz any other way any other option in the world today only leads to a bad scenario the safest thing you can do are the riskiest things that's that's the now

scenario we're every single gamble I've taken which was seen as risky all paid off for me because I dedicate myself completely so how do you find happiness happiness is in struggle the struggle and the size of the struggle you're facing along with how important it is and how important you feel it is deep in your heart is directly correlated to how successful and how happy you're going to feel all of the time struggle is extremely important for a man you should be looking to inject struggle into your life

permanently we talked about
this in the past emergency
meeting because if you're
injecting struggle and that
struggle solving those
problems lead to a positive
Place once you become
addicted to it you're going to
become a machine of
monumental achievement
there are some very simple
basic things you can do
weight training chess having
debates trying your very best
to take care of your mother
retire her make sure that your
people who you love are
taking care of you need goals

and resistance and something
to fight against to live well
because the distance between
pain and joy is what we
experience if you only have
joy all of the time and no pain
you are not going to be happy
you don't need drugs you
don't need alcohol you don't
need parties or festivals you
don't need fun fun is the
vector from which Satan
operates every time you look
at something which is fun it's
all just hedonistic there's no
money to be made you don't
retire your mother you don't
help the world you don't give

to charity you don't become
stronger you don't become
wiser you don't learn anything
next time you think of what is
fun and someone goes guys
come it'll be fun sit there go
wait wait wait wait wait wait
wait will it experiences are
unique jail was a unique
experience bunch of fun
unique life's not about fun as
a man life is about doing the
right thing because it must be
done now there are some
things that are fun which can
be earned and there are some
things which are fun that you
could do which perhaps

involve skill driving a supercar
around a racetrack is fun it
involves skill you have to be
good at what you do cool but
a lot of this fun that is easily
accessible to everyone
because not everybody can
get a Ferrari on a closed
racetrack I can you can't cuz
you're poor you do not need
fun until you've already
reached the highest possible
Echelon so this whole idea
that you need fun in your life
you don't what you need is
purpose you need discipline
you need hard work you need
things to do which are going

to benefit you and the others
around you you need Duty
you need obligations and you
need performance metrics you
need people around you who
are going to hold you
accountable you don't need to
be waking up thinking about
fun you're nobody's you're not
important nobody knows who
you are you're not physically
strong you're not financially
wealthy you have bigger
concerns you're obsessed with
this idea of fun hey what we
going to do this weekend we
need to have some fun do you
do you need fun do you

deserve it really have you
actually gone out there in the
universe and made a mark
large enough that you're
allowed some time off to have
some fun you don't deserve
any fun you don't need any
fun you have work to do your
obsession with fun is holding
you back these things you
think are fun aren't fun
checking your bank balance
at in your house not going out
you're not on a club and
seeing \$2 million liquid is
very fun that's right much
more fun than anything you
could possibly ever do so

although it wasn't fun to sit around and accumulate that kind of wealth it's the funnest thing in the universe in a way for a man your contentment will come from your purpose and it will come from your competence and it will come from succeeding objectives it will come from completing difficult things that other people cannot complete it will never come from the easily accessible Hedonism which you have confused for fun if everybody can do it you shouldn't want to do it if everybody can go to that

concert you shouldn't want to go if everybody can go to that club you shouldn't want to go you should only want to do things others can't do the only fun I have is doing things I know you're not allowed to do putting my Bugatti on an A380 and flying out around the world to a racetrack which I've rented out for only me and only my friends to race around cars you can't do that I can that is fun but if you say to me Andrew come to this party and I say well who's there everyone oh everyone's there does that mean I need to

go right if it's it's a event of
the century who everyone's
there if everyone's there it's
trash so you need to sit there
and go all right I'm being
asked to do something fun
who else can do this and if the
answer is everybody stop I
clear my emails I've trained
hard that day I've made a
couple million dollar I've
spiced a brand new car I've
checked on all the people I
love all the people I care
about I've donated some
money to charity my children
are fed their mothers are
taking care of everything is in

order everything is in its proper place that is fun if you say to me Andrew skip a portion of that skip a portion of that organization and professionalism so that we can go and do something that everyone else can do my answer will be no that does not sound fun to me and the fact that you think that's fun shows that you have a severe mental deficiency stay away from it you're only going to find actual fun through purpose and you're only going to find purpose through exceptionalism so you need to

become the best possible
version of yourself in all
Realms that's extremely
important the reason you are
so unhappy is because you are
trying to have fun you're
unhappy because you're
trying to have fun instead of
trying to become important
they are very different things
and you're never going to feel
satisfied in your heart unless
you become important please
imagine and being important
is fun it it's absolutely fun
please imagine and I don't
State this with arrogance
please imagine for a second

you're the most Googled man
on the planet and you're a
kickboxing world champion
and you have hundreds of
millions of dollars and you're
built like a tank imagine how
you feel when you look in the
mirror nothing can match that
and nothing can beat that as a
man you need to have
struggle in your life and I
want you guys to actually sit
and think what struggle are
you going through daily what
struggle are you undertaking
what struggle are you trying
to overcome cuz you should
make a list of them I can

know for myself every single
day I wake up and I train
physically every single day I
have to go through x amount
of physical pain when my day
begins that is a struggle that
must be completed that I must
try and keep my massive
Empire online see my
children take care of
everybody there's struggle
involved my life is difficult
difficult lives are fulfilling
cuz we used to have to hunt
and fish and go out there and
go through difficulty to
survive and I often see that
when I speak to people who

are too comfortable they end up being unhappy yeah you can't entertain yourself to happiness you must earn happiness you must climb a mountain you must struggle yourself to happiness that's extremely important there must be physical mental social creative some kind of spiritual struggle and those things being satisfied is what's going to satisfy you it's like Bitcoin bitcoin's a mathematical equation you solve the equation you get a Bitcoin life is very much the same there's struggles there's

difficulties which you have undertaken which you have adopted to try and complete and when you finish those things then you get satisfaction as a reward that's the Bitcoin the only other alternative to that to feel good is Hedonism which is drugs and alcohol and that's not going to satisfy you for very long and it's also going to destroy your life so it's extremely important this is actually why people are addicted to video games young men are addicted to video games because it

mimics virtually what they ought to be doing in the real world yeah effort in to upgrade their character to become a better version of themselves so they can do better things than they could previously do and explore new areas of the map the areas of the map which are Bugatti convention flying there on a private jet to sit with billionaires the Grand Casino know Monaco is a cool area of the map that you have not unlocked yet but it's great which requires you to upgrade your character as a

person you understand this in video games and you do it in video games because it's very interesting to do however you don't want to do it in the real world but in the real world it's so much more rewarding and I actually going to argue that we're living in one of the PE final periods where that's true I've say in a few Generations who you are and who your physical body is may not matter nearly as much no but it does matter today a lot exactly so that's why you should enjoy it while you can yeah so you need to pick the

lwh hanging fruit first and the
starting block to all of these
things is your body I believe
if you lift stretch move
improve your body try and
train MMA learn how to fight
get stronger get bigger
muscles it's a fast track to
self-discipline which will
carry over into all other
endeavors and I would argue
that is nearly impossible in
fact how many people can say
the gym saved their life how
many people do you know
were depressed started
training got in fantastic shape
and weren't depressed any

anymore it is very easy the
low hanging fruit is your
body and upgrading your
body that is the easiest
struggle which is never going
to backfire on you and never
going to be a negative
towards any other facet of
your life and when I look at
men who are physical
specimens I think everyone
naturally does this but I'm
going to openly say it I
respect them differently than I
look at men who aren't I have
a different level of respect for
them because they show me
they have discipline they

show me they have
motivation they show me
they're capable of doing
difficult and hard things those
are the kind of people I trust
they're not afraid of struggle
they're problem solvers
people who train are problem
solvers and you need to
become one and you need to
become very very adapt at
solving problems pretty
quickly I actually find it
amazing that there's people
out there who aren't in perfect
physical condition guys let
me tell you all a news flash if
you eat right and you train

hard you look good yeah it's like a biological certainty it's almost impossible to be fat and look bad if you eat right and train hard your body will react and give you exactly what you want so why don't you all look like superheroes do you not understand how intimidating that is just when they look at a group of people and they all look like superheroes and they can tell they're all disciplined all hardworking all dedicated all physically strong the struggle is what's beautiful about it that's the most important

thing that's what you have to understand yeah because no matter how rich you are no matter how smart you are no matter what family you're born into you can only get into shape the same way as everybody else so you could be Mark Zuckerberg who's now in shape and he's a billionaire but you can't say oh he bought it he didn't buy it he's just in great shape because he earned it like everyone else you could be flat broke or Rich As [__] if you in good shape you had to earn it it's as simple as that so

yeah it says a lot about who you are as a person first you want to become as strong as physically possible so you want to be as strong as physically possible next you want to try and make as much money as possible not even necessarily for the money although money is extremely important because it allows you to take care of yourself we talked about this before but there's a challenge involved and solving that challenge is going to make you feel more satisfied as a human happiness comes from

success and making money is
Success you should try and
make people around you
smile and be happy happy
you should try and encourage
positivity around you you
should be the kind of person
that no one can really
complain about their struggles
around because they know
that you're the person who's
going to be like why are you
complaining when you could
just simply fix it especially
successful people successful
people are uninterested in
stealing because we'd rather
everybody win and keep the

friendship and keep the
network and keep the positive
orgones and keep the good
karma than make a little bit
extra money so it's amazing
what you see in the world and
if you become a person who
is happy and successful and
can take care of himself and
adopt struggles you're going
to start finding those other
people who do the same thing
and then you're going to build
a network and become
Fantastic live with men you're
in competition with so you
and your friends need to have
friendly competition at all

times now you need to meet
your friends and you need to
have banter and competition
around things that matter
who's got the most money
who's worked hardest who's
discovered XY Z crypto stock
new way of generating
income who's trained that day
who has the most children put
some actual competitions
together that matter and start
competing and being around
people because you are the
some of the Five People You
spend the most time with
everybody knows this so why
do you get some genuine

metrics that will improve
your life you won't have time
to stand around cooking
meals if you're friends with
somebody who works out for
three hours a day for example
because you're going to need
to find three hours a day to
train to beat him which means
you're going to have to just
eat that

rotisserie chicken as you do
squats like a man should live
with men you're in
competition with this is ultra
important because you can
measure yourself against your
circle if Tristan comes

downstairs and said I've done
a th push-ups I will do
anything it takes to do a
thousand and one just to
annoy him because I know
that he then has to do a
thousand and two and pissing
him off is worth it it's always
worth it and that's why you
need to have that kind of
competition get your act
together get some genuine
metrics things that matter and
once they're all put together
you're going to live in a
naturally competitive
environment which is going
to increase your testosterone

level it's going to prevent you from doing a lot of dumb [____] and the competition one's great you know cuz you can apply it to everything there a lot of people are going to get you know kicked in the nuts and and take a fall and they're going to let it beat them down you know Andrew's lost very important kickboxing matches did he quit fighting then did I quit fighting when I got my ass kicked a couple times no you don't you just have to continue because in life there are only winners and losers

there are no participation trophies there's no you know stickers and everyone's invited to have a good time you know life is hard and everyone in life is actually trying to play the same game if you're a Sportsman there's a small pool of people who compete at kickboxing professional soccer and the bigger the pool is the more difficult it is well life is the only game where every single one of us 8.1 billion people is trying to play the exact same game and the same game is there's only so much money

in the world there's only so many resources there's only so much happiness I'm going to try to provide for my family as best as I can and whether people say money is not important or is important everyone's part of this game so winning is very difficult and you have to keep trying when you get when you get kicked and you fall down and that's the advice I give to every every young man who listens to me people are afraid of accepting there's a problem because then they know they have a responsibility towards

fixing it and they don't want to do anything one because they're lazy and two because they're afraid they might lose so theyd rather pretend there's no problem at all and I think I often say to people in a lot of my videos about a lot of other subjects that it's not always the winning and the losing it's it's the fighting in the first place and there's plenty of men in history you remember who ended up losing in the end Napoleon for example who still fought which is why they mattered is not if you're only going to fight when

you're guaranteed to win then
no bravery is required and
you have to fight so that you
can look back on your life
and feel happy that you tried
to do something when you
knew it was going on before
it was too late forget about
the winning and losing for
now focus on the fight you
must wait for the moment
when the opponent's mind is
scattered and strike without
hesitation if you do not
overcome your tendency to
give up so easily your life
will lead to nothing objectify
your de so you

control them instead of them
controlling you fear is a
reaction courage is a decision
you have to train your mind
to be stronger than your
emotions especially your
impulses or else you're going
to lose yourself you will only
be found by the devil once
you are lost and he will lead
you to Hell most of the
important things in the world
have been accomplished by
men who kept fighting when
there seemed to be no hope at
all I think it's a good motto
perhaps for life for everyone
who's watching this I heard it

during a boxing match and I think it was between Evander Holyfield against some guy who's not nearly as well known and Holyfield was losing and then he starts swinging hitting the guy and the commentator said suddenly the champion returns with initiative and Vengeance that's a good slogan for life you should wake up look in the mirror and say suddenly the champion returns with initiative and Vengeance that's a good way to start your day every single day yeah it is

initiative and Vengeance can become the best possible version of yourself it's very important and this is the last piece of advice I want to give to people at home a lot of people go through through life with a very average attitude and they wait for their one big break but you have to build your big break and you're going to do that with a, tiny victories if you're watching this ask yourself a question when's the last time you genuinely tested yourself when's the last time you genuinely felt challenged win

or lose you can be a hero if
you just fight win or lose you
can be a hero if you make the
brave decision there are so
many men of history we
remember who didn't even
win every time Napoleon lost
he's still famous his name still
etched into history you can't
escape the baselines of the
universe there are some laws
which can't be broken they
can't be broken they're
universal laws you need to
have The Bravery about you I
don't know how most of you
are going through life never
choosing the brave option and

think oh but you know I'm
just being safe it's coat safety
is for women and children it's
not for men and you have to
make a decision now as a
man

knowing you're going to lose
knowing you don't stand a
chance whether you're going
to get in there and fight or
you're going to come up with
a bunch of excuses why you
won't you're looking for a
reason not to do it and you
found a reason cuz someone
told you not to do it if you're
going to go through life
looking for people to tell you

not to do something you're
always going to find
somebody this isn't about
what anyone else wants to do
it's about you what's your
excuse oh I have work in a
few days I have a black eye

so

you can go in there like a man
what why are you so scared
of

losing what's the worst that's
going to happen you have a
black eye you'll heal when's
the last time you even pushed
yourself to do anything
when's the last time you got
punched in the face I miss my

black eyes the people who didn't fight I think got beaten worse than the ones who did because they had to look in the mirror every single day for the next year or whatever took for them to eventually come fight they felt like cowards there's nothing worse as a man than the feeling of cowardice and they the ones who fought went through the physical risk and went through the fear to make sure they didn't have to feel like a coward because that's the worst thing a man can ever feel like and if you're honest

with yourself right now when
you're watching this a lot of
you should feel like cowards
you're scared of getting in a
situation that you can't
completely control you don't
challenge yourself you don't
test yourself you go on the
odd holiday pretend you're
rich and bang some girls and
you think that makes you a
something it doesn't make
you

somebody nobody cares
you're still a loser you're a
loser because you've never
been through the pain all of
the bad things that happened

to you are the only things are
going to prevent you from
being a loser you need the
difficulty you need the
suffering I I'm tired of people
emailing me going oh this bad
things happen to me good
that's why you get to be
somebody who matters all of
the people whose lives go
well all of the time aren't men
men are the guys who stand
up and say this happened this
happened this happened this
happened and I'm still alive
we're supposed to be broken
we're supposed to be
imperfect femininity is

perfection masculinity is
being a damaged human who
is still competent and capable
you can even apply this to the
way men and women look we
want women to look perfect if
a man looks perfect women
find it repulsive they want
you to look broken they want
you to look like someone's
tried to kill you that's what
they want to look like they've
tried to kill this man he's
covered in scars and he's big
and huge and they've tried to
kill him but he is still alive
that's the entire point because
what you're doing you want to

go on holiday you want to do all this garbage so you feel a tinge of it but when's the last time you sat down and thought I have to make this work I have to perform I need every single ounce of my strength and my capability and my competence to get myself in a situation where I can pull this off when's the last time you've done it and you're going to probably realize if you analyze hard enough that you may not have done it your entire adult life you've been avoiding these kind of situations because

you're scared of the
consequence and one of the
worst things about this new
social media or uh generation
everything's on camera
everything ends up on the
internet people are scared of
losing their reputation scared
of losing their egos we didn't
turn we didn't care we turned
up and we fought we won we
lost but we turned up and we
fought like men now days you
have people sitting there
going oh I want to fight but I
want to win and I want the
video and I don't want to look
stupid and their ego gets in

the way and it's their ego
preventing them from
growing and then heaven
forbid they make a little bit of
money on a crypto pump then
they have to go through life
trying to pretend they's
something they're not cuz
they have money now and
they want to pretend they a G
oh well I've got money and
I've got this nice car nobody
cares why would they and it's
really important what you
said there about putting on a
suit and putting on a cigar and
renting a Lambo and driving
around all of those things and

I've said this a million times
you're trying to signal that
you have money you're trying
to signal that you have wealth
but money is an amplifier it's
not going to change who you
are it's only going to amplify
who you are and if you're the
kind of person who will turn
up to a random Sports Hall
and fight somebody who you
don't know who they are and
get in there and do your
absolute best to destroy that
man and if you're the kind of
person who will go then onto
the UFC or go on to be a
kickboxing world champion

because you don't give up and
you keep training and then
you get rich you have a
different aura about you than
the person who who skips all
that part and wants to look
like a g so they get the lambo
and they get the cigar and
they get the suit but they skip
all the hardship and you know
what predators and women
have this amazing sense I'll
tell you something you may
be able to fool a bunch of
Geeks you may you may able
to fool a bunch of Geeks with
your suit and your cigar
standing around but unless

you've been through some
difficult things the men who
have been through difficult
things and women will smell
it on you and they'll just look
at you and go he's a poser he's
fake and the worst thing you
can do is signal to be
something you're not when
you're not really about it you
don't want to talk gangster
you don't want to be gangster
you don't want to pretend to
be something you're not you
don't want to pretend to be
wealthy and pretend to be a g
cuz eventually someone's
going to check you and if

you're not really about it
you're going to then get either
hurt or you're going to cower
or your reputation's going to
crumble you can only fake
and lie for so long God is
going to reveal the truth of us
all and the truth about you
should be that you're a brave
person money is easy but to
truly test yourself so the
money has value that's the
important part because being
rich is great but being rich
without all the other
accolades without The
Bravery without the struggle
without the fact that you're

not afraid of anybody without
all the hard things you've
been

through without all the
difficulty money alone isn't
interesting in fact it just
makes you a coward and it
makes you a Target that's all
it does it's amazing how a loss
can be transformative and
how the bad things that
happen to us like I've said
endless times are the most
powerful building blocks that
you're going to require to be a
man of substance and the
bottom line of humanity
especially amongst men in

masculinity has always been the ability to protect that's the bottom line of masculinity it doesn't matter what you have if you can't protect those you care about and those you love and if you're not prepared to stand up and say no that's enough we're going to have to have a physical confrontation here then you're not really going to be a man and that is one of the most important tenants of masculinity like I said that predators and especially other women can sense because I think that's the true masculine frame right

you're going to feel happy
inside yourself when people
change their lives to the better
because of you that's why a
man wants to give nice
presents to his girlfriend that's
why a man wants to take care
of the people he cares about
you want people to feel better
because of you that's your
goal in life and that's what
when other people respect
you you're going to respect
yourself it you'd have to be
delusional to respect yourself
if nobody else respects you
my intention is for you to
become a better stronger

richer braver version of
yourself but unless you have
that Baseline bravery and that
Baseline build of I've been
through difficult things I'm
the kind of person who's not
afraid it doesn't matter how
much money you make you're
still going to feel bad inside
you're never going to feel
truly happy in your heart
unless you challenge yourself
and anyone who didn't fight
was very upset with
themselves because you talk
about feedback and that's how
it should work all of the men
who didn't fight felt a

temporary relief and you can
apply this to life they were
offered a difficult challenge
they knew that bad things
could happen they were
scared they did and they felt a
temporary relief maybe for a
few hours or a day or so
they're like thank God I don't
have to do that but as the days
went on afterwards as I saw
the other people proud of
their

black eyes and proud of their
blood and them going home
and telling their girlfriends
yeah I got my ass kicked I got
in there I thought I'm going to

fight him anyway I was Brave
over time they started to
realize what an opportunity
they missed and they started
to feel like cowards living as
a coward is detrimental to the
soul it's actually amazing you
can apply this to so many
things I've had guys come to
me and say oh you know I
really want this girl back and
I'm really upset and she wants
me to change and do this do
this I'm like bro obviously we
all understand what love is
and we always we all
understand what we're
supposed to do for a woman

we truly care about but if you
completely cuck and
completely s to this woman
you're going to feel dirty
inside forever you're going to
feel dirty inside forever there
are limits you can go to where
it's just too far you have to
still be a man because if
you're not still a man at the
Baseline money ain't going to
hide it nothing's going to hide
it besides when you look in
the mirror at night knowing
that you are not proud of
yourself that you didn't do
what you were supposed to do
imagine how different you at

home would be if you
actually
went through some challenges
in your life for once in a
while

and I don't think many men at
home understand that when
you look at life trying to find
challenges you can overcome
as opposed to find Comfort
you're happier anyway I am
so glad I went to jail I'm truly
glad I got that experience it
was an unexplored area of the
map and I got to go and
experience it it was hard I've
talked about how it's hard it's
a boring story to talk about

again however I'm glad I got to do it because I know I'm a better person now that I've been through it and I know that I could deal with it better than I could have before and what's the point in being a man if you're not going to constantly try and upgrade yourself and you have to ask yourself this question at home if you don't have a group of men around you which are going to force you or push you to do things you would never normally do and encourage you to go over the top and charge Char the

gunfire so you can be the best version of yourself when are you even testing yourself in your day-to-day life you're sitting with your girl you're playing video games where's your challenges where's your test how are you going to ever improve as a person if the most you do perhaps is sometimes go to the gym and follow a workout routine there's no challenge there's no fear there's no consequence there's nothing you're never going to be at the oper aalon of masculinity unless you've been through difficult and

hard things if I was at home I
would be furious that I missed
out I'd be furious that I
couldn't been there and had a
chance to prove myself not
only to myself but to God to
look in the mirror and say yes
I am the man I say I am
because those are the most
beautiful experiences in life
you don't God won't allow
that God's testing me to see if
I am the man I said I am so
now I get to prove it to him
and to myself and I performed
flawlessly because I made the
brave choice I could have sat
there and cried my eyes out I

could have done a bunch of
stupid things I didn't do any
of it because my entire life
was built around constantly
making the brave choice and
if you're at home you're not
making any Brave choices
life

is designed so that you don't
have to ever step outside of
your comfort zone you get to
play video games eat take
away food and that's your life
but you should be looking in
the mirror knowing there's
more to life than that and if
you actually truthfully
analyze and understand when

you when I ask you if there's
more to life you may give me
a few answers like you want a
nicer car and you want to
make some money you want a
Lambo you want to travel the
world all these things that's all
superficial that gets boring
very quickly there's a reason
all these people who have
money end up on drugs and a
bunch of other garbage
because they're not happy in
their hearts I don't need drugs
why would I need money I
why would I need drugs when
I know who I am as a man
that's what gives me true

satisfaction no drugs ever
going to replace that no drugs
ever going to make me feel
like I know I've challenged
myself and pushed myself to
the best of my ability and if
you're not out there doing that
you're never going to be
happy whether you have
money or not if you have to
tell me the last time you truly
challenged yourself if we met
and sat down then I would to
say when's the last time you
truly challenged yourself your
story would be laughable you
would be a joke nobody
would be impressed by it and

what is the point in the
masine experience unless
you're prepared to suffer
there's no point in it at all and
I think it's theam masculine
experience it's always been
that way men have always
gone away to war or tried to
discover new lands or
Traverse Antarctica so
bravery is extremely
important you should know
you need it the truly hard part
is when you have to look in
the mirror and look yourself
in the eyes and say am I man
enough to do this and if you
can get that part of life done

you'll be amazed how easy
most other challenges become
I don't care it's a cheat code to
life if you challenge yourself
often enough and early
enough and you get in the
habit of always making the
brave Choice it's a cheat code
to life a lot of people have
been following my brand for
a

long time when I bought
Bitcoin at \$3,000 when all
these decisions I made people
say how did you know it's not
about knowing it's about
making the bravest possible
Choice it's not about knowing

anything it was like there's two options here one is be a coward like everybody else and the other one is be brave unlike everybody else I'm going to choose to be brave and I will suffer the consequences I could have lost all my money I could have got sick and died in a hospital bed but I decided to make the brave choice always because it's my default programming it's actually not difficult to be in the highest Echelon of masculinity today cuz every single man is going through life trying to choose

safe options and be afraid and
you know I'm right because
you're trying to dip your toe
in danger you're trying to dip
your toe in danger but
truthfully you never really put
it on the line you want to dip
your toe and then go home to
your nice little comfy life and
that's why history is not going
to remember you you're not
going to have a name that
anybody's going to repeat
after you are dead if people
talk about your death at all
because you had a chance to
push yourself to be the kind
of person who can come

home with a story that they
never thought they'd have go
away to war and come back
with scars women would
smell it on you the men
around you would smell it on
you you'd feel different in
your heart you live inside
your mind you live inside
your soul if you don't feel
good inside yourself you're
never going to feel good with
anything external and you're
only going to feel good good
inside yourself if you push
yourself and if you challenge
yourself and if you go
through

difficult things the number
one problem I now currently
have in my life is I don't feel
like I have enough difficulties

because there's only War
that's going to keep you sharp
because you're the sum of The

Five People You spend the
most time with and if you
start spending time with brave
people you might become a
brave person and the truth is
genuinely most of you home
are cowards and that's how
the universe works in general
you're going to have to get up
and you're going to have to
challenge yourself because

there are so many people at home doing exactly what you do how would you ever expect to be an exceptional person there's so many people living versions of your life there are far less people living versions of our life which is why we are who we are and is why you're watching there are so many people who just go to work avoid challenges bang their girlfriend play video games May play a different game may have a different girlfriend may have a different job but the version of reality is too similar for

you to ever become an
exceptional person you
cannot

Excel because the version of
reality you're living is too
similar to so many millions of
other people there has to be a
point where you eventually
bite the bullet and the best
way you're going to do that is
via Brotherhood men have
always done that via
Brotherhood via the Army
they're in via the gang they
hang around with via their
tribe it's always having men
around you who are brave
that

is going to make you Brave
and we can apply that and I've
done it many times how you
need to have as much money
as possible you need to have a
strong Network you need to
have brothers you can rely on
you need to be the person
who stands up knowing that
people are also going to stand
up and help you that is the
point of Brotherhood whether
you get thrown in a jail
whether you run out of money
no matter what it is you need
to have men who are not
cowards next to you because

lot of you are cowards which means you hang around with cowards and that means that your friends aren't even loyal to you because Loyalty means nothing without bravery because as soon as things get hard all of your friends are going to piss their little panties it doesn't mean anything you could be walking down the street with your best friend who calls himself loyal to you and if me and Luke turn up to decide to kick the [__] out of both of you he will run away he can't be loyal because he has no

bravery and why would you
have Brave friends if you're
not brave yourself I don't
hang around with cowards
cowards roll with cowards
and brave men roll with brave
men and if you're not waking
up thinking I need a fraternity
of men who are not afraid
with the war which is coming
for us all I don't want to be
afraid anymore I'm going to
test myself I'm going to be the
best version of myself and I
need men who feel feel the
same beside me if you don't
have that intrinsically inside
of you then you're a broken

person and you're born to lose everybody always says if you tried your best that's all that matters the best is all you can do if you tried your best it doesn't matter what happens it doesn't matter if you lose if you tried your best most people have heard that before but there is a secret to the universe that most don't know if you actually try your best you can't lose not pretend to try your best not try to best not try your best 90% of the time not try your best with excuses if you genuinely try your best all of the time all

day every day it's impossible
to lose so people say if you
tried your best it's okay to
lose that is a logic fail
because if you lost you didn't
try your best in the first place
if you actually try your best it
is impossible to fail in this
life

God Is Watching and he
rewards those who want it the
most if you want it the most
you can have it it's a
competition every dollar you
want the house you want the
car you want other people
want you have to win you
have to want it the most and

genuinely do your best
because most people aren't
capable of doing their best
anymore to get up every day
whether they feel like it or not
and perform regardless that is
the secret you cannot fail if
you try your best so if you
don't have the car you want
the woman you want the
relationship you want the
friends you want the house
you want you haven't been
trying your best cuz I
guarantee you the second you
do you'll have all of it I
believe there's only three
reasons people are not rich

one of three Reas reasons
they're either stupid arrogant
or lazy stupid is actually the
smallest category people
think

oh you know there's a lot of
stupid people there are but I
know a lot of stupid people
with a lot of money right
there's so much money in the
world to be too stupid to
generate money I think is less
than 5% of the population
we're genuinely too dumb to
ever make a good wage then
you have arrogant and lazy
and these are the two most
common lazy because people

just oh you know but I need
time to myself oh you know
but it's the evening or you
know it's hyper competitive
there are people who do not
need times to themselves
there are people there's an
Indian in islama or there's a
guy in Islamabad who will do
your job online for \$3 an hour
and he doesn't sleep you're
you're going to lose right so if
you're going to be lazy in any
regard you have to understand
there are people like me who
are billionaires who work 18
hours a day when I finish this
I get into my car I open my

laptop and I work on my way to my next appointment I'm going to work all night till the day I when I go to sleep I close my laptop and I'm asleep a minute I work that's all I do lazy is a big problem cuz people go oh but I just want to relax if you just want to relax that's fine but you're competing against people who just don't want to last you're going to lose and the last and I'd say that's around a lot of people have that element to them a lot of people are lazy that's about 50% of people but the main

reason people are not rich is
because they are arrogant if
you were to take somebody
who says I'm doing my best
I'm really trying and you were
to get a an exact schedule of
their last week and find all the
times they've wasted time
you'd say look you've wasted
time wasted time wasted time
waste of time you know
what's actually amazing most
of those people are not even
self-reflective enough to go
you're right I'm not trying my
best you know what they'd
say well I have to rest
sometimes well I well I have

to have a social life well
they'd be so arrogant cuz
they're arrogant I had to do
my Facebook yeah yeah no
matter you'd even show them
here's where you [__] up
well you know I have to
you're crazy and then they go
back to meet a loser a lazy
person thinks he's working
too hard and a successful
person thinks he isn't working
hard enough and we're doing
20 times the work they are
and we're like I could have
done more could have done
this I missed that today can't
miss that again I should have

taken that call I should have
flown there I should have you
know we have guilt about it
they don't give a solitary [__
]

and even if you pointed it out
to them they'd sit there and go
oh yeah and they'd make
some excuse for it it's it's the
brutal arrogance of people
perhaps 50 60 years ago you
could be a normal man with a
normal job have a normal life
and a normal wife and a
normal house with a normal
car and be happy but the
world we are now living in is
proving that being a normal

man is nothing more than
slavery being a normal
lawabiding
citizen with a normal
income and a normal wage
and one passport a normal
wife is going to leave you
depressed sooner or later she
going to leave you you're
going to end up [__] suicidal
and miserable this is what I
don't understand about people
especially men in the world
today why are they say so
worried about being afraid
why are they so worried about
I was afraid every time I fall
yeah I F anyway yeah like I

don't let fear guide what I'm
going to do I do what I'm
supposed to do regardless of
how I feel so I don't see
anything wrong with feeling
fearful I don't see anything
wrong with feeling stressed or
under pressure or anxious all
these things men are trying to
get rid of and I talk about men
specifically I gender this
because I'm a man I don't
know how it feels to be a
woman but all these things
that people are trying very
hard to get rid of from their
brains I don't see why they
need to leave I will argue the

point us on fearful I will get
more done than if I was
happy

I think if I was happy I'd just
be hedonistic and just wasting
my time I think that you get a
whole bunch done with these
negative connotations and
negative emotions and I think
that life is suffering in pain
and you're here to go through
it and you're and the sooner
you get used to the taste the
more successful you're going
to be I have no interest in
trying to change the flavor my
friend the flavor of life is pain
and I will eat all of it and it

doesn't matter if they put me
back in jail or not I'm not
sitting there going how can I
be happy in jail I will sit in
jail and say yes this sucks it's
supposed to suck yes I'm not
enjoying this yes I'm anxious
and paranoid and yes that guy
might stab me and yes I can't
sleep and I miss my family
and this is what's supposed to
happen to me and this is how
I become the best man I can
possibly be and I'm going to
succeed regardless so if
you're
not the person who's waking
up every day going how do I

improve my existence then
nobody is nobody on the
planet is considering
improving your one spin on
Earth no one else can nobody
else cares so if you don't care
then you're [___] so you need
to wake up and care and it's
amazing to me like you're
saying how did I find my
mentors I just tried a bunch of
them like when I had no
money I would try very hard
to I'd listen to lots of different
people or I'd try different
things and I wasn't I wasn't
scared to invest in myself
because I understand that

look

there if he's taking time out of his life then I need to reward him for it financially and I tried very hard and I listened and I paid attention and I was never lazy I don't believe there's a person on the planet who pays attention tries their best is never lazy is on time works hard has a mentor and is given it his all who isn't rich I don't believe it I think that if you do all those things you're rich and if you don't have any money you're missing one of those key elements now you can fool

yourself and you can fool
everyone else you can pretend
you're doing them but if
you're truly honest with
yourself am I finding people
who are trying to teach me
what I want to know and am I
trying my best the answer's
[__] no every time for you to
become rich and successful is
going to require pain and
suffering and you have to
understand exactly what your
dream life is is to make the
pain and suffering worthwhile
think about it have you ever
been to the gym and seen a
person in fantastic physical

condition they're strong
they're ripped they're large
and you say to them how did
you get so big and strong and
they say I don't know oops it
kind of just happened or have
you ever found a really rich
man or a very successful man
and said how did you become
rich and successful and he
goes I don't know bro I just
woke up one day and it kind
of happened and now I'm
living my dream life no there
is a very detailed plan and
road map for you to become
strong you must eat a certain
way you must train a certain

way if you to become rich
you must earn money a
certain way you must
understand exactly how
you're
going to make money
whether

you're going to be a public
facing figure like me or a man
of the Shadows with millions
of dollars unknown but
extremely powerful you have
to design your dream life
what house you going to live
in who's your woman going to
be is she blonde is she
brunette what car are you
going to drive have you even

gone on the internet and spec
your car you can design your
dream car right now for free
on the internet and you can
choose the color you can
choose the wheels you can
choose the carbon is it a
Lamborghini is it a Ferrari is
it a McLaren how much does
it cost to the dollar you talk
about your dream life you
don't even know what your
dream life is how do you
expect to get to a destination
when you don't know where
you're going the last thing I
am is a hater if you make a
bunch of money and you pull

up next to me in a Lambo I'm
going to be the guy who
shakes your hand and says

GE

boom you escape the matrix
congratulations welcome to
the free world that makes me
happy I want all of you to win

I'm not a hater I'm not out
here hoping I get to win and
you lose if you lose you
deserve to lose because you
didn't take action if you take
action you will win join us

now.

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