

Warrior's Mindset Starter Pack

This PDF is a comprehensive guide to mastering the "Warrior in the Garden" mindset, designed for course participants seeking to deepen their practice.

Contents Include:

- **Course Overview:** Introduction to weekly themes from Earth to Void elements and guidance on using this booklet effectively.
- **Week 1: Awakening the Warrior (Earth):**
 - Excerpt on humility from the book: "My master made me sweep floors for a year..."
 - 5-Minute Morning Routine: Incorporating Body stance and Qi Gong.
 - Journal Prompt: "Where do I seek strength in stillness?"
- **Week 2: Flowing Like Water:**
 - How to find your level
 - Learn the 4-6-8 Breathing Technique .
 - Adaptability Challenge: "Simplify one task today."
- **The Warrior's Codex:**
 - The 3 step mindset rules.
 - Musashi's Earth and Water strategies.
- **Bonus Tools:**
 - Habit Tracker for 30-day warrior rituals.
 - Stance Library with HD images of foundational poses.
 - Community Invite for private forum access.
- **A Letter from the Master:**
 - A warm introduction sharing the passion for the "Warrior in the Garden" mindset.
- **Student Spotlight:**
 - Positive quotes from students who have benefited from the teachings.
- **Sneak Peek: Week 3 - Igniting Your Inner Fire (Fire):**
 - A teaser about upcoming themes and exercises in the third week.

Design Specifications:

- Interactive PDF with fillable journal fields.
- 24 pages, including cover and content.
- Mobile-friendly size of ~3MB.
- Color palette of serene greens and ink blacks.
- "Hanzi" calligraphy for headers and a clean modern sans-serif for the body text.

Download Your Free Warrior's Starter Pack

Enter code WARRIOR24 at checkout for 10% off the full course!