

## Twitter Thread by Art of Masculinity



**Art of Masculinity**

@AOMasculinity



### **Men, do this for 6 months and you'll be unrecognizable....**

- Lift weights. Lifting weights will strengthen your body and mind.
- Read 20 pages a day. Your brain is a muscle and needs to be strengthened.
- Daily nature walks. Nature has unlimited benefits for your mental health.
- Daily meditation. This will improve your mood and self-confidence.
- Eat healthy. Red meats, fruits, leafy greens will help you thrive.
- Don't watch porn. Porn destroys your mind and soul.
- Don't let anyone disrespect you. Be confident.
- Be selfish with your time. A lot of people don't deserve it.
- Track your progress. This will keep you motivated.
- Be a good person. This world is already full of bad people.
- Be strong. Protect your loved one's and make them feel safe.
- Smile often. It will improve your mood and the mood of other's around you.
- No drugs or alcohol. They poison your body and destroy your mind.
- Be consistent. It takes time to see big improvement, but it's worth it.
- Master your emotions. A calm mind handles every storm.

- Don't be lazy. Do the work and it will pay off.
- Learn an online skill. It will pay off forever.
- Don't revenge. Just work in silence and shock everyone who doubted you.
- Journal daily. This is a good method to get rid of negative thinking.
- Get enough sleep. 7-8 hours is perfect and will help you recover from each day.
- Create good habits. Habits determine your future.
- Plan your day. Be productive. Time is constantly running out.

Men, if you;

- Struggle with women
- Struggle with discipline
- Want to be a top 1% man
- Have low self-confidence

Get "Iron Clad Discipline".

This is a no BS guide that turns men into beasts!

Click here: <https://t.co/mWjyFj2wvX>

If you enjoyed this thread, retweet the first tweet and follow me [@AOMasculinity](https://twitter.com/AOMasculinity)

This account exists to help men:

- Build power
- Build strength
- Build masculinity

Have a good day!