

# Your time is your greatest asset. Be selective about how you spend it.

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It took me some time to realize what SMV really meant. On the surface, it boils down to a number on scale of relative attractiveness. And there's definitely some truth to that. However, in order to better understand the concept, I think it's important to break it down further.

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How is the value of anything in a particular market established? What does every market attempt to capture? Only the most valuable currency known to this planet. Human attention.

Paying attention to something is a way of assigning value. The quality and amount of attention given determine relative value. And the more you pay attention to someone or something, the more you signal to the rest of the world (and your own brain) how valuable you believe it to be. This makes sense because if this wasn't the case, logically you wouldn't waste your time or energy on that thing or person.

Pre-selection is powerful. When people pay attention to a particular product, it grows in popularity and demands an increase in price. This is why billions of dollars are spent each year on marketing and advertisement.

Women market themselves through sexual availability and physical appeal. Those who men pay attention to the most have the highest sexual market value. This is fairly obvious. This is why men can easily be attracted to women in seconds, while women generally take longer to become attracted because they seek out behavioral traits that aren't quite apparent at first glance.

When you give your attention away freely, it becomes clear that you don't value your own time. People are well-attuned to sensing this subconsciously. When a man orbits a woman, he broadcasts the fact that her time is more valuable than his, and will therefore supplicate to her whims and emotions. This is such a turnoff to women because women are attracted to *value*. And when you don't provide value, you are of no use to her.

In the age of social media, women have been inundated with validation from men who don't know the value of their own time. This causes some women to believe that they are much more valueable than they really are. And as we all know, perception is reality.

The trick to this is, if your frame is unshakeable and you truly believe something, reality will bend to your psychological frame of reference because reality is based upon the perception of observers.

However, your brain isn't stupid, you can't fool yourself forever. Repeating a mantra of "I am alpha and tough and all women want me" is no substitute for actual self-improvement. The basis of a strong frame is actually going out and becoming successful, no matter how you might define it. In order to truly believe that you and your time have value, you must improve yourself. Investing money into a product will increase its value. Investing time in yourself is no different. When the reality of your time being valuable is nested in sound logic, when you **know** it to be true, women's emotional reality has no choice but to bend and accept the logically stronger frame.

As far as human nature is concerned, the man with the strongest frame of reality, the self-actualized successful man, is the man with the highest Sexual Market Value.

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The human brain is an excellent servant, but a terrible master. Left to its own devices, it will seek to conserve and hoard energy. In the modern world of excess this manifests as laziness and gluttony. Your natural desires for success are placated by virtual fantasies transmitted through black mirrors in our pockets and living rooms: video games, porn, tv, social media, etc. But these virtual successes are short-lived and unfulfilling. People are so depressed, anxious, and short-tempered these days because they are trapped by *webs* and filtered by *screens*.

Time will go by regardless. It is how you invest that time which determines your success in life. The more you value your time, the more you will spend it wisely. The more wisely you spend your time, the more valuable your time will become. Its a positive feedback loop.

But you must be selective about how you spend your time. Don't get caught in the virtual web of distractions. Take intelligent action to improve your life and nature will reward you for your efforts. This doesn't mean you must be a slave to productivity 24/7. In order to maximize the value your time provides, relaxation and rest are absolutely essential as well. Optimization requires balance.

It may be a stretch of the term, but I'm of the opinion that life is really just an elaborate shit test, designed to *screen* out the unworthy who aren't strong and intelligent enough to shape reality for themselves. Fortune favors the bold and nature destroys the weak. This is natural selection in action. If you can't figure out how to survive and thrive, nature has no place for you and it will shit on you with no remorse. Nature is amoral and your time is valuable. Act accordingly.