



Disclaimer

This guide has been designed solely for information purposes. It has not been designed to cure, treat or diagnose any health problem, disease or other medical condition. If a health problem, disease or other medical condition is present then you must immediately contact and consult a doctor. Please be aware that before using any of the information, exercises or anything else found inside this guide you must first consult a doctor of qualified medical physician. If you incorrectly follow this guide or perform exercises in a way other than described within you may experience injury to your penis and surrounding areas. Possible injuries could include strained ligaments, burst capillaries, pulled muscles or erectile dysfunction. Read the whole of this guide before engaging in any of the activities referenced inside. This guide is for informational purposes only and is not a substitute for medical advice. The creator of this guide, nor any of its affiliates are to be held liable for any injury you may endure as a result of using it.

Whilst we aim to provide the best reasoned advice we would advise that you consult a doctor before undertaking any of the exercise outlined within this book.

Copyright

This guide is copyright 2012 with all rights reserved. It is illegal to copy, distribute, share, or create derivative works from this guide in whole or in part or to contribute to the copying, distribution, sharing or creating of derivative works of this guide. All violators will be prosecuted.

The Hidden “Secret” Of Rapid Growth

In The Size System we’ve outlined all of the most effective techniques and exercises you’ll ever need to rapidly increase your length, girth, improve the physical attraction or making any other change to your penis...

But there’s one hidden secret of rapid growth that most men overlook when it comes to effective penis enlargement.

And as simple as it might sound, this secret is what we believe to holds most men back who fail to get the size gains they want at the speed they want...

But those men who do use it – experience much faster and greater gains than they ever would have expected.

What is this hidden secret?

We call it “planning for success”.

And it’s actually the complete opposite of what most men do when they try to grow their penis.

To illustrate this point - here’s the normal pattern most men go through when they want to grow their penis...

- 1) They get really excited about doing it and go buy a course
- 2) They read through the entire training course in a day and then do double the required exercises, because they’re so excited about the potential gains
- 3) For the first 3 days all they can think about is the gains and they can’t wait to do the exercises
- 4) But then somewhere between days 4 and 7 they suddenly lose their passion. Out of their initial excitement they forget / didn’t bother to make any measurements and therefore have no way of confirming the gains they’ve made (which are invisible to them, because they’ve been looking at their penis everyday so they wouldn’t notice any growth gains).
- 5) Since they can’t confirm their gains and their initial “honeymoon” period of excitement is over they skip a few exercise sessions, because “well, you know, I had other stuff going on”
- 6) After 2 weeks time they barely manage 1 exercise / week
- 7) They give up and blame “the techniques” for not working

Now this outline isn’t meant to disrespect anyone who gives up on something.

Just about everyone goes through this pattern some times in their lives when trying to make a change, but when people finally do make a PERMANENT change, they do so by avoiding this pattern.

The above pattern is deadly and no matter how effective the techniques you use, if you fall into this pattern you’ll NEVER see the gains you like.

So what’s the solution?

Well, like mentioned about, the solution is to “plan for success”.

The fact is that it's only natural that your motivation and desire to do the exercises is going to dip slightly after the "honeymoon period" of excitement...

But the way to handle this is to PLAN FOR IT.

Hence why we call it "planning for success".

And the way to plan for success is to become *strategic* about the way you approach your exercises and to understand that it's not just the physical exercises you need to work, but your motivation as well...

Because without the motivation to follow through, like mentioned above, it doesn't matter how effective the exercises are if you don't do them.

So, how exactly do you plan for success?

Well, there are 4 major steps and you must do all of them.

Step 1 – Set A Specific Target

This may seem like “goal-setting 101”, but the 4 steps we’re going to walk you through now are essential...

And if you play along we GUARANTEE you’ll have seen greater gains in 1 month’s time than if you don’t.

So if you have any issues with “goal setting” or “motivation stuff” put them to the site for now and realize that this isn’t some “positive talk / self help” rant...

This is what ANY guy who successfully grows his penis does, whether conscious or not.

Therefore it’s essential you do it too.

Right...

So let’s explore what we mean by “set a specific target”.

One of the biggest mistakes people make when setting goals is they don’t get specific.

And to explain with, let’s start with an example...

Saying “I want to make my penis bigger” is a non-specific goal and one you probably won’t feel passionate about achieving.

Why?

Firstly, it’s not measurable.

And when it’s not measurable how can you ever know whether you’ve achieved it or not?

Say you were to grow your penis by ½ inch in a month – would that classify as “bigger”?

Who knows, because it could always be even bigger, right? So therefore you lose the motivation.

Secondly, it doesn’t have a deadline.

The time that a goal starts feeling real and achievable to us is when we put a deadline on it.

Without a deadline a goal is just a dream.

Saying “I want a bigger penis” really doesn’t inspire much action.

However, saying “I want to grow my penis by ½ inch by the end of this month” is inspiring because it means that to get that goal you had better get started on performing your exercises now, otherwise it’ll be too late and you won’t make it.

There’s no need to go too deep into the whole concept of setting deadlines and scheduling for success, because you get the idea...

Set a deadline on something and it’ll increase your chances of following through and actually making it happen much more likely.

Also this way you'll actually know if you've achieved it or not... And what guy doesn't like to achieve a goal he's set?

To summarize...

- 1) Make the goal measurable – this will motivate you and you'll be able to tell when you're getting closer to your goal
- 2) Set a deadline to your goal – until you schedule something you can procrastinate all day long and let yourself get away with it. By setting a deadline you blow away all your excuses, because you know you've got to follow through.

Action Steps

- 1) Write down a measurable goal with a deadline that you would be thrilled to achieve and is realistically achievable too.

Step 2 – Develop A Powerful “Reason Why”?

Like we’ve already talked about, at the start of your training you’re going to be incredibly motivated.

You’re going to want to do 5 exercises a day and you’re going to love every second of it.

This is because you’re in your “honeymoon period” of excitement and motivation.

However, for most men it’s inevitable that there will be times when life gets in the way and you’ll want to procrastinate and not follow through...

So when these times come up you need to make sure that you’ve developed a strong enough “reason why” to follow through, even when you don’t feel like it.

The difference between success and failure most often doesn’t come down to strategy and techniques alone (this is true for making any change in life, not just penis enlargement, by the way) it comes down the “why”.

How badly do you want it?

If you want this badly enough you’ll find a way and you’ll MAKE it happen no matter what.

But if you’re “kinda motivated”... then sure, you’ll see some gains, but my betting is that they’ll be nothing compared to the guy who would give anything for it.

So that’s the kind of motivation you need, because that’ll get you through all the tough times, like when you’re tired, when you don’t have much time, when you’ve had a hard day at work, etc.

Now the question is, how do you develop your reason why?

And the answer to that is pretty simple.

All that takes is answering the question... “why do you want to achieve the goal you set out in step 1?”

And we recommend you write down your answer.

Ask yourself “what are all the great things that’ll come from achieving the goal I set out in step 1?”

“How will my life improve as a result of the goal I set out in step 1?”

“How will my relationships improve, how will my confidence improve, how will everything else in my life improve by achieving the goal I set out in step 1?”

Take a while to write down your answers and really explore your reasons.

Writing this down is important, because later, when you’re feeling less motivated, you’ll be able to refer back to your answers to find that motivation again.

In fact, as part of the action plan we recommend in step 3, it’s advised that you review your reasons daily so you can build up and develop that motivation to drive you and keep you doing the exercises necessary for growth way after your “honeymoon period” of motivation ends.

So to summarize...

- 1) Realize that motivation isn't just something you either have or you don't have... It's something that must be developed. By consciously developing your motivation you'll have the drive to do your workouts even when life gets in the way like you feeling tired, not having time, or having a bad day at work, etc.

Action Steps

- 1) Write down and make a pro-active effort to develop your reasons why so you can quickly tap into that motivation whenever you need it.

Step 3 - Create And Follow An Action Plan

This is the 3rd step of planning for success and it is as crucial as all of the others.

What's unique about this planning method is that not only do we recommend that you plan when you're going to complete your exercises, we also recommend that you plan a time to remind yourself of your goal(s) and your "reasons why".

This is a very important distinction, because reminding yourself of your goals and developing your motivation on a regular basis is what will give you the power to follow through on your exercises where other men fail.

One of the absolute fundamental keys to rapid and large size gains is consistency of training.

If you don't do consistent training then you can never expect to see large gains, therefore you have to do whatever it takes to bring yourself to train consistently, and that involves both planning your workouts AND planning to develop your motivation.

So what kind of planning do we recommend?

Well, we recommend that you schedule a time each weekday to complete your exercises and to remind yourself of your goals and your "reason why".

The exact times for this will depend on what works best for you.

Some people are morning people, some people are night people.

Regardless of what kind of person you are, what's essential is that you **develop a fixed time everyday when you complete your workouts.**

It's not enough to just say "I will find time to do my workouts", because before you know it that time will be taken up by something else.

So make sure you plan a specific time.

If you're a morning person, set your alarm earlier and commit to getting up earlier so you can complete your exercises before your work day gets started.

If you're an evening person commit a specific time in the evening when you'll complete your workouts.

The time you choose is up to you, but make sure that when you pick a time you schedule it and treat it like a meeting that can't be rescheduled.

If you're serious about seeing results you have to dedicate time to making this happen.

The results are so worth it, so make the commitment and schedule a time now.

The other point that I've been alluding to is to make reviewing your goal(s) and your "reasons why" part of your workout.

This may seem pointless right now while you're already super-motivated (at least we hope you are!), but by starting to re-enforce that motivation and passion early you'll find it much easier later on to follow through with your workouts, because you'll have engrained into yourself the powerful reason of why you're doing them.

So how do we recommend you review your goals and "reasons why"?

This doesn't have to be difficult.

And many people have different ways of doing it...

- Some like to rewrite their goal + reason why 100 times
- Some like to visualize their goals being achieved and all the great things that come from it.
- Some like to just take a few minutes to think about their goals and remind themselves of why their doing it in the first place.

The point is to take 5-10 minutes to remind yourself of what you want and why you want it... And ideally to visualize yourself successfully achieving it.

Now this may sound a bit "self help" to you, but the fact is that you've got to take control of your motivation.

If you're setting your alarm 15 to 30 minutes earlier because of your new routine you better be damn sure that you know why you've set that alarm early, otherwise when that alarm goes off and you haven't had a full night's sleep you'll just hit the snooze button and before you know it you're exercise schedule is completely off track.

It's therefore *essential* you add this to your daily weekday routine.

To summarize...

- 1) Consistency of training is absolutely essential to seeing fast and large size gains, therefore it's essential to plan a specific time when you'll complete your workouts AND a specific time when you'll remind yourself of your goals and why you're doing it

Action Steps

- 1) Schedule a specific time when you'll complete your workouts and when you'll remind yourself of your goals and "reason why" every weekday

Step 4 – Measure Your Workouts And Results

The final step of planning for success is to measure your workouts and results.

This is of HUGE importance and because of this we've actually already integrated much of this into The Size System training with the help of the Progress Trackers.

However, since we feel it's so essential, we'd like to take this opportunity to deepen your understanding and appreciation of the importance of measurement even further.

So – this step all hinges on the idea that...

In order to achieve your goals you've got to measure your progress or how else will you know when you achieve them?

And there are two key variables you should measure if you're serious about increasing your penis size...

- 1) Your workouts
- 2) Your results

By workouts we mean that you should be writing down every time you complete your penis enlargement exercises.

This is a great way of keeping yourself accountable for your exercises, because a "yes" or a "no" on a score sheet doesn't lie.

See, it's easy to rationalize why we "don't have time", "are too busy" or "are too tired" to complete a workout, but when you measure clearly in black and white whether you complete a workout or not then there are no excuses...

You've either done the workout or you haven't.

And this is a great way to keep you on track.

It's also a great way to not fall into the trap of blaming the exercises for not working, because if after two weeks you see minimal gains, but then you look back and realize you've only done 3 workouts, then it can't possibly be the exercises fault for not working.

This is incredibly important, because as soon as you give up on the exercises you'll lose all motivation altogether.

On top of that, measuring when you complete your workouts can be enough motivation in itself for you to complete the workout.

If you're truly committed to penis enlargement then you know deep down that you can't afford to miss a planned workout, but if you don't measure your workouts it's easy to convince yourself that missing one workout won't matter.

You can come up with excuses and say things like "I'll do two workouts tomorrow", but when you're measuring it – none of these excuses hold and when it comes down to it, often you'll go ahead and

just complete the exercises so you have the satisfaction of knowing that you've completed what you've said you'd do for the day.

Bonus Points

If you really want to up the ante, you can take it the next level by telling another person about your commitment to complete your exercises – also known as “getting an accountability partner”.

You could tell them that you'll e-mail them each day telling them whether you've done the exercises you've committed to or not.

The fact that you have to tell another person will make you that much more committed.

If you don't want to you wouldn't have to tell them the exact exercises you're doing – you could just tell them “I'm doing exercise 5 days a week for the next month and I want you to hold me accountable”.

And if you'd like to up the ante even more you could say something like “For every exercise I miss I'll pay you x amount of money.” This will *definitely* get you following through on what you've committed to.

The second thing we recommend you measure is your results.

And by results we mean your specific size measurements.

On the very first day of your training you should measure all your sizes as described in The Size System and once every two weeks from then on you should continue to regularly measure your sizes.

This is so SO important, because if you look at your penis every day, it can be difficult to visibly notice the gains.

But if you *measure* your gains, then you can look back at your numbers after 2, 4, 6, 8 weeks, etc. and see how your sizes have increased over the time period.

Doing this is incredibly motivating because you can see the impact that all your workouts are having and it'll therefore drive you to keep doing them, because you'll know for sure that they make a difference.

To summarize...

- 1) Measuring your following through and your results can help increase your success rate dramatically, because it provides invaluable motivation and is a very powerful way to overcome procrastination too

Action Steps

- 1) Print off the Progress Trackers from the members page if you haven't already and fill out your measurement details

2) Schedule a time to complete your weekly measurements

Final Thoughts

So what we've talked about in this section is that there are the 4 steps to planning for success...

- Step 1 – Set A Specific Target
- Step 2 – Develop A Powerful “Reason Why”?
- Step 3 - Create And Follow An Action Plan
- Step 4 – Measure Your Workouts And Results

Follow these and your chances of success will increase by 10x.

Remember, consistency is the key to rapid and large gains, but to be consistent you must have the motivation and planning in place.

Follow these 4 steps and you'll have exactly that.

Additional Tip: Overcoming Procrastination

One of the most common questions guys have is “how do I stop myself from procrastination on my exercises?”

And luckily there’s a very good answer to this.

Firstly though, let’s get clear on the definition...

Procrastination is any time you don’t follow through on an action that’s necessary for you to reach your goal.

In this particular case the action you’re not following through on is completing your exercises.

Now the solution to procrastination comes by examining what really causes procrastination, and the answer is quite simply this...

You procrastinate when you feel like doing the task is going to cause more discomfort than pleasure.

Think about it...

If you absolutely LOVED doing your exercises you’d do them with ease, right?

Or if you knew with 100% certainty that doing the exercises was going to directly contribute to an increase in your penis size, you’d be happy to do it, right?

So why would someone ever put it off?

Because in the moment they don’t feel like doing the exercise is going to lead to pleasure.

In other words – a person will procrastinate when he feels like doing the exercises is going to be an inconvenience rather than something that gives him great pleasure.

Therefore the key to overcoming procrastination is to remind yourself **why** you committed to do the exercises in the first place...

Think about all the great things that’ll come from you completing your exercises, think about the great look on the face of your lover(s) when you present your new penis size, think about all the pleasure you’ll be able to give your lover(s) from now on and all the gratitude, respect and appreciation that’ll come from that.

When you really get excited about all the results that come from doing the exercises you’ll **want** to do them and they’ll be fun to do as well, because you’ll be thinking of all the cool benefits that come from doing them.

This is the key to overcoming procrastination.

Now...

You can either wait until you don’t feel motivated and then try and remind yourself of why you’re doing the exercises in the first place...

Or...

Like we've talked about earlier...

You can develop your motivation daily so that you'll already know why you're doing your exercises when the time comes to do them.

And if you do this... You'll rarely find yourself procrastinating, because why would you ever procrastinate on something you want to do?

Another way to think about it is like this...

Think of something you love to do and regularly do with ease...

Maybe that's playing computer games or hanging out with friends or watching a film or going to the gym or doing a certain type of work...

Whatever it is for you, think about it now.

Could you ever imagine procrastinating on that thing you love to do?

I imagine your answer is "Heck NO!", because it's easy to do something you love to do.

Well, that's how you want to get yourself to feel about doing your daily penis exercises.

When you can get that excited about doing your daily exercises – procrastination will never be an issue for you.

In fact – try the following exercise out now to help you develop more of a love for your daily exercises...

1. Take a moment to think about your favourite activity
2. Once you've thought about it ask yourself "what specifically do I love about this activity?"
 - a. Is it the challenge, is it the competitiveness, is it the social aspect, is it the variety that it provides or is it because you just know that you'll do a great job with it?
 - b. Whatever it is figure out your answer to that question
3. Once you've got that answer, answer the following question "how could I apply what I love to my daily exercises?"
 - a. The answer may not be immediately obvious, but we guarantee that there are ways to apply every kind of love to this as long as you're creative enough.
 - b. Sometimes the answer can be simpler than you think... For instance it could just be that you need to change how you look at doing the exercises – instead of an inconvenient commitment you could look at them as a challenging workout... Or instead of looking at them as boring you could try and find new creative ways (or places in which) to do them.
 - c. It's up to you... The only thing that'll hold you back is your creativity

So there you have it.

Above is the real secret to overcoming procrastination.

And if you ever find yourself procrastinating again, it's just because you haven't done what's been described above to overcome it.

It's really that simple.

To summarize...

- 1) Procrastination happens when you don't fully appreciate the benefits and fun of doing what you "should" be doing it
- 2) Overcome procrastination by conditioning yourself to love doing the exercises, by developing your motivation daily (as described earlier) and by figuring out what makes you love to do something and then applying that same love to the daily exercises.