

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, looking slightly to the left. The background is dark with a bright light source behind him, creating a halo effect.

THE WARRIOR MINDSET

The Warrior Mindset – How to Get the Bulletproof Mindset of a Fearless Warrior

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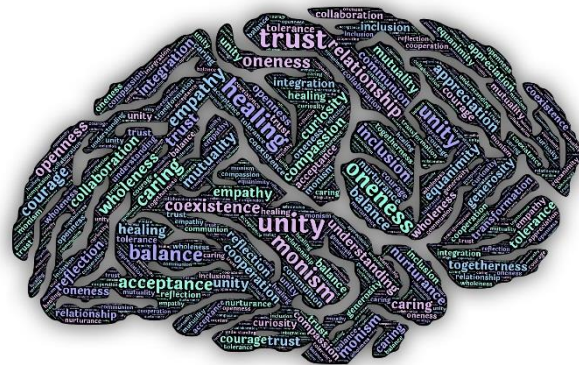
CHAPTER 1

introducing The warrior mindset

Chapter 1: Introducing the Warrior Mindset

Have you ever felt like life is hard?
Like it can sometimes be a struggle to
get up in the morning and do all of
the things that you have to do?

Do you ever wake up feeling
constantly tired and stressed? Does
life just seem too much?



Sure, I get it. You have lots of work to do. You have debt maybe. Maybe you're tired from shopping and maybe you've got a stomach ache.

Now think about a true warrior.

Think about someone who sleeps rough, unsure of whether or not they're going die during the night. Then they wake up, no time for a shower or a nice breakfast, and they leap straight into action. They ignore their wounds, they take lives and they see their friends and their brothers in arms shot and killed in front of them.

But no I get it. You're tired. You had to work until 6pm last night...

What I'm getting at, is that your life isn't really hard. You might think it's hard and sometimes it might feel hard.

But there are people out there with *much worse* lives than you. There are people out there who live with crippling illness and not two cents to rub together. And many of them do this with a dignity, a grace and a bravery that puts the rest of us to shame.

You see, the warrior mindset actually has nothing to do with combat. In fact, the hooligans that start bar fights and that think they're 'hard' for starting fights are about as far from true warriors as it gets. Ask anyone who has seen real combat if they would want to risk their health and waste their energy on *looking* for trouble.

The warrior mindset is different. This is about knowing what you want and going for it. It's about being *hard* and it's about not letting little things get you down. It's about pushing ahead with what you know is right and it's about carrying responsibility and hardship on your shoulders with dignity and pride. It's about not letting your emotions get the better of you and it's about not taking the *easy answer* or the easy route to solve your problems.

What is the Warrior Mindset?



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hardship on your shoulders with dignity and pride. It's about not letting your emotions get the better of you and it's about not taking the *easy answer* or the easy route to solve your problems.

So where does this title and this approach come from? What is the theory behind the warrior's mindset?

Of course, it comes from our romantic image of the warrior and from stories of warriors from history. It comes from tales of our bravest men and women who fought actual battles while remaining cool headed, sacrificing themselves for others and doing incredible things.

Now, we all know that in reality, not every warrior fits this mould. For every heroic individual who put themselves in the line of fire, there would have been hundreds more soldiers that complained, that were in it for the wrong reasons, or that wouldn't put themselves out for others. Romanticising warfare is in fact a terrible idea – it is a truly horrific state of affairs and very few people feel like 'warriors' when they are faced with enemy fire.

But it's that image of the ideal 'warrior' that we're looking at here. And at our notions of history's greatest warriors like the samurai or the Spartans.

The point is that some people manage to stay cool and calm in even the worst situations. Some people constantly forge ahead and *do not* allow small inconveniences or a lack of creature comforts stand in their way.

And those people put *us* to shame. Those people make our complaints seem very minor indeed.

Now imagine if you could take that same mindset and apply it to modern life. Instead of getting tired or bogged down, instead of being distracted and tempted, you would instead drive forward with an unstoppable, bulletproof mentality. Your enemies would quake knowing that there was nothing they could do to stop you and your career obstacles, relationship goals and financial plans would all crumble beneath your will.

If you apply an iron will and warrior mentality to a modern lifestyle, you get extreme efficiency, determination and pride. Self-discipline, determination and self-sufficiency are traits that make us strong and that help us get what we want. They

are traits that make us good parents, good friends and good partners. They are traits that help us to live with ourselves and to earn respect and admiration from others.

Imagine if you had the mental strength to sit in a freezing cold shower for hours on end. Imagine if you weren't phased in life threatening situations. Take those traits and then put them up against the absolutely *measly* challenges that most of us face today. They would fall like dominos.

Having a warrior's mindset and going through modern life is like bulging with muscles and having to lift 5kg. *Developing* that warrior's mindset is like a workout for your mind, your philosophy and your soul.

It will make you *unstoppable*.

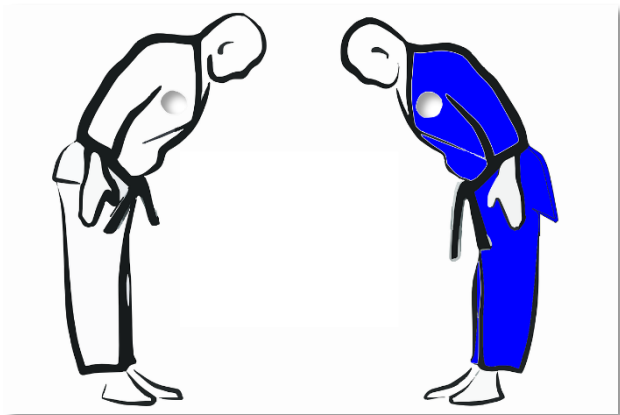
CHAPTER 2

—The aim— what it takes to be a warrior

Chapter 2: The Aim – What it Takes to be a Warrior

So, what are the tenants of the warrior mindset? What words can we use to describe the modern warrior? Here are just a few:

- Courageous
- Self-Disciplined
- Principled
- Strong willed
- Kind
- Growth oriented
- Self-sufficiency
- Protective
- Self-Sacrificing
- Calm
- Responsible
- Motivational, Inspiring, Charismatic
- Noble
- Powerful
- Modest (though not necessarily humble)



These are just some of the traits that a true warrior should strive for. These are some of the things we will be looking to cultivate and better understand throughout this book.

Another great description of a warrior comes from an unlikely source: the Disney film *Mulan*. These quotes are from the song 'I'll Make a Man Out of You' but in fact they can apply equally to a woman.

Oh, and in case you don't want to learn lessons on chivalry from a Disney film, consider the fact that Jackie Chan sang the Chinese version of the song. He's one of life's true warriors, so perhaps that gives it just a little more weight...

Tranquil as a forest

But on fire within.

Once you find your center

You are sure to win.

We must be swift as a coursing river

With all the force of a great typhoon

With all the strength of a raging fire

Mysterious as the dark side of the moon

Still and calm on the outside then, but with great power and strength on the inside. Not driven by impulse or whim, but by greater purpose. Never bending to the will of others and never giving up when the going gets tough. That is the warrior spirit.

Times You Were Not a Warrior

You probably don't live on the battlefield and you probably *hopefully* will never need to see combat (although this book will ensure that you are ready in case you ever do).



But there are plenty of ways that the warrior mindset will apply in your day-to-day life as well and plenty of opportunities to demonstrate what it takes to be a warrior.

Perhaps the easiest way to consider this is to look at all those times that you *weren't* a warrior in your life. These are the times when your fear, your anger or your lack of motivation and willpower got the better of you.

Consider this:

- You wake up in the morning and realize your favorite shirt is torn, you spend the rest of the day angry with everyone, sulking and not focussing on your work. This very small inconvenience has ruined your ability to stay productive and it has made other people feel bad.
- It's raining out so you call off your plans to visit your friend down the road, who you know was looking forward to the get together.
- You're trying to lose weight but you're low on energy and so you eat a large piece of cake.
- A friend faints at a party and instead of staying calm and following a correct protocol to make sure they're okay, you instead get in a flap, scream at everyone and make matters worse.
- Your boss needs you to complete an assignment before you go home. You resent the idea of staying later and you're feeling tired so you rush it and put in less than your best work.
- You have been telling friends for years that you're going to write a book and that it is your dream to become a published author. You get home and the first thing you do is crash on the couch and watch trashy TV.

- You break a glass in the kitchen and when your partner asks who did it, you blame your friend who was round the other day.
- You get into a physical altercation with someone in the street and run away – leaving your friends or family to deal with the danger on their own.
- You are getting onto a train and instead of letting the elderly lady on in front of you, you push ahead.
- Your friends are peer pressuring you into smoking weed and accusing you of not being fun. Smoking weed is something you have no interest in in this hypothetical situation but you let yourself get talked into it for fear of appearing lame.
- You are happily married when an attractive woman/man makes their move on you. You give in to your momentary impulse and you sleep with them, effectively wrecking your relationship with not only your partner but your children as well.
- You are unhappy in your relationship or job but you stay in it because you don't have the heart to tell the person or you are too afraid of what the future might bring.

Some of these examples are more extreme than others. Of course, there is a big difference between eating ice cream when you really shouldn't and being swayed by hate speech! And occasionally losing your cool is normal. But while these points might all seem very different, they essentially come from the same thing: weakness.

Weakness is often the source of our problems and even of evil. Weakness means giving in to things we know aren't right, or making excuses and putting off our goals.

Now let's look at how someone *strong* might approach the same issues:

- You wake up in the morning and realize your favorite shirt is torn. You shrug and wear something else, recognizing this is a very small issue in the grand scheme of things!

- It's raining out and you don't feel like going out. But you know it's the right thing to do, so you man up and you go.
- You're trying to lose weight but you're low on energy. You dig deep, find that fire within and head to the gym.
- A friend faints at a party and you remain calm, cool and collected. You assign jobs to people and check they're okay.
- Your boss needs you to complete an assignment before you go home. You resent the idea of staying later and you're feeling tired but you complete the work to the best of your ability nevertheless. You speak to your boss about not putting you in that position again.
- You have been telling friends for years that you're going to write a book and that it is your dream to become a published author. You get home and resolve to write two pages a night.
- You break a glass in the kitchen and when your partner asks who did it, you own up and face the consequences.
- You get into a physical altercation with someone in the street. You make sure your family and friends are safe while trying to calm the situation as best you can.
- You are getting onto a train and you *always* stop to let the old lady on first. And the old man. And anyone who was there first.
- Your friends are peer pressuring you into smoking weed and accusing you of not being fun. If you want to, you do it. If you do not, you do not.
- You are happily married when an attractive woman/man makes their move on you. You have control of your feelings so you turn them down.
- You are unhappy in your relationship or job so you discuss that unhappiness with the other party and look for ways to improve the situation. That might mean finding a new job or ending the relationship but it is better than dragging it out.

The warrior is mentally and physically strong and this allows them to stick to their code of ethics and to work toward their vision for a better future – instead of doing what makes them feel good in the short term.

Ultimately, this leads to much greater happiness, much greater peace and much greater pride. And not just for you, but for all those around you.

CHAPTER 3

The FIRE within

Chapter 3: The Fire Within

That line, the 'fire within' is one that speaks great volumes about the warrior mindset. And it calls to mind lyrics from another song: 'Hearts On Fire' by the (excellent) band Survivor.

A great line from that song goes:

In the warrior's code, there's no surrender

Though his body says stop, his spirit cries: "Never!"

So, what is this telling us about the warrior mentality? Simple: warriors don't give up and they don't give in.

(I also enjoy Vegeta's line: *you may have invaded my mind and body but there's one thing a Saiyan always keeps... his pride!*)

So how do you gain this kind of iron will and determination? How do you develop the unstoppable ability to *never give up*?



It starts by knowing what you want to achieve and by having a set of your own principles.

To use *yet another* quote, Alice Cooper and Xzibit sang:

If you don't stand for something, you will fall for anything

And this is completely true. If you have no specific goal and no set of values that is entirely your own, then how can you be expected to stick rigidly to those values?

If you haven't defined who you are, what you're about and what is important to you, then of course it will be easy to get tempted by good food, trashy TV or other 'easy options'. Of course, it will be easy for you to be swayed by the influence and the politics of others.

Moreover, having a goal is what will give you the motivation and the energy to get up and work toward the things you are truly excited about.

Think about someone like Arnold Schwarzenegger or Dwayne Johnson. These are people who have accomplished incredible things and part of the reason for that is undoubtedly their seemingly endless energy. Their ability to get up every single day and know what they want to do.

Can you *imagine* seeing the Rock look tired and dejected? Have you ever seen Arnold Schwarzenegger look indifferent or bored?

These people have tireless energy but it comes from a vision and a goal. And so it is with *all* the most accomplished people throughout history.

Arnie said this of his burning desire and how it led him to accomplish his goals:

With my desire and drive, I definitely wasn't normal. Normal people can be happy with a regular life. I was different. I felt there was more to life than plodding through a normal existence... I have always been impressed by stories of greatness and power. I wanted to do something special, to be

recognized as the best. I saw bodybuilding as the vehicle that would take me to the top, and I put all my energy into it.

The point is: knowing what you want from life will fuel you with energy, whether that is wanting what's best for your family, wanting to achieve creative accomplishments, wanting to reach a certain point in your career... etc.

Think about a new parent. Parents have seemingly endless energy and will sacrifice their sleep, their finances and their happiness to look after their children. They can accomplish anything because they have found something greater than themselves.

A parent's love will give them that warrior's mindset but you can't rely on just that. In order to accomplish the most and to build the best world for your family and friends, you also need something that is *intrinsically* motivating to you. In other words, you need a purpose and a goal that doesn't rely on anyone else – so that even when no one needs you, you still have the strength to pull yourself out of bed and to refuse distractions and unhelpful desires.

Once you have your goal, you will find a passion. And once you have a passion you will find that you have endless energy and drive and that you even speak with more conviction and greater charisma.

Did you know that we gesticulate more when we speak about something that we're passionate about? That's because we are now speaking with our entire bodies – our body language is congruent with what we are saying.

And did you know that when people see us speak in that way, they actually rate us as more charismatic? More inspiring? And better leaders?

When we really believe in what we are saying, we will be more efficient at getting *others* to believe it. This is how movements are started and this makes us far more attractive and magnetic.

And with your goal and your objective, you will better be able to make decisions and to avoid unnecessary distractions. You will be more decisive and you will be more impressive. Why? Because you can consider every decision through the following lens: 'does this help me to achieve my goals'? If the answer is no, then you do something else.

What career path should you take? The one that helps you to achieve your overarching goals. What party should you vote for? The one that helps you to fulfil your vision.

Goals and the Warriors



The point of the goal is to have something that is greater than yourself – something worth fighting for.

This single-mindedness is something that was central to the psychology of all of history's greatest warriors, though it took

a very different form. Historically, you had your samurai and your knights. A samurai's training went to great measures to ensure their loyalty to a 'shogun' (a master samurai). They would be willing to die for their shogun, just as a king's knight would be willing to die for king and for country.

Today though, this is dangerous thinking. We are all too aware that our politicians are flawed and we've seen how blindly following a leader or a set of beliefs can lead to terrible atrocities.

So, what we need to do instead is to create our *own* set of values and principles. Rules to live by and a goal or a vision to strive for. This can change but we must never let others force us to act against our code.

Unfortunately, there is no objectively 'correct' way to approach life. We don't know why reality exists, what is waiting for us on the other side (if anything) or what the

meaning of life is. Therefore, it is up to each of us to make our own way by assessing our own values, principles and rules to live by.

Finding Your Goal

So, let us start with finding a goal, something greater than yourself to strive toward. A purpose that you will be an instrument in accomplishing.



So this might mean that you set about changing the world for the better.

Maybe you want to put an end to world hunger, maybe you want to help slow down global warming, or perhaps you are interested in becoming a rock star or a musician. Maybe you just want to get rich.

No goal is 'wrong', it is simply having a goal and something to be passionate about that will give you the fuel and the fire to keep going no matter what.

Goals *start* with visions. So visualize the way you want life to be 5 or 10 years for now. Picture where you are, what your surroundings are, who you are with, what you've accomplished. This should be a vision that makes you excited and energized – your perfect life. For inspiration, consider the times in your life you were happiest, consider what you wanted to be as a child and picture some of your role models and what you can perhaps learn from them.

This is what you will picture in order to drive yourself toward change and toward greatness. This is what will get you out of bed in the morning. And then on top of that, you are going to structure yourself goals – smaller, more measurable steps that will help you to reach that point.