



WARRIOR Mindset



Mindset Mastery Workbook

FOR MEN AGED 25-45 YRS OLD
TURN PAIN INTO PURPOSE

★★★★★ *Rated*

FOUR DAY CHALLENGE

The Four A's

"Progress is impossible without change; and those who cannot change their minds cannot change anything", **George Bernard Shaw**

NEXT LEVEL

You now have a greater understanding of yourself and the life you want.
Next level - The Pain 2 Purpose 3 month Course



4

DAY #4 ACCOUNTABILITY

No man is an island,, great things are created through partnership, cooperation and being apart of an inspired community.

Accountability = Success



DAY #3 ACTION

Every dream remains a dream, without action. Blast through blocks and create an unstoppable mindset .
Get out of your own way, to be one of life's doers.

3

2

DAY #2 ACCEPTANCE

Acceptance of our current circumstances, that we are imperfect beings, our negative patterns and past behaviour is the key that opens many doors.



DAY #1 AWARENESS

Know who you are and what dream you want to realise. Life assessment is a critical element to success

1



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SELF-AWARENESS

ASSESSMENT

READ THE PROMPTS BELOW AND THINK ABOUT THE FIRST THING THAT COMES TO MIND. FILL YOUR ANSWERS OUT IN THE BLANK BOXES.

I AM A HUMAN BEING THAT...

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	



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RATE YOUR THINKING

LOOK AT THE LIFE AREAS BELOW AND RATE YOURSELF BETWEEN 1-10 WITH HOW SELF-AWARE AND CONFIDENT YOU ARE IN EACH CATEGORY.

BELIEF IN YOURSELF

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

ABILITY TO BE POSITIVE

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

FLEXIBLE ATTITUDE

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

DECISION MAKING

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

ABILITY TO STICK TO GOALS

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				



SELF-CARE

INTENTIONS

DAILY AFFIRMATIONS

TODAY I AM GRATEFUL FOR

TODAY'S TOP GOALS

01 _____

02 _____

03 _____

SCHEDULE

WATER

👉👉👉👉👉👉👉👉👉

SLEEP

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

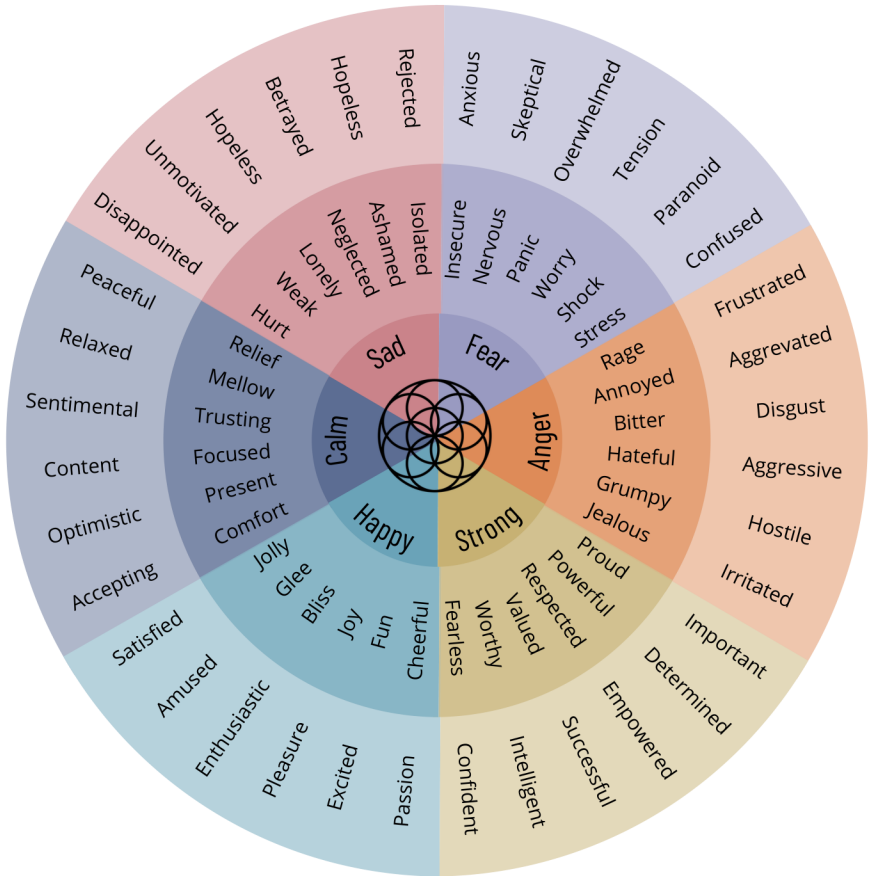
MOOD

😊 😊 😐 😞 😞 😊 😐

NOTES



Feel the Wheel



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Habit Tracker

"We are what we repeatedly do.
Excellence, therefore, is not an act but a habit". Aristotle

WEEK OF _____

H A B I T	MON	TUE	WED	THU	FRI	SAT	SUN
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LIFE **GOALS**

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>CAREER</i>			
<i>BODY</i>			
<i>MENTAL HEALTH</i>			
<i>SPIRITUALITY</i>			



UNDERSTANDING GOALS

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?



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WARRIOR MINDESET MASTERY

BENEFITS OF PERSONAL DEVELOPMENT

PROVIDES CLARITY AND DIRECTION

DEFINE A STRONG VISION FOR YOUR FUTURE WITH ACTIONABLE STEPS TO REACHING YOUR SOCIAL AND PROFESSIONAL GOALS.

IMPROVED SELF-CONFIDENCE

ENTER SOCIAL AND PROFESSIONAL SITUATIONS WITH CONFIDENCE TO UNLOCK NEW OPPORTUNITIES IN YOUR LIFE.

LEARN HOW TO LIVE A BALANCED LIFE

TAKE CARE OF AND NURTURE YOURSELF PHYSICALLY, AND MENTALLY. YOU CANNOT ACCOMPLISH ANYTHING IF YOU'RE UNHEALTHY.

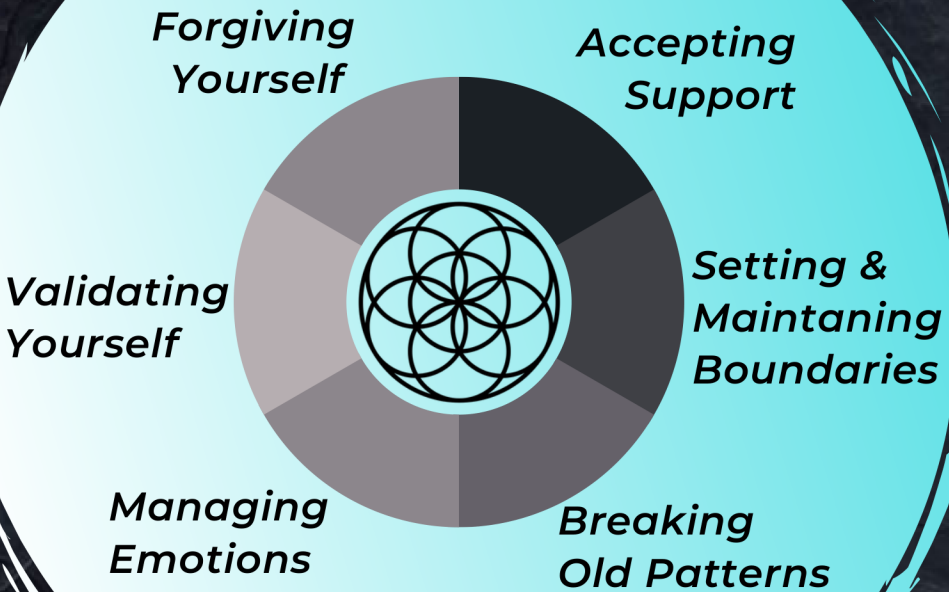
HELPS WITH SETTING GOALS

USING THE SMART GOALS SYSTEM, YOU WILL BE ABLE TO DEFINE AND REACH TIME-BOUND TARGETS IN YOUR DEVELOPMENT JOURNEY.

TRANSFORM YOUR LIFE



Signs That You Are **HEALING**



Meet the Mindset Coach



"This process isn't about me. It's entirely about you, where you are right now and who you want to become, your potential is limitless. Leave the "How" to me, I have created a system that combines collective wisdom of greatest minds over the last two millennia, it has proven to get me through the darkest times. The transmutation of pain into purpose, leads to an energetic and vibrant life". David (The Imperfect Life Coach)

David is obsessed with serving people at the highest level. As a survivor of two major traffic crashes, the first a fatal crash that killed both his parents on his seventh birthday. The second, in adulthood where he was involved in a hit and run, after his bike went underneath a lorry.

From a young age David has been fascinated with what constitutes as a life well-lived. Why do some people thrive after adversity and others barely survive, in the grip of negative patterns, such as lack of trust, in the world and people around them, in self-destruct mode, hyper-alert, anxious, confused, unmotivated, with feelings of overwhelm.

He has made it his life-long mission to create a system to master his own mindset. It has been two decades of trial and improvement. Once learned you will be able to use it to weather life's storms. David has used the Pain into Purpose system right now, after the death of his sister in May 2022. Life is precious, do not let the trauma define you, live an untethered life of connection, fun and adventure. The 4 A's, Awareness, Acceptance, Accountability imbeds a foundation to understand the self, with a structured system to keep you on track.

David is not a therapist, psychologist counsellor, he coaches on the present and future, removing negative blocks and breaking patterns that keep us caged in mediocracy.

He has been a Chairman of a very sheltered housing charity for senior citizens, based in south London and worked closely with AGE UK, as a programme creator. He created a programme with over 250 participants, recommended by the Guardian newspaper. It helped empower people to design and transform their lives. He has worked with the UK's top charities is a trustee of RoadPeace, a national road safety charity.

David is a fully qualified Transformational Life Coach. He has over two decades of experience in people development. He successfully managed substantial, uplifting teams to bring about positive change in our community. He is a five star rated coach, with a certificate of excellence.

Live life on purpose.



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**Sign-up
Today**

