

Guys, here's how to stop numbing and start leading.



A lack of purpose, discipline, and progress in your life can be an absolute testosterone killer. It can be tempting to mask unfulfillment through distraction. Scrolling on our phones late at night, binge-watching Netflix, playing video games for hours, substance abuse, browsing porn sites, and other destructive habits are some of the ways that we might choose to numb ourselves. Sometimes we numb ourselves because of dissatisfaction with where we are in life.

A life without goals can create some serious shame and confusion. If that's how you feel, then understand that's normal. Many guys (especially young men) might feel this way. **You don't need to have everything figured out right now. You just need to redirect yourself in the right direction.** If you're struggling with any of the bad habits that were previously mentioned. Then here's some things that you need to do ASAP.

Dopamine Detox

Abstain from ALL digital devices for 1-3 weeks. Rip the bandage off on this one. Replace your screen time with more time spent in nature or with friends and family. Go for long walks or bike rides. **Use your free time to read as much as you can.** If you don't know where to start, here's a few book recommendations: *Atomic Habits* by James Clear, *The Untethered Soul* by Michael Alan Singer, and *12 Rules for Life* by Jordan B. Peterson.

Journal

Journaling is a way to plan ahead and to reflect on your progress. Daily journaling is powerful. We recommend having a daily journal with two entries for the morning and the evening. Your morning journal can include the following: three things you're grateful for, three objectives for the day, and your other "morning thoughts." Your evening journal entry can be a reflection on your day. What went well? What didn't go well? What changes will you make in the future? These are the kinds of questions that you can answer in your evening journal entry.

Mindfulness

Incorporate a mindfulness activity into your routine. Breathwork and meditation are easily accessible. We recommend downloading the Medito app for guided meditation sessions. Let us know if you're interested in practicing breathwork. We have handouts available that teach different breathing techniques. Box breathing is great for stress relief, and Buteyko breathing is excellent for increasing energy and focus.

Redirect your energy into positive habits like these and you'll start to see significant results. We promise.