

Discipline

The warrior is able to control urges, temptation, desire and overcome tiredness, lethargy, anger.

Discipline will come from:

- ◆ Taking cold showers
- ◆ Living with less
- ◆ Travel
- ◆ Meditation
- ◆ Exercise
- ◆ Physical Training

Stoicism and Philosophy

Stoicism is a school of philosophy that is very powerful and useful.

It teaches that we should expect things to go wrong and embrace that we will live through difficult times.

Don't always expect the best. Be okay with things going wrong. Then you won't be disappointed or bitter.

Use fear-setting - planning for contingencies - in order to overcome fear.

This will help you to take chances and to shoulder responsibility.

Read more philosophy: Ayn Rand, Nietzsche, Hegel.

Know who you are, accept it and live by your OWN moral code.

Decision Making

The ability to make decisive and final decisions will come from:

- ◆ Learning to take responsibility for your actions. Sometimes a decision will be unpopular. Learning to accept this and deal with it is a sign of maturity.
- ◆ Knowing what you want to achieve. In the short term, identify the possible outcome. In the long term, have goals and a moral code.
- ◆ Overcoming functional fixedness.

Warrior Mindset

Art of War

Read the Art of War. It will teach you lessons on how to deal with a crisis, how to plan for combat and more.

The main lesson is not to seek out combat, arguments, confrontation. Instead, seek to minimize them.

Likewise, aim to plan for events prior and to be better prepared than your competition.

Learn to solve problems swiftly and ideally without confrontation. If you must act aggressively, do so with speed and finality.

Calm in a Crisis

Learn to stay calm in a crisis.

This will come from:

- ◆ Meditation
- ◆ Taking a step back and observing the situation as an outsider.
- ◆ Breathing - This engages the parasympathetic nervous systems and prevents you from suppressing your prefrontal cortex for wise decision making.
- ◆ Taking quick action.

Preparation

While you should not need to fight, you should still be physically fit and capable of winning an altercation.

If nothing else, this enhances discipline, gives you confidence, and lends you credibility.

Gain the strength to do what you know is right.

Presented by:

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