



BECOMING A WARRIOR PROGRAM

Setbacks are part of any success story. One of the biggest differences between those that fail and those that succeed is the ability to handle setbacks constructively.

Whatever your challenges, you'll learn a strategy that can get you through it with flying colors.

WHAT TO EXPECT:

Expect daily, weekly and monthly 'challenges'. They absolutely can all be done within your already busy schedule - but YOU WILL HAVE TO DEDICATE TIME TO THIS. Nothing worth it is ever easy and we won't lie to you, this program will test you. That's what you want though, right?

There are physical challenges; you can augment any ongoing fitness regime you have going on now with these as supplemental workout additions, or if you do not currently have anything going on as far as you fitness you should begin to perform these workouts as part of this challenge.

There are mental and emotional challenges; chances are you aren't already doing anything like daily meditation or reflecting. If you are, great work - you've already got a head start. If not, make sure you collect a journal so you can begin right away.

WHAT YOU NEED:

Journal - Get a nice one you can keep for future referencing. *OR you can do this digitally with a Google Doc, or program of your choosing. Just make sure you can share it with your coach(es).*

READING LIST:

[The Way of the SEAL](#) by Mark Divine

[Extreme Ownership: How U.S. Navy SEALs Lead and Win](#) by Jocko Wilnick

WEEKLY TASKS:

You will be assigned week long tasks that you should do every day or within the 7 day timeline. Just follow along with the instructions and make the deadlines and you'll be kicking butt with the best of them.

1ST 4 WEEK ASSIGNMENT:

Read and internalize the overview on BUSHIDO (Section 1.3 - Bushido).
Choose 3 virtues (you may do more) and write a 3-5 page paper on them.

2ND 4 WEEK ASSIGNMENT:

Read and internalize the overview on STOICISM (Section 1.4 - Stoicism).
Choose 3 quotes (you may do more) and write a 3-5 page paper on them.