
LEVEL UP
MENTALITY

PART 1:
Darkness

The Story of Billy

A few years ago, there was a kid named Billy. Billy was in his mid-20s, had just graduated from college & was now working a job that he had no passion for. Billy was just showing up to life & hoping that things would eventually pan out. But unfortunately, it wasn't.

During his time feeling lost, he ended up going down a very dark path. This path consisted of him hanging out with a lot of losers, partying nonstop & learning the art of finger pointing.

You see, Billy did not understand why his life was the way it was. Why was it that he saw other people being happy with their lives while he felt so miserable? His resentment towards his peers grew & he wanted answers more than ever.

Was it the school systems fault?

No, it couldn't be that.

Was it his parents' fault?

No, not that either.

Was it the governments fault?

Hm, not quite sure.

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Billy spent days & days looking to find the reason for his problems. Soon, those days turned into weeks & those weeks turned into months. Billy still hated his job, felt aimless & had nothing going on for him. He ended up going further down this black hole, until those months soon became YEARS.

Billy was trading in his golden era in exchange for being outraged. But what frustrated him the most was that he had no clue why he was so angry.

As years had gone by, Billy was slowly beginning to figure out what was going on. It wasn't until one of his later birthdays where he looked into the mirror, shocked at what he saw. At that moment, he had finally been given the answer that he had spent years searching for.

Billy came to realize that the only person who was responsible for his pathetic life was the person looking at him across the mirror.

The reason he had always felt empty was because he was looking for that next person to blame, rather than doing something about his situation. At this point, many of his friends had moved on up, had gotten amazing jobs that they loved, had a great family & felt happy with life.

Billy could not believe what he had done! How could he have been so stupid to trade in so many years with nothing to show for it? He had spent so many years going down this black hole that he would now have to spend the next few years digging himself out. A life of playing catch up. Sad...

Want to know a scary truth?

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Billy's story is far too common. Billy is your ideal victim. Someone who believes that their negative present-day circumstances have sealed a negative future. But why are there so many Billy's running around in today's world? I think I have a clue...

The Outrage Culture

Humans were born to solve problems, not get outraged by bullshit. But here's what happened:

*We live in the era of comfort; most humans don't have any **real** problems to solve.*

So what happens? Their brains create an ILLUSION of a problem to throw a hissy fit about. Sad way to live.

'Do these people know that they are seeing an illusion, not a real problem?'

Not at all.

'Why are they unaware?'

Because they are **brainwashed**.

Humans become brainwashed thru emotions. Once they control your heart, they control your brain. And this is a real threat to people without any real challenges.

'Any examples?'

Yes.

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-Look at the people on social media that hate on celebrities all day.

-Look at the people in the real-world whining about political scandals all day.

-Look at the people worrying about the opinions of strangers all day.

They don't have any real problems. They wouldn't know what a legitimate conflict was even if it walked up to them butt naked & smacked them in the face. So what do their brains do?

Their brains turn these scenarios which can easily be ignored, into HUGE threats. These people genuinely think they are in danger & there is no resolution.

Our ancestors would laugh at how soft the human population has gotten. They had to worry about getting eaten by a sabretooth tiger. And the clowns of our generation worry about the opinions & tweets of strangers they never met.

And the herd echo their sentiments to the world. They repeat & repeat their problems until other humans without any real problems pick up the same mindset as well. BRAINWASHING 101.

Thru this brainwashing, our culture has a herd of zombies running around looking for the next person to blame for their problems. This sort of thinking pattern has given birth to the modern-day victim.

Is Victimhood on the Rise?

For far too long, have you just been existing? Showing up to life & not sure what you are exactly doing? If this sounds strangely like you, then you need to be very alert.

'Why?'

Because if you don't create your identity, then it will be created for you. Society doesn't want self-sufficient winners. They want over consumers, victims & out of shape losers.

'Why?'

Because they are easier to control & profit from.

'Huh?? You sound like some sort of conspiracy theorist.'

No, this is all truth. It's time that you wake up.

'So you're saying society isn't actively pushing for me to become my best self?'

Correct. They want you to be subpar at best. Which is why they do a few things:

1. They create a problem & sell you a solution.

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2. They manufacture a problem to stir outrage & boost their ratings.
3. They shield you from the truth because most will be disturbed by what they see.

Don't you find it a little spooky that this is the GREATEST time in human civilization, yet the masses act like the world is about to end? It's because people don't know how to question the truth. They just blindly accept what they are told.

I'm here to tell you that you are being played. Society is actively trying to create your identity for you.

They want you to see race, not individuals. Which is why identity politics is glorified.

They want you to believe the rich is hoarding all the money, which is why you're broke. Vilifying success 101.

They want you to believe people who preach accountability, lack empathy.

This form of mental conditioning has led to an abundance of victims. People are being led to believe that they are a victim of their circumstances rather than a byproduct of their habits. With the rise of technology, it is easier than ever to spread negativity at scale.

Not sure if you know this, but the subconscious mind cannot distinguish between real & fake. This mind dictates 95% of your reality & views life thru images & emotions.

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With the rise in technology, negative news, opinions & statistics are being spread at scale. This results in people feeling a lack of empowerment for their lives.

But let's be real, most victims have no clue that they are victims. You may continue reading this post and realize you were a victim all along. But where does this disease stem from? A few things, I'll just name a few:

1. **Coddling** - Kids who were coddled their entire life are the biggest victims. They think life is just supposed to be handed to them. But once they get out into the real world, they find out that's not how it works. Mom & dad aren't with you. But their soft mentality still stays the same.

2. **Mainstream Media** - Mainstream media has created a generation of weak, victim mentality clowns. These people genuinely think the world will end any second. Too brainwashed to understand they are being fed nonstop negativity for ratings.

3. **Repeat failures** - When someone fails the same way multiple times, it can do some damage. Many brush themselves off, analyze their mistakes, get 3rd party criticism and find a way to rise. But a victim? Exact opposite. They throw in the towel and decide that the system is rigged.

Signs of Victim Mentality:

Thinks life is happening to them

Uses past failures to justify avoiding future endeavors

Finger points

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Always blames a system

Lazy

Thinks all successful people are lucky

Has 0 vision

Amplifies the negatives and ignores the positives

Do You Resent Success?

At the core state, a human is a very emotional creature. A part of being an emotional creature is doing, feeling or thinking things that you often cannot explain.

Ask yourself this question, do you resent success? Many victims resent success, but never question WHY they resent success in the first place. They just feel the emotion of jealousy & then proceed to justify that emotion with misguided logic.

In the victim's mind, success is something that should be resented. When they see a successful person, a part of them automatically thinks 'privilege.' Were some privileged from birth? Sure.

But were all privileged? Absolutely not. That is simply a misconception due to a lack of perspective. Let me explain what many people who are privileged had to go thru:

Those 'privileged' successful people:

- worked a 40 hour a week job to come home and work some more on their dreams.

- weekends meant days to get more work done.

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- they turned down numerous social events just for the sake of productivity.
- they chose books over TV.
- they chose themselves over their friends.
- they dealt with rejection repeatedly.
- they wondered if their vision was even worth chasing.
- they always came out of every conflict with poise.
- blood, sweat & tears to make their vision a reality.

While the victim was:

- pounding away alcohol in a pregame.
- pounding away more alcohol in clubs.
- displaying their drunk antics with pride on Snapchat.

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- wasting their Saturday night doing the same thing that they did on Friday night.
- they do not remember any of the so-called memories they are creating.
- their Y.O.L.O mentality has morphed them from a free bird to a drunk sack of shit.
- then on Sunday, they reward themselves by watching Netflix and stuffing their body with garbage.

And instead of thinking 'hm may be my weekend warrior ways are setting my life back,' they do the **exact** opposite.

They make up this scenario in their head that the system is rigged against them. That they are not given opportunities in life. Then they assign a successful person the brunt of their blame. 'Look at this guy being successful. Wish I had his privileged life.'

But look closer! The victim wastes 3 out of the 7 days of the week. The successful person maximizes all 7 days to perfection. But that doesn't make a difference, right? The system is out to get them. Their boss and mom may to blame too, right? What a joke.

Resentment towards success will only ensure 1 thing: that you never achieve success.

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Now that you understand what victimhood is & why it exists, lets delve a little bit deeper.

What is the Comfort Zone?

The 2 Life Paths:

Path 1: short term pleasure for long term pain.

Path 2: short term pain for long term pleasure.

-Path 1 = Comfort Zone

-Path 2 = Growth Mode

The comfort zone is the byproduct of living a very easy life. You would imagine this to be a good thing. Comfort, what could be so bad about that? But the comfort zone is a very dangerous place to be stuck in.

You tend to get stuck into the comfort zone due to your subconscious mind. The subconscious mind is wired to seek comfort. Our primal ancestors were going out of their way to find food, shelter & safety in a very chaotic world.

But in today's generation, most humans do not really have to worry about that. We have food in our fridge, shelter over our heads & have safety on lock down. So, what next?

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Many decide all is good & decide to settle into the comfort zone. But here's the problem with settling. Our brains are naturally wired to tackle challenges. When it has no challenges presented, it will create its own.

When there is an abundance of comfort, our brains begin to blow small things out of proportion to turn it into a 'threat.' This leads to caring a lot about other people's opinions, getting offended quicker & skyrocketing anxiety.

Therefore anxiety is on the rise, even though we live in the most comfortable era in human history. With anxiety on rise, your life begins to feel a lot more clogged.

You begin to overthink, feel destructive emotions & think all hope is lost. This leads to a very negative viewpoint of life.

And understand this little psychological principle: *You project your internal world onto the external world.*

Picture yourself as a magnet. The energy that you are putting out there is the same energy that will be magnetized back to you. This concept is important to understand because it gives you a deeper understanding of victimhood.

A negative internal world gives birth to a negative external world. Then the negative external world causes a deeper resentment in the internal world.

That is how the comfort zone sparks a circle of toxicity.

Is Finger Pointing Becoming a Habit?

Finger pointing is the art of blaming your problems on another human. Finger pointing brings short term satisfaction in exchange for long-term powerlessness.

Every time, you finger point and blame your problems on another party, you will temporarily feel good because you have taken a load off burden off your plate. But the question is, who will solve the problem? The person you are blaming has their own problems to deal with, so they won't care if you are blaming them or not.

What you have now done is signal to your subconscious mind that you are not in control of your own life. That the problems you face is not due to your habits or actions but caused by a 3rd party. When you signal this command to your subconscious mind, you take away a great deal of your power and hand it over to someone else.

That is how the mindset of a victim works. They finger point on autopilot but lack the awareness to understand their behavior.

The opposite of finger pointing is **accountability**. Accountability is taking responsibility for the good AND the bad. Even if the bad was not your fault, you still take responsibility for it because it is your life & you are going to be

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the only one who deals with the negative emotions associated with the problem.

Accountability is when you bring on short term pain in exchange for longer term powerfulness. This is a lifechanging concept that will end victim mentality for good. But guess what?

A victim has their neural pathways too engrained to even give accountability a chance.

Why Group Thinking Is Dangerous

If you want to know the core difference between a victim & a victor, well, here it is:

The victor knows how to think for themselves & the victim opts to group think.

What is group thinking? Group thinking is letting the thought patterns of others dictate your thought patterns as well.

Now there is a time and place to be open minded & allow the perspectives of others to further enhance your mindset, sure. But group thinkers take it a level further. They literally rely on the group to think FOR them. That's when things begin to get dangerous.

This sort of herd thinking is dangerous because it makes a human dependent & an easy target for brainwashing. When you don't know how to operate one of the most powerful engines at your disposal, your brain, you tend to just wait for the group to reach a consensus so you can adopt that belief as well.

This level of dependency will have you overlooking opportunities & killing your confidence along the way.

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Everyone has had different experiences to get to where they are today. Using the experiences of someone else as the reference point for your own life will lead you to a lot of poor decisions & dangerous habits. Group thinking is a low social valued act that will have you acting like some extra in your life, not the main character.

How to Fix a Victim Mind

It's hard to fix a victim mind, not going to lie. You are basically rewiring years of structured neural pathways, limited beliefs & habits. But it's even harder because not only do you have to fix yourself internally, but you also must fix yourself externally. That's where things get difficult.

You typically won't see a victim surrounded by a bunch of victors. Victors are the types of people who take full responsibility for their lives. You will often see victims rolling with other victims.

Which is why negative thought patterns become reinforced, further sealing a reality.

Now even though victimhood is difficult to break out of, *it is possible*. And it traditionally happens thru 2 ways:

1. **Overtime**

2. **Rock-bottom**

The overtime strategy is when you are getting older, you are accumulating more experiences. And as you accumulate more experiences, you unlock new perspectives. The new level of perspectives brings in awareness to your life. Awareness is key if you want to disrupt limiting beliefs & negative habits. As you

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mature, your awareness helps you understand that you were the only one responsible for your life all along. It wasn't another person's job to get you what you wanted from your world, it was only yours.

The second option is the rock bottom moment. This is a moment that can happen suddenly and shatter a great deal of your world. Although this moment is much more painful than the prior process, it is faster. The rock bottom moment is an eye-opening time for many of us. If you have gone thru it in the past, then you know what I'm talking about. If you are going thru it right now, then read on.

The Rock Bottom Moment

Life has a funny way of humbling you. One thing that you will notice is that everything comes in peaks & valleys. You may currently be going thru a peak. You are in a committed relationship, have a dream job, drive a dope new car etc.

Life is going well & you seem to be on top of the world! You wonder how certain people out there don't have their shit together. What's so hard about managing your life? You just show up, put in the work & everything will be fine and dandy.

As you are living this dream life, out of the blue moon, something changes. Everything that you worked so hard for, comes crashing down before your eyes. Your relationship ends, you end up getting fired, and you crash your car.

A part of you feels like this is a nightmare that you will wake up from any second, that there is no way that your situation has gotten this bad overnight. Until you pinch yourself, feel pain, and realize that you are not asleep, you are awake.

Welcome to rock bottom.

The sudden or gradual downfall of your reality will be one of the most significant moments in your life.

After the event/s have transpired, you will feel broken within. Not only will you be out of it mentally, but physically as

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well. You are going to feel **extra** lazy. Your whole body is going to feel heavy & very warm. This may lead to excessive sleeping.

Other than feeling tired, you may lose your appetite as well. When I hit my rock bottom moment, I'd be lucky to even eat one meal day. Your lack of appetite will have you feeling even more lethargic. The lack of energy is going to make you spend more time in your head.

In order to escape your mind replaying whichever moment led to your rock bottom moment, you may turn to the bottle or the bong. You may believe that alcohol & weed will allow you to escape this nightmare. Will it? Sure. But only temporarily. However, once you are sober, same thoughts.

'Oh no! How long is this going to go on for?'

Depends.

'On?'

On you. Only you will be able to decide how long this spiral goes on for.

'So what do I do?'

You discover & rebuild yourself.

Here is the beauty about the rock bottom moment. You'll be the only person who pulls yourself out of it. Friends & family will help, sure. But ultimately, it will be your responsibility. You will be given 2 choices:

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1. Stay in hell.
2. Engineer one of the greatest comeback stories ever.

Option 1 is the easy thing to do, because you just continue doing what you have been doing. And to be honest, most people choose to be a victim of their circumstances & stay in rock bottom. But this is a sad way to live because it impacts your present-day reality AND your future.

People who choose option 1 go on a downward spiral for weeks, months, or even years. One day, they see the people around them moving up in the world, accumulating value & building status. And when they look in the mirror, they see the same loser who has been moping around for ages. Once they make the realization that being a victim was never an optimal life choice, they are shattered.

They have wasted so much time that they will not get back. Now they have to play catch up on the game of life, desperately trying to clean up their past mistakes.

But that doesn't have to be you.

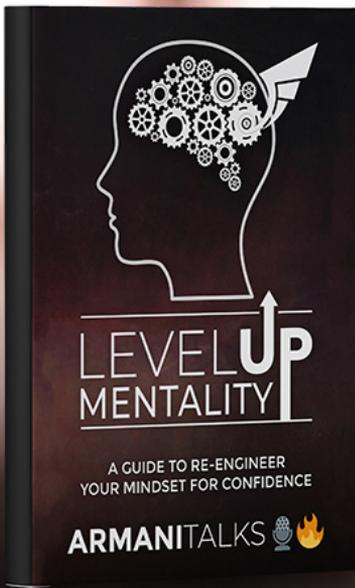
'How can I avoid this ill fate?'

By choosing option 2. By designing one of the greatest comeback stories ever. Ditch the life of the victim. Use your rock bottom moment to change your reality. Use this moment to make one of the best decisions of your life.

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If you are ready to become a victor, then you are ready to begin your level up journey.

Read the rest



This book is filled with gems that has increased my emotional intelligence and helped take control of my mind which has leveled me up in several aspects of my life.

Kade McClure (Tokyo)

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