

WARRIOR BRAIN



How To Get The Bulletproof Mindset
Of A Fearless Warrior

Warrior Brain Report: How to Cultivate a Warrior's Mindset to Become Unstoppable in All Aspects of Your Life

What is the warrior brain?

Simply, this is an approach to life that might resemble the approach we imagine a warrior would have taken. This is a way of conducting yourself, of approaching a problem and of looking after your mental and physical needs that requires a warrior's grit and self-control. This is a way of life that has been largely forgotten in our modern society and which yet has more relevance than ever before today. In this report, we are going to take a closer look at what is meant by the term 'warrior mindset' and we are going to prescribe the necessary training, steps and processes necessary to come closer to living life like a true warrior.



Defining the Warrior

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The warrior is someone that is able to get what they want, accomplish great things and inspire others. This is someone that is strong in both body and mind and that is able to serve a higher purpose *without* giving in to their baser urges.

The warrior is *not* someone who fights and brawls and is about showing off their ego, but rather someone who exhibits incredible self control and restraint.

The warrior is in service of a cause that is greater than themselves – whether that means they have a shogun or a king, or it means they are working toward a career, toward changing the world or just looking after their family.

In service of this higher cause, the warrior is able to forego the needs and wants of their body. They are not slave to their baser impulses and desires but rather are able to forget the right path ahead.

The warrior doesn't come home after a long day at work and crash out on the sofa while eating cake: they continue to train and hone their body, or they work toward their goals/providing for their family.

The warrior doesn't blame others, let themselves go, get in a panic, stress themselves out... the warrior is stoic, calm and poised at all times.

The warrior simply takes the simplest path toward accomplishing the victory they need. They make sacrifices to build toward a better future for themselves and the ones they love.

The warrior is respected. They are leaders. They are heroes.

And this couldn't be further from what many of us are today.

Many of us today are weak. Weak in our bodies because we have let ourselves become soft (thanks in no small part to all of the modern conveniences that surround us) and weak in our resolve because we are so used to getting what we want so quickly.

Many of us struggle to make simple decisions like what to eat for dinner, let alone making *big decisions* like what to do with our careers.

Many of us are too cowardice to solve the problems we have, or to take big risks that might lead to a better future. Many of us will assign blame to others to avoid 'getting into trouble'. We'll make ourselves look better because we're so concerned with the opinions of others.

Part of this is due to our domestication over time. Life simply has become too easy.

But a lot of it goes further than this. Many of us see sides to ourselves - impulsive, weak and demotivated sides – that are hard to live with.

You won't get over this by simply wishing it were so. Your only option is to get tough. To make the decision to improve, to grow and to get stronger. To adopt the warrior mindset. To fight!



Discipline

It Starts With Decluttering

This might sound like a surprise but one of the first and best things you can do to start moving toward the warrior's mindset is to declutter. Try reading the book *The Life Changing Magic of Tidying Up* by Marie Kondo if you need inspiration.

Your objective is not to tidy though, but rather to throw out as much as you can. To start living with less.

The simple reason for this? Your stuff is making you weak.

Having lots of things means having more to lose. If you have a large house packed with beautiful items, then that means you're going to need more money in order to afford those things. That means you'll need a certain job. That means you'll need to dedicate a certain amount of your time and energy to that job.

And it means that losing your job or having a big expense gives you a *huge* amount to lose.