



WARRIOR MINDSET COURSE

OVERCOMING OBSTACLES

Companion Workbook

Reflection prompts and Daily Armor assignments

for all 10 modules. Print and write in.



HELMET



SHIELD



SWORD

NEVER GIVE UP. NEVER QUIT. KAIZEN.

wariormindset.us

How to Use This Workbook

This workbook is your companion for the Overcoming Obstacles course. Each module has two sections: Reflection Prompts and your Daily Armor Action Assignment.

Print this out. Use a pen, not a screen. Writing by hand forces slower, deeper processing than typing. That's the point.

For each module, work through the reflection prompts first. Be honest. Nobody reads this but you.

Then execute the Daily Armor assignment. Each one is broken into three parts:

HELMET (Morning)

Mindset protection. Affirmations and intentional preparation before the day starts.

SHIELD (Midday)

Boundaries and defense. Positive self-talk and reframing throughout the day.

SWORD (Evening)

Action and discipline. Review what you did, not just what you learned.

Complete each module's workbook pages before moving to the next. The work compounds. Skipping ahead without doing the assignments is reading about push-ups instead of doing them.

MODULE 1

Introduction — Preparing for Battle

REFLECTION PROMPTS

1. What specific obstacle or challenge brought you to this course? Write it down plainly, without softening it.

2. When you face a setback, is your inner dialogue more like a coach or a critic? Be honest about what your default sounds like.

MODULE 1 — REFLECTION PROMPTS (CONTINUED)

3. Do you tend to spend more time analyzing your challenges or taking action against them? Where does the balance need to shift?

MODULE 1**Action Assignment: Suit Up****HELMET (MORNING)**

Read both affirmations ("External obstacles are no match for my inner strength" and "I conquer my challenges") out loud, twice, right now. Then read them again before bed. Tomorrow morning, read them before you do anything else.

SHIELD (MIDDAY)

For the rest of today, catch yourself in one moment of negative self-talk and consciously replace it. Write down what the negative thought was and what you replaced it with.

SWORD (EVENING)

Before you go to sleep tonight, write down one concrete obstacle you're currently facing. Just name it. No solutions yet.

MODULE 2**Achieve Your Goals Regardless of Obstacles**

REFLECTION PROMPTS

1. Can you write down your top three life goals right now, with specific numbers or timelines attached? If not, what's keeping them vague?

2. How present are your goals in your daily environment? Would someone walking through your home or workspace know what you're working toward?

MODULE 2 — REFLECTION PROMPTS (CONTINUED)

3. Spend one full day noticing your self-talk. How much of it is negative? How do you think that internal narrative is affecting your ability to push through obstacles?

MODULE 2**Action Assignment: Inventory and Integrate****HELMET (MORNING)**

Read your affirmations out loud. Then write down your top three life goals in specific, measurable terms. If you can't make them specific yet, that's your first obstacle to solve.

SHIELD (MIDDAY)

Catch yourself in one moment of negative self-talk today. Write down the negative thought and the replacement you chose. Notice whether the replacement changed how you felt or what you did next.

SWORD (EVENING)

Before bed, write down at least two things you did today that moved you closer to one of your goals. They don't have to be big. They have to be real.

MODULE 3**Seven Common Obstacles and How to Navigate Them**

REFLECTION PROMPTS

1. Which of the seven obstacles do you face most often? Can you identify it operating in your life right now?

2. Have the hurdles you've overcome in the past made you more appreciative of what you've accomplished? Or have you moved on without giving yourself credit?

MODULE 3 — REFLECTION PROMPTS (CONTINUED)

3. How do you respond when the same obstacle keeps showing up? Do you treat it as evidence that you can't win, or as a problem you're increasingly equipped to solve?

MODULE 3**Action Assignment: Name Your Obstacles****HELMET (MORNING)**

Read your affirmations. Then choose three of the seven obstacles from this module and write down specific examples from your own life where each one has blocked you.

SHIELD (MIDDAY)

For each of the three obstacles you identified, write one sentence describing how you could use the navigation strategy from this module to handle it differently next time.

SWORD (EVENING)

Review your day. Did any of the seven obstacles show up today? Name which one and write down whether you navigated it or let it navigate you. No judgment. Just honesty.

MODULE 4**Remove Fear and Eliminate Many of Your Challenges**

REFLECTION PROMPTS

1. Pick the area of your life that feels most stuck right now. Can you trace the stagnation back to a specific fear? Name it plainly.

2. When was the last time you felt afraid and acted anyway? What happened as a result?

MODULE 4 — REFLECTION PROMPTS (CONTINUED)

3. What is your most common avoidance behavior when discomfort shows up? Phone? TV? Food? Internet? Be specific about the pattern.

MODULE 4**Action Assignment: Train Your Discomfort Tolerance****HELMET (MORNING)**

Read your affirmations. Add this one to the rotation: "I fearlessly go after my goals." Then write down one area of your life where fear has been making decisions for you.

SHIELD (MIDDAY)

Choose one small act of discomfort tolerance today. Have a conversation you've been putting off. Stay with a boring task fifteen minutes longer than you want to. Do one thing your comfort instincts are telling you to avoid.

SWORD (EVENING)

Write down what you did, how the fear felt before you did it, and how you felt afterward. Document the gap between the fear's prediction and the actual outcome.

MODULE 5**Direct Solutions — The Fastest Way to Resolve Challenges**

REFLECTION PROMPTS

1. Think of the biggest challenge in your life right now. What's the most direct solution? Be brutally honest. Write it down without softening it.

2. If you're not taking that direct path, what specifically is stopping you? Is it discipline, fear, or both?

MODULE 5 — REFLECTION PROMPTS (CONTINUED)

3. When was the last time you took a direct approach to a problem and it worked? What did that feel like compared to the times you've taken the long way around?

MODULE 5**Action Assignment: Go Direct****HELMET (MORNING)**

Read your affirmations. Add to the rotation: "I teach myself to be fearless." Then write down one significant challenge in your life and its most direct solution. No qualifying.

SHIELD (MIDDAY)

Find one moment today where you'd normally take the indirect route and go direct instead. Send the message. Make the call. Start the task.

SWORD (EVENING)

Write down what you did, what the direct solution to your significant challenge looks like in concrete steps, and whether you took the first step today.

MODULE 6

Get Your Creative Juices Flowing When You're Up Against a Wall

REFLECTION PROMPTS

1. Think about a time you solved a problem creatively. What conditions made that possible? Were you relaxed? Moving? Talking to someone?

2. When you're stuck, do you tend to keep grinding harder from the same angle, or do you shift approaches? What would it take to shift sooner?

MODULE 6 — REFLECTION PROMPTS (CONTINUED)

3. How often do you engage in creative activity outside of problem-solving? If the answer is rarely, what's one creative outlet you could build into your week?

MODULE 6**Action Assignment: Create Something****HELMET (MORNING)**

Read your affirmations. Add: "Challenges spark my imagination." Then identify one challenge you're currently stuck on and write down three unconventional approaches you haven't tried.

SHIELD (MIDDAY)

Do something creative and out of the ordinary today. Write a short piece. Draw something. Cook a recipe you've never attempted. Feed the creative pipeline.

SWORD (EVENING)

Review the three unconventional approaches you wrote this morning. Could any of them actually work? Write down which one has the most potential and what the first step would look like.

MODULE 7**Eight Proven Strategies for Getting Through Hopeless Situations**

REFLECTION PROMPTS

1. Is there a situation in your life right now that you're fighting to save when the wiser move might be to let go and redirect your energy?

2. How long do you typically allow yourself to sit in the darkness before you start rebuilding? Is that duration serving you or trapping you?

MODULE 7 — REFLECTION PROMPTS (CONTINUED)

3. Think about a past situation that felt hopeless at the time. What did you learn from it, and how has that knowledge served you since?

MODULE 7**Action Assignment: Survive and Rebuild****HELMET (MORNING)**

Read your affirmations. Add: "I arise from darkness like the blooming flowers of nature" and "I defy the odds." Then write a gratitude list of at least ten things you currently have that are good, stable, or meaningful.

SHIELD (MIDDAY)

If you're currently in a difficult situation, do one thing today that you enjoy. Something that reminds you that life still has good in it outside the crisis.

SWORD (EVENING)

Write down one lesson from a past hopeless situation that you can carry forward. Then write one small step toward a compelling future that you could take tomorrow.

MODULE 8**Believing in Yourself Through the Toughest Times**

REFLECTION PROMPTS

1. Think about the biggest challenge you've ever faced. How did your mindset during that time affect the outcome? If you'd believed in yourself more firmly, what might you have done differently?

2. Who are the people in your life who believe in you even when you don't believe in yourself? Have you acknowledged what their confidence means to you?

MODULE 8 — REFLECTION PROMPTS (CONTINUED)

3. When self-doubt shows up, what is the specific narrative it tells you? Write it down word for word. Then write the counter-narrative based on your actual track record.

MODULE 8**Action Assignment: Build Your Evidence File****HELMET (MORNING)**

Read your affirmations. Add: "My self-belief overshadows the doubts of others." Then write down three past situations that felt impossible at the time but that you survived.

SHIELD (MIDDAY)

When doubt or negative self-talk shows up today, respond with a specific piece of evidence from your history. Not a generic "I can do this" but a concrete reference.

SWORD (EVENING)

Write down one proactive step you took today to address a current challenge instead of waiting. If you didn't take one, write down what you'll do tomorrow.

MODULE 9

Overcoming Failures to Reach Success

REFLECTION PROMPTS

1. How has your view of failure shaped your willingness to take risks? What would your life look like if you were free of the fear of failing?

2. Do you tend to attach your self-worth to outcomes? Can you identify a specific moment when a "failure" felt like a verdict on you as a person rather than just a result?

MODULE 9 — REFLECTION PROMPTS (CONTINUED)

3. Think about a setback you experienced. Did you get up quickly, or did you stay down longer than you needed to? What determined the speed of your recovery?

MODULE 9**Action Assignment: Redefine Your Relationship With Failure****HELMET (MORNING)**

Read your affirmations. Add: "I get up quickly when I fall. The experience makes me stronger." Then write down one past failure that you've been carrying as a judgment against yourself. Rewrite it as a neutral event.

SHIELD (MIDDAY)

If something goes wrong today, no matter how small, practice the recovery framework: face it, examine your role, evaluate without over-analyzing, and decide your next move.

SWORD (EVENING)

Write down one area where you've been avoiding action because you're afraid of failing. Then write down what you would do tomorrow if failure wasn't a threat to your identity.

MODULE 10

Summary and Reflection — Consolidating Your Arsenal

REFLECTION PROMPTS

1. What obstacles have you faced since starting this course? Were you able to overcome them using the tools you've learned?

2. How has fear specifically created the challenges you're facing today? Can you trace at least two current problems back to fear-driven decisions?

MODULE 10 — REFLECTION PROMPTS (CONTINUED)

3. When are you most creative? Has your creativity produced a solution you would have otherwise missed?

4. Have you allowed past failures to influence your belief in yourself? How is that affecting your current actions?

MODULE 10**Action Assignment: The Final Audit****HELMET (MORNING)**

Read all of your accumulated affirmations. Then write an honest assessment: which Daily Armor component (Helmet, Shield, or Sword) have you been strongest with, and which one have you been neglecting?

SHIELD (MIDDAY)

Identify your greatest challenge right now. Write it down. Then list the resources you currently have that could apply to a solution: skills, people, knowledge, time, creativity.

SWORD (EVENING)

Review the entire course. Write down the single most important thing you've learned and the single most important action you've taken. Then write down the one thing you know you should have done by now but haven't.

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