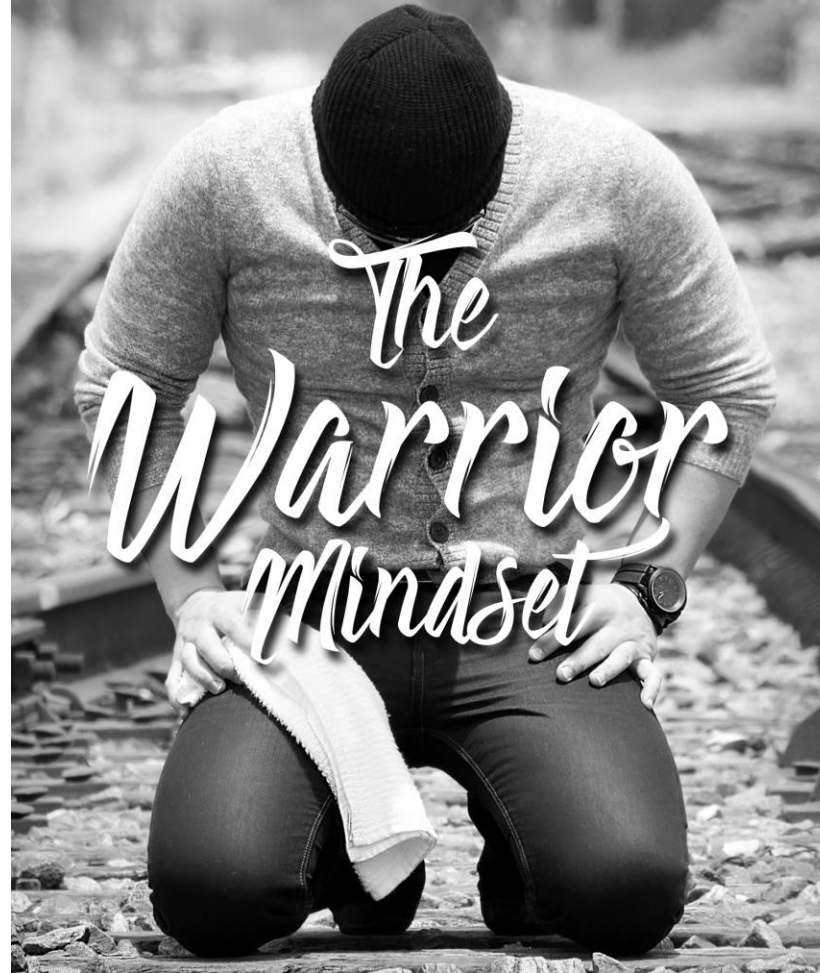


how to get  
The bulletproof mindset  
of a fearless  
**WARRIOR**

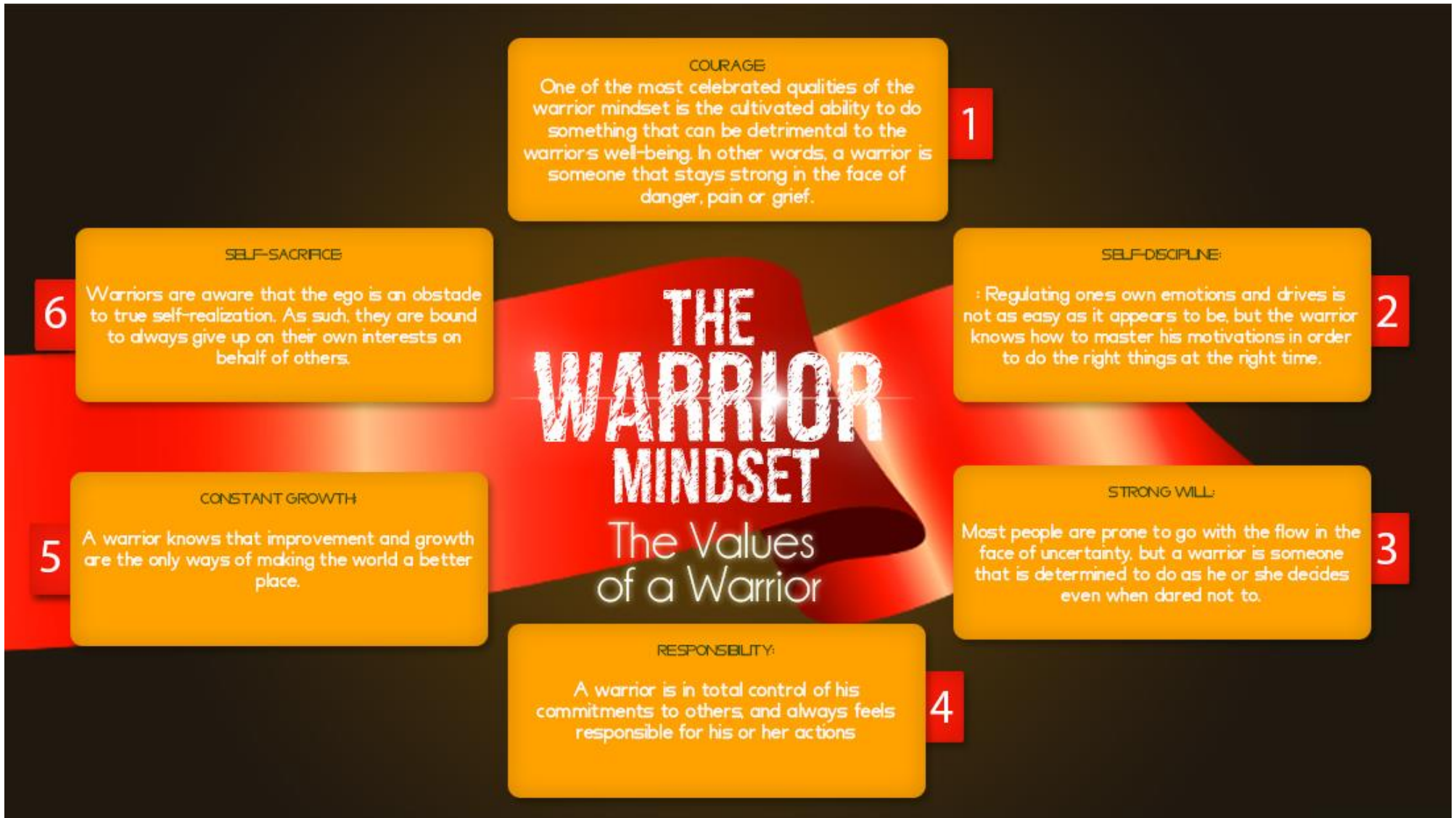


**INFOGRAPHICS**

# SPOTTING A TRUE WARRIOR



# THE VALUES OF A WARRIOR





# BECOMING A WARRIOR

## THE WARRIOR MINDSET

*Becoming one*

1  
Start by identifying those small yet intrusive everyday inconveniences that derail your moods. This step will help you to better focus on being more productive and on contributing to everyone else's happiness.

2

Find what things you are often using as excuses and then get rid of them. Excuses are keeping you from enjoying life, even if you don't realize it. Using the rain as an excuse to not go out is a sad way to miss on great opportunities.

3  
Learn a way to get hold of your emotions. We are trained by society from birth to react instead of to think rationally, so most of your decisions are based on raw emotions, which can be damaging for you and for others. So always double check your thoughts and emotions before acting over them, just like a warrior would!

4

Learn to move on. A true warrior recognizes when the time has come to put an end to a situation that he or she is not ok with. This will allow you and other people involved to find new paths in life.

# BENEFITS OF THE WARRIOR MINDSET

