

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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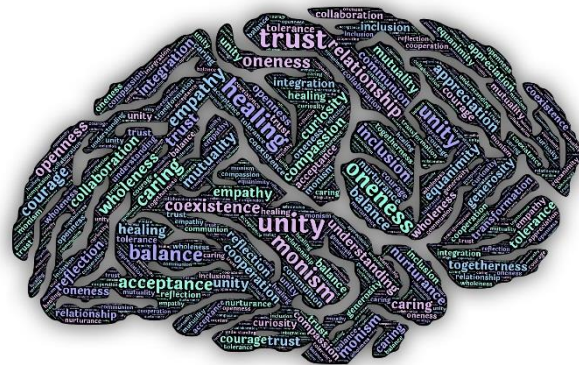
# CHAPTER 1

## 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?