

How to Get the Bulletproof Mindset
of a Fearless Warrior

A man with a beard and mustache, wearing a chainmail hood and a dark metal shoulder plate, looks forward with a serious expression. The background is dark with a bright light source behind him, creating a halo effect.

**THE
WARRIOR
MINDSET**

Warrior Mindset Cheat Sheet

Developing the warrior's mindset means developing a mindset that will give you greater strength to resist temptation and to take the noble path. It's about doing what you need to do to reach your goals and to support your family. It's about being able to resist tiredness, stress, panic, anxiety, anger and to instead work calmly and efficiently toward your goals.

It's a long process but there are a number of steps you can take along the way that will help. Read on and we'll look at some of those here in this cheat sheet...

The Art of War

Read *The Art of War*. This ancient 5th Century BC treatise from Sun Tsu provides lessons that *all* modern warriors need to heed. These include lessons on finding swift, peaceful resolutions to disputes and problems and lessons on how to plan for any kind of struggle or combat.

Cold Showers

Take cold showers. Cold showers will provide you with a way to hone your discipline and to learn the essential will power for 'mind over matter'. This will help you to ignore all the other things that you might crave or desire that you don't really 'need'.

Exercise

While you don't need to fight to have the warrior's mindset (in fact, your objective is *not* to fight as we've already seen), it is useful to know how to take care of yourself and to have a strong body. This will not only give you the strength and authority to get your way and to be an imposing presence; it will also give you confidence and authority and further enhance your discipline.

For the same reasons, you should take a martial arts class and learn at least basic self-discipline.

Meditation

The warrior is someone who stays calm in a stressful situation. Someone who is in control of their emotions. Someone who has the ability to focus and concentrate for long periods without distraction as they work toward their goals. Meditation is an absolutely essential tool in this endeavor and is obligatory for all those questing the 'Warrior's Mindset'.

Minimalism

If you are too invested in material possessions, then you will ultimately be sacrificing your freedom to them and you will become overly accustomed to creature comforts that won't always be there. Living a more minimal life will mean you have less to lose, less to distract you and less dependency on other things.

Travel

At the start of *Batman Begins*, Bruce goes travelling to gain training and to live life with less. This is a lesson from the stoics and it is a great way to learn that you can get by with scant possessions and with limited resources. It broadens your mind and gives you greater context.

Responsibility

To be decisive and strong, you must be willing to take responsibility for your actions. You must be willing to live with the consequences of your decisions.

Stoicism

Many of these ideas are shared in stoic philosophy. Stoicism is the ultimate philosophy for the warrior mindset. Read *Meditations* and other texts on this important subject.