

## *Warrior Mind Strength Workbook*



This workbook contains all the exercises from the Warrior Mind Strength Home Study Course. You can use this to write down your answers or keep when you decide to take the course over.

Yes...I would encourage you take the course over every 6-9 months. This way you'll ensure that you're keeping with the practices. Also, each time you retake the course you will gain new perspectives.

## ***Lesson 1: Courage to Change***

Before you receive the next lesson take time with the below questions. Contemplate the question be answering....these questions, if allowed, can go deep into your Soul and create some very powerful emotions. If need be, write/type them out in your notebook. Then reflect on each question before answering.

This process will assist you become aware of where your true desires are and the following sessions will assist you in creating them!

- Are you prepared to make a choice?
  
- Once the choice is made, are you courageous enough to start?
  
- Will you commit to finishing what you start?
  
- What do you want?
- How will you know when you have it?
  
- Are you certain that the choice you are acting on is what you want?
  
- What makes you think so?
  
- Are you sure that manifesting this choice is where you want to put your energy?

- You could be doing all kinds of other things, so why this and not something else?
  
- Have you been satisfied with manifesting something like this in the past?
  - What would you want to do differently in the process if you were to it again?
  
- What do you want to keep the same?
  
- Before, when you decided to proceed, how did you know it was the right move for you?
  
- Why now?
  
- Where, when and with who do you want it?
  
- How will your desired outcome affect other aspects of your life?
  
- What stops you from having your desired outcome already?

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- What resources/capabilities/skills do you already have the will contribute to getting to your outcome?
- What additional resources/capabilities/skills do you need to get there?
- How are you going to get there (how many different ways can you get there)?

## ***Lesson 2: War of the Worlds***

### **Assignments:**

Think of 5 recent times when you reacted to you outer world situation and this effect your inner world of thoughts and emotions.

- 1.
- 2.
- 3.
- 4.
- 5.

Now that you are aware that you have a choice, how would you have liked to respond to the above (you know the difference between reaction and responding? ...about 10 seconds ☺)

- 1.
- 2.
- 3.
- 4.
- 5.

## ***Session 3: Everything is Controlled by Laws***

### **Assignments:**

1. Without thinking...answer as quickly as possible the following:
  - a. My life is ...
  
  - b. People are ...
  
  - c. Money is ...
  
  - d. My future is ...
  
  - e. My body is ...
  
  - f. Happiness is ...
  
  - g. My health is ...
  
2. If we live in a world of 'cause and effect' and the effects are the result of your cause (thinking) what is your world demonstrating about you?
  
  
  
  
  
  
  
  
  
  
3. Finish the following:
  - a. I only feel loved when ...
  
  
  - b. I get angry at ...
  
  
  - c. I like it best when people tell me I'm ...

Finish the following - Continued

- d. I like to think of myself as ...
- e. Whenever I'm hurt, I ...
- f. I want to live my life as someone who ...
- g. My finest achievement in life is ...
- h. Nobody ever said that I was ...
- i. Bad things happen to me when ...
- j. My greatest talent is ...
- k. I'm no good at ...
- l. In terms of looks and personal appearances, I'm ...
- m. The best thing that ever happened to me was ...
- n. My greatest challenge is ...
- o. I still find it difficult to ...
- p. If I could have one wish come true, it would be ...

4. Write/copy in your notebook the Seven Principles of Warrior Mind Strength and add notes about your thoughts of them and how you can use them to your advantage in your life.



## ***Session 4: The Conscious Mind***

### **Assignments:**

Write down the questions and answers in your note to the following:

1. What do you talk (complain) about everyday
  - a. Your work
  
  - b. Your health
  
  - c. Your Finances
  
  - d. What else ...
  
2. Think about your typical day and record
  - a. How many hours of the news you watch
  
  - b. How much “other” TV you watch and the type of show(s)
  
  - c. What is the content of what you read everyday, include
    - i. Internet
  
    - ii. E-mail
  
    - iii. Books
  
    - iv. Newspaper

3. How do the answers to above effect your mind's motion and the stories it creates?

## **Session 5: Negative Thoughts, Beliefs and Ideas**

### **Field Work:**

- Until the next session take one method a day for naturalizing negatives and practice it several times a day.
- Journal your experience and thoughts

## **Session 6: Concentration and Contemplation**

### **Field Work**

- Until the next session take a principle per day and contemplate it's meaning for you and your life. This period should only be between 5 and 10 minutes.
- Journal your experience and thoughts

## Session 7: Deeper into the Six Principles

### **Field Work for the Next Week:**

As I have mentioned before, you do not get Warrior Mind Strength from reading but by doing. Get a stop watch and set it to 5 minutes.

- **Write down the Seven Principles** on a piece of paper and spend 5 minutes a day contemplating them. When you contemplate them have a note book hand and anytime you get an insight write it down. You can jump around between the laws and stay with the laws for 5 minutes.

- **Take one principle per day** and contemplate it only for 5 minutes. So ad the end of the week you will have contemplated all the principles. This one will be a bit hared then the first exercise and I know you can do it. I'll warn you upfront....your mind will drift away about 20 times in the 5 minutes,...so what do you do....you bring it back 20 times. This is a discipline; this is mental gymnastics/fitness. This is gaining control of your mind

- Contemplate this statement for 5 minutes: ***“I am in possession of an amazing instrument of power that is transforming my life, now that I am learning how to use it.”*** Really think and contemplate this...discipline your mind to stay with this.
- Contemplate this statement for 5 minutes: ***“My personal vibration determines the circumstance and situations that happen to me, my thoughts and beliefs create my personal vibration.”*** Again, really contemplate this. Really think about that it's YOUR thoughts and beliefs that create YOUR personal vibration and YOUR personal vibration creates YOUR reality.
- **Self Observation.** Several times a day suddenly and unexpectedly stop what you are doing and just observe your thoughts. When you observe your thoughts, just observe them without judgment or criticism, just observe them and take note, i.e. when you're at work and you're feeling stressed, stop and observe and take note. When you're feeling good, observe your thoughts. What you want to do is become familiar with how your mind works
- **Naturalizing the Negative.** There is no time limit on this. Whenever you find yourself thinking a disempowering thought, use one or several of the techniques and naturalize it.
- **Review** – Go over the previous sessions and your notes.
- **Journal** – write down your insights and realizations from this week exercises

## **Session 8: Know Thyself**

### **Reflection**

Please take sometime now and review your notes for the last the session assignments.

- Did you discover anything new about yourself?
- How did the naturalizing negatives go?
- What new insights...ah-ha's did you have?

Please take time now and journal these reflections and then comeback to this session.

**Field Work:**

- Now that you have a better understanding of controlling your own thoughts or the outside world will provide the thoughts for you go back to your answers from session number 4 and
  - Reflect on how these answers are showing up in your life
  - How can you take control and begin to “program” your own mind
  - Journal your answers
  
- Keep naturalizing the negatives
  
- Pick one of your favorite principles and go deeper with additional contemplation.
  - Journal your insights



## **Session 9: Inner Work**

### **Fieldwork for the Week:**

1. Pick a **personal** quality or characteristic that you DON'T possess, something that you're weak in or wish you had more of, i.e. confidence, organization or calm, something that is personal to you. **Spend 5 minutes everyday** visualizing yourself having that quality AND all the things that you know have or experience as a result of having that quality. Do this exercise for **5 complete minutes**...time it exactly! Also, keep the same quality for the entire week
2. Now seed your mind and yourself with the energy and vibration of the quality you just visualized as if you now HAVE that quality. If you don't know, that's OK...use your imagination and develop the energy and vibration of what you think it WILL feel like and then seed that feeling and energy. Do this exercise for **5 complete minutes**...time it exactly! Again, keep the same quality for both the visualization and seeding for the entire week
3. Spend 5 minutes visualizing yourself doing the exercises and the results you will experience by doing them. You visualize yourself being disciplined, committed and persistent with your exercises...you visualize yourself being a natural at it! **Once again, 5 full minutes.**
4. Rewrite the 6 Principles into the personal. So, instead of the "The mind is a sending and receiving station of thoughts." You rewrite as "MY mind is a sending and receiving station of thoughts." Now spend 5 minutes everyday contemplating those rewritten 6 laws. Deeply contemplate them. If you find your mind wondering, then repeat over and over the rewritten laws until your mind gets sick of reprint them and you can contemplate them.

5. Contemplate this statements for 5 minutes everyday:
  - a. My power to think thoughts is my power to create my life and I have the power to think whatever thoughts I choose.
  
6. Self observation – Several times everyday ask yourself two questions
  - a. *How am I feeling?* (then answer yourself)
  
  - b. After you have answered yourself, ask yourself, “What am I thinking?” Then answer yourself.
  
7. Neutralize your negatives constantly with the 4 techniques, no time limit
  
8. Journal your experiences and review your notes to date.

9. Chart yourself/document yourself every time you do the exercise

## **Session 10: Understanding the System**

### **Fieldwork for the Week:**

This is going to be an easy week...maybe :-)

Everyday for the next week - **for at least 5 minutes** – bath yourself in thoughts and visions of health and strength...use BOTH the seeding and visualization techniques together. If this seems to be a challenge then do perform each one separately for 5 minutes.

Send the thoughts, feelings and energy into your bloodstream, your tissues, and your cells. Imagine energy flowing through you. Experience your body as a miraculous healing mechanism.

I hope this exercise will become a daily ritual for you...for the rest of your life. It is an invigorating health tonic, preventive maintenance and can assist with diminishing any current health issues.

**WARNING:** If you are under doctors care DO NOT STOP seeing and listening to him/her, simply ADD this process to you prescribed care until you are demonstrating perfect health.

If you have a condition that is not being resolved, see a doctor to start supervised care.

### **Journal Your Experience:**

## **Session 11: Affirmations and Acknowledging**

### **Fieldwork for the Week:**

1. Pick a **personal** quality or characteristic that you DON'T possess, something that you're weak in or wish you had more of, i.e. confidence, organization or calm, something that is personal to you. This can be the same quality as in the last similar exercise, or you can work on a new one. **Spend 5 minutes everyday** seeding **AND** visualizing yourself having that quality **AND** all the things that you know have or experience as a result of having that quality. Do this exercise for **5 complete minutes**...time it exactly! Also, keep the same quality for the entire week. Notice that in this exercise you are combining the two techniques of feeling (seeding) and visualization.
  
2. Affirm to yourself for 5 entire minutes that you ARE that person, i.e. *"I'm a confident, I'm confident, I'm confident."* Repeat the affirmation that supports the exercise above, **for 5 full minutes**.
  
3. Project of your choice. Pick something that you want to create and manifest in your life THIS week. It could be personal, it could be business, it could be social...you pick an area of your life and what you want to demonstrate this week. Then for **10 FULL minutes**, use the seeding, visualization and affirmation techniques to manifest and create this desire.
  
4. *Acknowledging*: Make a list of AT LEAST 20 things about you that are positive qualities and successful experiences. NOTE: this is not a time to overinflate or downplay your qualities and experiences...just be truthful. When the list is done read it and acknowledge yourself for being that person. This creates a vibration of success in you. **Do this for 5 minutes every day.**
  
5. *General Visualization*: For 5 minutes everyday Visualize every aspect of your life "working." Your finances, your health, your career, your family, your social, your spiritual...basically you're visualizing your "perfect" life/day.

6. Continue with neutralizing the negatives...no set time limit.
  
7. Journal and Chart Your Experience

I need to tell you something....this week coming is probably the most important week of your life. Let's face it, if you can't do the exercise this week...when will you? You'll always be too busy, have something else to do or what ever excuse you can create.

## **Session 12: Developing Warrior Mind Strength**

Write out your 90 Day Warrior Mind Strength Practice. I would recommend deciding on what areas of your life you would like to enhance. Then write out a statement of what that area looks like now (before you start the 90 days). Then at the end of the 90 days write out what that area looks like.

Changes are subtle and unless you take a “before and after picture” you might not see the changes.

### **Example:**

#### **WEEK 1**

5 minutes visualizing your goal for wealth  
5 minutes affirming your goal for wealth  
10 minutes on subconscious exercises for guidance in demonstrating wealth  
5 minutes acknowledging your strengths and creating a success vibration

#### **WEEK 2**

5 minutes visualizing your goal for health  
5 minutes affirming your goal for health  
5 minutes contemplating the importance of success in relation to health  
5 minutes on self-image for living healthy  
5 minutes acknowledging your strengths

#### **WEEK 3**

5 minutes visualizing your goal for your career  
5 minutes imprinting new beliefs about your career  
5 minutes contemplating your personal power to create and manifest your career  
10 minutes on self-image in relation to your career  
5 minutes of affirmations about your perfect career

## My 90 Day Warrior Mind Strength Plan:

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Week 9

Week 10

Week 11

Week 12

I \_\_\_\_\_ promise to myself to keep on track and perform the above plan for a 90 days non-stop...no excuses...period!

Date: \_\_\_\_\_