

# Discipline Monster

Structure | Consistency | Accountability

## What Is Discipline Monster

Discipline Monster is an online accountability community for busy professionals who want lasting health, energy, and longevity — without relying on motivation or willpower.

**This system is anchored by a simple weekly accountability check-in — the one habit that makes consistency sustainable.**

This is not another health program.  
This is not inspiration.  
This is a system you use — weekly — for decades.



## Who This Is For

Discipline Monster is built for people who:

- Are already successful in their careers
  - Are busy, travel often, and have demanding schedules
  - Know what to do — but struggle with long-term consistency
  - Want structure, not noise
  - Want accountability, not motivation
- If that's you, keep reading.

## Discipline Is Not Motivation Discipline Is Structure + Consistency

Most people fail at health not because they lack information — but because they lack a system that fits real life.

Discipline Monster is built on a simple belief: What you do consistently matters more than what you do perfectly.

The goal isn't intensity. The goal is showing up — every week — for years.



Created by Mark Yamamoto  
senior executive and global operator

## Your Free Tool: The Clarity Manifesto Before habits stick, you need clarity.

The Clarity Manifesto helps you define — in plain language — why your health actually matters in your real life.

- This isn't journaling.
- This isn't affirmations.

It's a short, practical tool that anchors your decisions when life gets busy.



👉 Clarity Manifesto (Free):

[Click here to download](#)

Use it once. Revisit it often.  
This is where consistency starts.

# This Is an Accountability System — Not a Content Platform

## Discipline Monster is operational, not informational.

The website, videos, and tools are not the product.

They are guides.

The real value comes from:

- Weekly accountability livestreams
- A shared rhythm of check-ins
- Doing the work together, not alone

You can participate as much — or as little — as you want.

You can listen quietly.

You can share.

You can just show up.

Showing up is everything.

### The Discipline Monster Method

Discipline Monster helps you build habits using four simple tools:

- 1 Clarity Manifesto**  
Get clear on why your health matters — deeply. 
- 2 Three Pillar Exercise**  
Define simple rules for nutrition, exercise, and sleep. 
- 3 Benchmark Nutrition Calculator**  
Know your numbers. No guessing. No extremes. 
- 4 Weekly Accountability Sheet**  
Track consistency — and check in weekly with others. 

These tools are intentionally simple. They are designed to be used, not admired.

### Start Free - Build Your Foundation

You can download the first three tools for free.

They give you everything you need to:

- Get clear
- Set simple rules
- Establish benchmarks
- Start building consistency immediately

👉 Click here:



Visit website

Step-by-step instructions are provided on the page. No pressure. No tricks. Just tools you can use today.

### Led by Someone Who Lives This Life

#### Discipline Monster is led by Mark Yamamoto —

A senior executive who travels extensively and understands what busy life actually looks like.

This system wasn't designed in theory.

It was built from lived experience.

Discipline Monster exists because:

Consistency is easier — and more enjoyable — when you're not doing it alone.



58 years old, travels 200,000 miles per year, still fits into my high school jeans

### This Is the Long Game

#### Discipline Monster is for people who:

- Think in decades, not weeks
- Want structure over shortcuts
- Value consistency over intensity

If you're ready to stop starting over — and start building something that lasts —

👉 Start here:

<https://www.disciplinemonster.com/how-it-works>

