

STOPME · DISCIPLINE EDITION



THE 7-DAY RESET

Break the loop. Take the discipline back.

Seven days. Run the play.

7 DAYS · ONE WIN A DAY · FREE

A FREE STARTER FROM STOPME

PRIVATE · NOTHING LEAVES YOUR PHONE

READ THIS FIRST

Start where you are.

You already know the loop: bored, tired, or alone → the urge → the hit → the shame → repeat. It's not a willpower problem. It's a **system problem. Willpower fails at midnight; systems win at noon. Seven days. One rule a day. You don't have to feel motivated — you just have to run the play.**

Make it real

You can't fix what you won't measure. Today you count.

TODAY'S MOVE

Start a clean-day counter at zero right now. Zero isn't failure — it's day one.

"This has been running me. Starting now, I run it."



Kill the supply line

Don't fight the urge — remove the access. A wall beats willpower every time.

TODAY'S MOVE

Block the sites. Move the phone out of the bedroom. Delete the one app you know is the door.

You're not weak for needing a wall. You're smart for building one.



Own the wave

An urge is a wave. It peaks in ~10–15 minutes and dies if you don't feed it.

TODAY'S MOVE

Decide your escape before the wave hits — 20 pushups, a cold shower, a walk, a 60-second reset. Pick it now, use it tonight.

You don't have to win forever. You have to win the next 15 minutes.



Fill the void

An empty hour is where you lose. The habit filled a need — meet the need cleaner.

TODAY'S MOVE

**Name what it actually gave you
(escape? rest? numbing the day?)
and put one real thing in that slot —
a workout, a walk, a call, a project.**

You're not removing a pleasure. You're upgrading the source.



Train the discipline muscle

Discipline is one muscle. Win a small hard thing daily and the big fight gets easier.

TODAY'S MOVE

Do one hard thing on purpose today you don't feel like doing — cold shower, early alarm, hardest workout, no-phone hour.

Every time you do the hard thing, you cast a vote for the man you're becoming.



Redraw the target

You don't rise to your goals. You fall to your identity. Change the identity.

TODAY'S MOVE

Write it down: “I'm not a guy trying to quit. I'm a disciplined man.” Read it when it's hard.

The story you tell about yourself becomes the man who shows up at midnight.



Build the comeback plan

Winners aren't the guys who never fall. They're the guys who get up the same hour.

TODAY'S MOVE

Decide your rule now: if you slip, no spiral, no “I’ll start Monday” — you reset the same hour and keep the road.

A streak isn't about perfection. It's about never quitting the road.





DAY 7 IS DAY ONE OF THE REST.

Keep the wall up and the counter going. StopMe is a private, on-device app built for exactly this — it blocks the sites, holds your streak (it never resets to zero to shame you), and gives you a panic button and a coach for the hard moments. Nothing you type ever leaves your phone.



Want the full system? The 30-Day Reset takes you all the way — five phases, a workbook, and a new default.

GET STOPME — FREE TO START