Twitter Thread by Spartan Psyche

Spartan Psyche
@SpartanPsyche

Men, you will never turn your life around until you understand this;

POWERFUL LESSONS TO WAKE YOU THE FUCK UP

You have no integrity. You say you will fight demons and slay dragons but at every dawn you jerk off under the covers and wake up to lose your edge in a haze of weed. The warrior in you weeps tears of misery as you drown his spirit in pornography, lethargy and waste

You live in a bubble. You live in a manufactured construct where you are safe and cushy. You never leave this bubble for fear of the big bad wolf but you never notice the snake hiding under your feet. The longer you stay comfortable, the more of you it eats.

You have no rituals. A boy's right of passage is rituals. Breaking them is taboo. Sacred Vows to stick to his word, to earn his sleep, to protect his blood, chisel his physique and sharpen his will. What do you have? None. Hollow. Make some vows & build some character.

You do not desire greatness, you wish for it. When you desire greatness with every fiber of your being you will willingly burn in hellfire for what you want. A wish is something a 6 yr old girl does on her birthday, Be better. Your legacy demands unflinching lust for greatness

You have no respect for yourself. ZERO. The mental image you have for your future is an illusion, It will never manifest. The man you want to be is beyond a wall of sacrifice, character, integrity, blood, sweat & devotion. You have to pay the price to unlock the door

You are always waiting for this phantom of tomorrow. This day will never come. Like a dog patiently waiting for his master to feed him you sit there drooling over dreams of future accomplishments and heroism whilst in present you do nothing to deserve a speck of respect. Awaken.

You play make believe, thinking yourself to be a war general. I will do this and then follow up with that and end up as this.. It's all vague mental masturbation. How can you ever manifest anything when your energy levels are zapped from all this dopamine buffet you pig out on?

You are never willing to take a step off the ledge on instinct. How will you find the proverbial golden chalice when you are too cowardly to take a risk? Plans and strategy may hold down the fort but only a warrior who rides onto a flood of enemies gets the rival king's head.

You let failure define you. Yes you failed yesterday, you failed the day before. So what? Is this your story? Will these moments of defeat brand you forever? Does falling on your knees make you a cripple? Get the fuck up. There is today, there is life. That’s all you need.

Your shoulders stand tall. Not because they are proud and strong. But because they’ve never carried any weight. You never take responsibility. You’ve lived off your parents. Pawned off duty to someone else. You are a sponge who soaks in freebies. Stop. Be unshakable under weight

You lie. To those who depend on you, To those who have authority over you, To those you love you.. And to yourself. Your existence is a facade. How will you ever unchain your sleeping warrior and manifest him, If you cant swallow truth that he is in fact asleep and withering?

You are living the wrong story. There is a life out there for you. One that is filled with awe and wonder. One where you play the hero. One where your soul dances with vitality and your spirit breathes flames of competence. This reality only asks that you fight for it, BELIEVE

You are not ready to bleed. You must bleed. When was the last time you pursued something so vigorously it took the life out of you?. Your only exertion is onto your anime pillow. Despicable. Set your spirit on fire. The fire of youth burns brightest. Bleed for greatness

You listen to idiots. Do not listen to anybody who is going to distract you from your truth. Pick a path and be delusional to get exactly what you want from it. Let the naysayers eat dust when you charge like a raging bull onto your capa de braga of destiny and magnificence

You desperately need to cultivate 3 things. Calm in your mind, strength in your body and a fucking inferno in your spirit. Burn all of these instant gratifications away. You are a champion. The lord of your universe. You dare let your vices hold you back? Stand above weakness

There is more to life than what you see. Than what is shown to you. Life is yours for the taking with relentless effort and a stroke of luck. Surprisingly lady luck blossoms only for those who dont need her. Enough is enough. It's time for change.

If you need help, I’ve got your back

Work with me @ https://t.co/bIFaJyIVPy 12 weeks is all I need to whip you into shape