



Finding the Warrior Within

Milford Sound, New Zealand

Index

Introduction and Instructions

Exercise 1: Five Faults a Great Warrior knows can cause defeat

Exercise 2: Five Formulas of a Great Warrior

Exercise 3: Five Fundamental F's of a Great Warrior

Exercise 4: Five Merits of a Great Warrior

Exercise 5: Five Methods of a Great Warrior

Exercise 6: Five Principles of a Great Warrior

Exercise 7: Five Skillsets of a Great Warrior

Exercise 8: Five Strategies of a Great Warrior

Exercise 9: Five Strong Characteristics of a Great Warrior

Exercise 10: Closing Exercise

Disclaimer: Sharing Wisdoms offers free written materials that can be voluntarily downloaded and does not claim that they solve or cure any illness or problems.

Introduction

Definition: strength in facing fears, human bravery, fearlessness with helping others, defeat does not deflate.

In today's world, chaos, difficulties, and challenges are things we cannot escape. The macrocosm is affecting the microcosm in every way, shape, and form. That is the bad news, however, the good news is that we all have a warrior inside of us that knows how to deal and grapple with these negative events. Though tough circumstances can leave us feeling overwhelmed and helpless at times (probably more than not), we can indeed source a strength and wisdom that is waiting to be used as weapons and shields against these difficulties.

Though warriorship is innate in all of us, it must be studied, as it often does not make itself obvious. This is due to all the negative information and lower thought form overload we are receiving on a day-to-day, minute-to-minute, and even moment-to-moment time frame time. Therefore, in order to live a more fulfilling and peaceful life, it is vitally important that we awaken and enliven the warrior within.

“what the ordinary person takes as a curse, the warrior takes it on as a challenge”

Instructions

Read and study the five and then score yourself on each statement.
1 being the weakest and 5 being the strongest.

Then make a plan on how to strengthen the areas that need intention and attention, which will enhance and empower the warrior that is hiding within.

Exercise 1

Five Faults a Great Warrior knows can cause defeat

_____Recklessness

_____Cowardice caused by too much anxiousness

_____Hasty temper

_____Shaming and drama

_____Manipulation

“be a warrior – not a worrier”

Exercise 2

Five Formulas of a Great Warrior

_____Fish not in polluted waters

_____Frame personal boundaries heavily

_____Finish what was started

_____Flatter not the unmerited

_____Flush out unwanted energy fields

“a warrior always goes for the win-win”

Exercise 3

Five Fundamental F's of a Great Warrior

_____Fortitude

_____Focus

_____No freeze nor flight

_____Forgiveness

_____Faith

*“A warrior lives by the rule of
find yourself – fund your soul – furnish your spirit”*

Exercise 4

Five Merits of a Great Warrior

_____ Authority is felt within, no matter the circumstances

_____ Enforces discipline, through intelligence, not fear

_____ Works constantly to quell disorder

_____ Gives and receives respect at all times

_____ Keeps the thought that victory is inevitable

“warriorship is not physical strength but indomitable, focused will”

Exercise 5

Five Methods of a Great Warrior

_____ Measures the odds

_____ Calculates quickly

_____ Does not allow others to impose their will

_____ Fights for what is right on integral terms or not at all

_____ Does not let defeat or humiliation penetrate or give it power

“a warrior takes criticism simply as a way to improve”

Exercise 6

Five Principles of a Great Warrior

_____ Truth

_____ Consciousness

_____ Morality

_____ Humility

_____ Wise Action

“a warrior knows that their principles are the rocks upon which they grow”

Exercise 7

Five Skillsets of a Great Warrior

_____Lays plans out well

_____Studies the timing of things

_____Cultivates resources

_____Uses only virtue to attain peace

_____Seeks to understand the source of the problem

*“warriors believe that problems **always** make us stronger”*

Exercise 8

Five Strategies of a Great Warrior

_____ Know when to be visible – know when to be hidden

_____ Know when to be offensive – know when to be defensive

_____ Know when to be flexible – know when to be firm

_____ Know when to advance – know when to retreat

_____ Know when to be heard – know when to be quiet

*“a warrior knows at times they will fall, so constantly plans how to get up
after a potential fall”*

Exercise 9

Five Strong Characteristics of a Great Warrior

_____ Honest - not deceptive

_____ Harmonious - not argumentative

_____ Happy - not negative

_____ Humorous - not rigid

_____ Humble - not arrogant

“warriors know that luck rewards the prepared and pure”

Exercise 10

Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

2. Which exercise did you like the best and why?
