

# Warrior Path Workbook

WEALTH WARRIOR  
ACADEMY

In Honor of the  
Wealth Warrior  
Boot Camp graduates.

You are leading the way.  
You are the future.

# Warrior Path Workbook

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# Warrior Path Workbook

## Overview

This workbook is designed to continue the work we started at the boot camp. Complete this workbook, and you will have created a Warrior Path for 8 or more important areas of your life.

This workbook contains copies of the worksheets you filled out the first day of the boot camp—enough copies to create a Warrior Path for 8 areas of your life. Feel free to make more copies for your personal use only. The workbook is a 3-ring binder, so you can take out, insert and move pages around as you wish.

The workbook includes instructions and many examples, but if you have any questions, please call your group leader, an assistant head coach or Michael Skye. Michael Skye may be reached at 1-800-847-1086

# Warrior Path Workbook

## Purpose

Many workbooks are sold at seminars and other events. Most of these workbooks spend the rest of their days collecting dust on a bookshelf. Do not let this be the fate of your workbook.

You purchased it so that you could fulfill on the commitment you made at the boot camp on Friday night. Do you remember that commitment? You made the commitment after a full day of seeing exactly how your default self-guidance system works (or more accurately, *doesn't* work). You saw clearly how your life could be one of passion and honor, rather than compromise, comfort and suffering.

I challenge you to get your boot camp binder out right now and find the page titled, My Warrior Path. Read it aloud and then be conscious of your signature at the bottom.

You gave your word to creating a Warrior Path for your life in the 12 months following the boot camp. Honor your word and honor yourself by fulfilling on your promise.

## Plan

Create some kind of plan for fulfilling on that promise. Perhaps you want to spend an hour a week creating one Warrior Path per month. Whatever your plan is, write it down and schedule it into your DayTimer, calendar or other time management tool.

Do this now. Use the space below to write the details of your plan.

Now, before you get started, I have one more challenge for you. Find a buddy or a coach you can be accountable to on a regular basis for completing this workbook. You could team up with someone else from the boot camp, a friend, roommate, spouse—whoever it is, make a commitment in writing and set up a specific schedule for being accountable.

Do this now. Use the space below to write who you are accountable to and what your method and frequency of accountability.

## Warrior Path Workbook

**Checklist** Use the checklist below as part of your plan. Set completion goals and monitor progress.

	Actions	Date to Be Completed by	Date Completed
1	Read the Overview, Purpose & Plan of the Workbook		
2	Reread the 'My Warrior Path' commitment from the boot camp. Read it powerfully and verbally recommit.		
3	Create a plan for completing the workbook. The plan will list specific times and dates you will work on the workbook.		
4	Using your DayTimer or calendar, schedule the times you will work on creating your Warrior Paths.		
5	Find someone to be accountable to for the completion of the workbook. Sign a written agreement for accountability.		
6	Using the included forms, create a Warrior Path for one area of your life.		
7	Create a Warrior Path for another area of your life.		
8	Create a Warrior Path for another area of your life.		
9	Create a Warrior Path for another area of your life.		
10	Create a Warrior Path for another area of your life.		
11	Create a Warrior Path for another area of your life.		
12	Create a Warrior Path for another area of your life.		
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# Warrior Path Workbook

## Instructions

The instructions for creating a Warrior Path for an area of your life are divided into 3 segments of about 45 minutes to an hour each, so that you can schedule your time in advance and know exactly what you'll be doing during the time period.

Here's an overview of the 3 segments, and the worksheets to be completed in each segment:

1. **Awakening to the Compromises**
  - a. Complaints & Dreams Worksheet
  - b. Preparing Defense Worksheet #1
  - c. Preparing Defense Worksheet #2
  - d. Inner Conflict Diagram
  - e. Review Notes
  
2. **Taking A Stand**
  - a. Heroes Worksheet
  - b. Funeral Worksheet
  - c. Warrior Path Worksheet
  - d. Review Notes
  
3. **Forging A Path (Creating Standards & Accountability)**
  - a. Creating A Warrior Path Worksheet
  - b. Complaints Into Standards Worksheet
  - c. Warrior Path Program Worksheet
  - d. Accountability Worksheet
  - e. Review Notes

For best results, actually do these exercises with a partner in person or on the phone. Take time to share after you complete each worksheet, or after completing each half of the worksheet.

1. **Segment #1: Awakening to the Compromises** This is the first of 3 segments in which we'll be creating a Warrior Path for an area of your life. It should take about an hour or so, depending on whether or not you have a partner to do it with. You will likely enjoy it more with a partner, because you can share insights with each other.
  - a. **Complaints & Dreams Worksheet** Pick an area of your life to work on and write this area in the space provided at the top of the sheet.
    1. **Complaints** In each of the boxes on the left-hand side of the page, write down a complaint you have in this area of your life. (at least 7-10 complaints)
      - a. **Questions to ask yourself:**
        1. If you were a complainer, what would you complain about?
        2. What bugs you in this area?
        3. What's not working for you?
        4. Sign's that this area is not perfect?
        5. Suppose you deserve the best in this area of life. In what ways do you not have the best?
      - b. **Notes:**
        1. Write in full sentences, starting with "I \_\_\_\_\_"
        2. If your complaint is about someone else, put "I tolerate \_\_\_\_\_."
    2. **Dreams/Fantasies** In each of the boxes on the right-hand side of the page, write down a corresponding dream or fantasy for each complaint on the left.
      - a. **Questions to ask yourself:**
        1. For each complaint on the left, what would my ideal dream or fantasy be?
      - b. **Notes:**
        1. Write full sentences, each starting with "I \_\_\_\_\_."
        2. Don't put in terms of "I would." Use the present tense.
        3. When you finish writing a dream for every complaint, add 3 more dreams or fantasies to the list.



- b. **Preparing Defense Worksheet #1** Imagine you have been accused of being completely out of integrity in this area of your life. If you are found guilty, you'll be sentenced to a life of the same ongoing complaints and unfulfilled dreams. You are now preparing your defense.

1. **Defense** A good defense attorney prepares his own version of the story in order to convince the jury that the defendant is not guilty. In your case, you want the jury to see that you are someone who IS in integrity with this area of your life. So, think of all the evidence that shows you are in integrity with this area of your life. In each box on the left cite evidence, which would help convince a jury that you are in integrity with this are of your life.

- a. **Example** Let's say that the area of life you are working on is financial. You could include the following as evidence (assuming it is true of you).

Defense	Prosecution
I have bought 3 of Robert Kiyosaki's books on finances.	
I save all of my receipts.	
I have a financial planner.	
I have friends who are wealthy.	

2. **Prosecution** Still preparing your defense, you want to now imagine how the prosecutor might reply, if you brought up the evidence that you wrote down. Put this in terms of "Yes, but..."

- a. **Note** Assume the prosecutor knows everything about your life—even your thoughts. Have fun with this.  
 b. **Example**

Defense	Prosecution
I have bought 3 of Robert Kiyosaki's books on finances.	Yes, but you haven't read any of them.
I save all of my receipts.	Yes, but you don't use your receipts to track your expenses
I have a financial planner.	Yes, but you seldom follow his advice or your plan.
I have friends who are wealthy.	Yes, but you rarely ask for their advice or do what they do

- c. **Preparing Defense Worksheet #2** OK, still preparing our defense, we want to prepare for how we might respond to a prosecutor's question, if he's grilling us on the stand. So, look back to the previous worksheet and pick a "juicy" question for the prosecutor to ask you. Write this question in the gray area where it says *Charge #1*. The question should be something like, "Why don't you do (something you should be doing)," or, "Why did you (do something you should not be doing)?"

1. **Possible Defenses**

- a. In the four boxes under Charge #1 on the left-hand side, list possible responses to Charge #1. This is a brainstorming exercise, so put down all the replies you think of (especially the excuses and rationalizations you think of).
- b. When you've got 3 or 4 boxes filled in, come up with a Charge #2, and write it in the gray space next to *Charge #2*.
- c. Now come up with 3-4 replies to Charge #2.

2. **Jury** Now in the right-hand boxes, write what personal judgments the jury might make about you. Imagine they are back in the jury room talking about you, what *negative* things might they say amongst themselves about you, if you actually replied to each of the charges as you did.

- a. **Example:** If the charge was, "Why don't you follow a budget and track your expenses?" and one of your replies was, "I don't have the time. I'm too busy working." The jury might hear that you are a rationalizer or a workaholic. If this is the case, then you would write, "I am a rationalizer and workaholic" in the right-hand box.
- b. **Example** If your reply to the same charge was "I'm no good with numbers," the jury might hear you are someone who is too lazy to learn how to manage your finances. In this case, you'd write, "I am someone who is too lazy to manage my finances," in the right-hand box.

3. **Prosecutor's Closing Summation** In this box you write a summary of what the prosecutor might say to the jury. Remember, the prosecutor wants to paint a very negative picture of you. This is not "The Truth," but just the prosecutor's story about you. In order to write the summation, look back to what the jury said about you. For each "I am" statement in the right-hand column, read it and then ask yourself, "What kind of person (does that)?" You want to look for labels, such as "workaholic, slacker, coward, liar, wimp, etc.

**d. Inner Conflict Diagram** OK, now we're going to go through the inner conflict diagram and see how it relates to the worksheets we've just completed.

1. **Complaint** At the top of the blank inner conflict diagram sheet, write a complaint for this area of your life. Put this in terms of, "I \_\_\_\_\_."
2. **Obvious Solution** Now ask yourself, what would an obvious solution to this complaint be? Write this in simple words in the top left-hand box. (See Inner Conflict Diagram GUIDE, page )
  - a. **Note** Be sure you are being specific and talking about a simple action you could take or start taking on a regular basis that would be an obvious solution.
  - b. **Example** If your complaint is "I don't balance my checkbook," an obvious solution would be to create a budget. In this case, you would write "balance checkbook," in the box. (See Inner Conflict Diagram EXAMPLE, page )
3. **Opposite of the Obvious Solution** Now in the box directly below the obvious solution box write the opposite of the solution. (See ICD GUIDE and EXAMPLE, pages )
  - a. **Example** In the example above, the opposite would be "Not balance checkbook." You would write "Not balance checkbook," in the box below the "balance checkbook," box.
4. **Complete the Other 4 Boxes of the Inner Conflict Diagram** Complete boxes 1b, 1c, 2b and 2c by answering the questions on the ICD GUIDE, page .
5. **Experience of Inner Conflict** Get present to your experience of this inner conflict. What is your experience of being in inner conflict? How does it feel? Uncomfortable to say the least, right? Well, our nervous system automatically reacts to avoid pain and discomfort. In the case of inner conflict, our mind often seeks a way out by escaping to Comfort Zone.
6. **Comfort Zone** Write "Comfort Zone" in box 3a. Now use the questions on the ICD GUIDE to fill in the boxes 3b, 3c and 3e on your blank Inner Conflict Diagram form.
7. **Compromise** Get present to your experience of compromise. What values are you compromising on by resolving this inner conflict the way you often do? Write this somewhere on your blank ICD form.
8. **Reflection** Complete box 4 by answering the corresponding question on the ICD Guide. Notice that the inner conflict may give some comfort in the short term, but the price you pay is getting the reflection in box 4. Does the reflection you've been programming yourself with make it easier or more difficult to honor your highest values in the moment of inner conflict? Journal about your insights on the back of the worksheet opposite the ICD you just filled out.

## ICD GUIDE

## ICD EXAMPLE

- e. **Review Notes** On the back of one of the worksheets, write any insights you have after pondering the work we've done so far.
1. **Complaints & Dreams Worksheet** Go back and look at the first worksheet with your complaints and dreams. Get present to the reality that if you don't take a stand in this area of your life, you can expect to go on living with these ongoing complaints and unfulfilled dreams. What other insights do you have about this worksheet?
  2. **Preparing Defense Worksheet #1** Review this worksheet and notice how no matter what you do, how much you do or how well you do it, you could always be doing more or better. Notice also that this is why we suffer: We live inside of these 2 different cases—2 different stories, the one on the left and the one on the right. We want to believe we are in integrity, yet we always feel we could be doing more or better. Suffering occurs when it appears nothing we do really makes a difference or when we see that we're continually failing to do enough or to do things good enough. Get present to the fact that you'll keep on suffering unless you take a stand in this area of your life. What other insights do you have about this worksheet?
  3. **Preparing Defense Worksheet #2** Review this worksheet and notice that our excuses on the left are the rationalizations we tell ourselves in order to escape inner conflict and get into comfort zone. These excuses would fit into box 3e on the ICD Guide. Also notice that the jury's and prosecutor's judgments are the reflections we are left with when we compromise and make such excuses. The prosecutor's labels of us are the type of reflections we'd put into box 4 on the ICD Guide.

- f. **Conclusion of Segment #1** Congratulations on doing the great work you've just done! Before ending this segment, take the next 4 steps.
1. **Honor Thy Self!** Remember who you are. Not everyone chooses to do this kind of work and be as honest as you have been for the last hour or so. If you're feeling any guilt, shame or ugliness after seeing how you've been compromising in this area of your life, stop and Honor yourself for standing in the face of that. You are a warrior. You are about to take a stand in this area of your life!
  2. **Schedule a Date and Time for Your Next Segment!** Actually get out your pen and do this now. Have someone hold you accountable—set a date to do the next segment with a partner, if possible.
  3. **Share What You've Learned!** Do you want to master these ideas and this technology? Do you want to master this area of your life? Then share your insights with someone between now and the next segment. Teaching is one of the very best ways to gain mastery—especially when you don't "know enough" to teach.
  4. **Preview the Instructions for Segment #2** Take a look at the work we'll be doing in the next segment, so you can get be thinking about it between now and then. In the next segment you'll be seeing what inspires you and who you want to be in this area of your life.

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