

WEEK 2 : WARRIOR II

BUILD PHYSICAL STRENGTH AND CONTAINMENT

Step 1: Train Your Mind

“THE PAIN OF DISCIPLINE IS NOTHING LIKE THE PAIN OF DISAPPOINTMENT.”

— JUSTIN LANGER

Do you see yourself as a fighter? A warrior? What does your inner 'Shakti' - your innate strength look like to you? In order to reclaim your power you must first know what this looks and feels like!

JOURNAL THIS:

When I am fully empowered and energised, what am I doing daily? When I have all that I need, how does my physical body feel? Close your eyes to imagine this for a few moments. How am I communicating to others?

Martial arts training instills a particular kind of mindset; one of laser-like focus, unwavering commitment, concentration, determination, always aiming towards a goal and always getting up after being knocked down. 'Giving up' is not in the martial artist's dictionary.

Of all of these traits, mental commitment is the most important in achieving one's goals.

You're likely a creative soul, meaning that you have a strong imagination, or mental body. You can choose to place your attention on the critic within, which only victimizes you further or choose to cultivate that steadfast determination to be the very best version of you!

Ask yourself how badly do you want to achieve your vision? If you're not ready to change your daily habits then you must dig deeper into the feeling of 'de-motivation', which is essentially a resistance to change.

The warrior is always observing, always ready. She is flexible, adapting to whatever comes her way. As Bruce Lee says, 'Be like water.' There is great strength in yielding to force - to the obstacles. Don't push against the challenges. The rule of fighting is to observe and move with and around them.

Try watching your thoughts this week instead of reacting from them. Can you embody this state of ever-present meditation? You are the champion of your story. The story is just beginning.

Get yourself into the right mindset now.

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Step 2: Craft Your Warrior Playlist

“LIFE SEEMS TO GO ON WITHOUT EFFORT WHEN
I AM FILLED WITH MUSIC.”
— GEORGE ELIOT

ACTION:

Create a music playlist and use this for motivation during your continued decluttering process and for the next steps that follow. Option to use the one I've created for you:



**Click here for your
Warrior Playlist**

**STAY INSPIRED AND GET MOTIVATED.
CALL FORTH YOUR WARRIOR ENERGY!**

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Step 3: CREATE AN EXERCISE PLAN

“TAKE CARE OF YOUR BODY.
IT’S THE ONLY PLACE YOU HAVE TO LIVE.”
— JIM ROHN

Exercise is essential to counteract our toxic sedentary lifestyles. Moving your physical body regularly will improve your overall health and lessen stress and anxiety. It will significantly boost your confidence too.

ACTION:

For the next five weeks implement 20-30 minutes of cardiovascular activity three times a week. Log this in your schedule now! (Minimum 15 mins if you have never tried this.)

Watch what changes this brings. Attend weekly classes or practice at home. Copy a youtube workout video – a yoga video or anything that you enjoy.

Invest in weights. Or simply play your favourite music and dance for 20 minutes!

Energy needs to move. Especially dense energy from grief, pain or depression. Since we are sensitive souls, there is a lot of built up energy within our bodies from holding back our truth and needs. This toxicity becomes embedded within our physical body. Stagnant energy or unchecked stored emotions can quickly turn into physical ailments and illness.

The body is designed to keep moving. Hold it as sacred and stay active with equal (if not more) amount of rest.

At my lowest point, full of trauma, exhaustion, uncertainty and grief and in the midst of a life changing circumstance, I checked myself into a kickboxing class. It was the best decision I made and helped me deal with ptsd.

Your physical body is your key to awakening and enlightenment. It stores memories. Trauma. Messages. It holds all the answers you seek. You just need to learn how to communicate with it and be loyal to its needs! The short meditation given in [Week 1](#) is the easiest and best place to start to scan over the physical body and ask what its needs are.

Always warm up and cool down.

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Step 4: Build Physical Strength

“TO KEEP THE BODY IN GOOD HEALTH IS A DUTY... OTHERWISE WE SHALL NOT BE ABLE TO KEEP OUR MIND STRONG AND CLEAR.”

— BUDDHA

JOURNAL THIS:

On a scale of 1-10 [with 1 being the lowest and 10 being the highest] how much physical strength do you feel you possess? What number do you wish to reach by the end of this course?

To strengthen your physical body is to increase your sense of Self, your presence and confidence.

If you can, work on your core each week, activating your third chakra, ‘manipura’, which is located at the solar plexus. This enhances your warrior energy and personal power.

[Read more about the third chakra here.](#)

Your body is your temple, therefore view enhancing your physical strength as self-devotion. After routinely working out, you’ll naturally begin to make nourishing food choices.

Remember that each layer of our being affects the other, just as you train your mind, your physical body health will improve, it is no secret to martial artists that meditation is the quickest way to heal physical body injuries!

Cultivating your body strength is vital when dealing with confrontation and especially in the terror of expressing your truth, your needs and your NO! Your physical strength can literally be a wall – a force-field, a shield, a safe place for your containment.

Be rooted firmly in your outer strength and watch how easier it becomes to express your personal boundaries.

If you don’t know where to start. Email me and I’ll point out some strength training youtube videos you could imitate or incorporate into your 20-30 minute exercise routine.

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Step 5: What Is Your Motivation?

“THE SECRET TO ACHIEVE TRUE SUCCESS IS FOUND
IN YOUR DAILY ROUTINE.”

To keep up the habit of physical exercise along with your daily grounding practices, you must keep connecting to the reason WHY you're doing it.

Some days you'll not want to do it, or you'll find yourself distracted or low in energy. Think of how you'd feel not doing it. Bored? Moody? Low? Angry at yourself? Emotions built up with no release? Frustrated? etc.

This is not about putting guilt on yourself, but taking care of your needs so you can show up in your purpose, meeting more of your potential!

When you keep up the routine training, not only will you look and feel good about yourself, your self-esteem and confidence will increase.

The amount of power you're able to feel, the more likely you'll have the energy to reach your goals and stay in alignment with your vision.

Are you ready to shake up your daily routine? Are you truly done with the past and ready to receive all that you are, want and need?

Turn your mindset into one of solution-seeking. Don't get stuck in the 'problem' in stagnant and outworn thoughts such as 'not enough time.' New thought: Where can I create time by taking some other task away? Shift your perspective from limited thinking patterns. Keep asking yourself questions to help you move forward. Keep connecting with your 'why.'

JOURNAL THIS:

What do I envision FEELING through the routine physical practice I'm committing to?

What are my specific reasons for doing it? What is my WHY?

How will it help me reach my aim?

What is the cost of not keeping my body strong and healthy in the long term?

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Step 6: Get Clear On Your Time and Your Tasks

“HOW YOU SPEND YOUR DAY IS HOW YOU SPEND YOUR LIFE.”

As mentioned another important result of physical exercise and strength building is the feeling of inner safety. Your physical strength gives you the back up and courage to say NO when expressing your boundaries. By now you're laying the foundation for greater security and stability. These two outcomes paradoxically allow you to feel the confidence to take more risks and offer a sense of freedom within the containment of your daily and weekly routines.

So far you've scheduled in your three 20-30 minute workout sessions in the week and you have a morning grounding routine, (which can be the 4-level check-in meditation for now). You also have a short self-care ritual before bedtime. Keep these practices consistent for the duration of this course—and after! ;)

Write this plan down in your journal and mark the days and times on your calendar or write the plan out on a separate piece of paper and then display it on a wall or on your desk.

You'll soon discover that dedicating this time to yourself will increase your vitality, leaving space to be more productive and contained with the rest of your time!

ACTION:

Now, each night, get clear on what your priorities are for the next day. Before you sleep, write down between 2-3 tasks that must be completed. After your morning practice the next day, focus solely on these tasks and nothing else until they are checked off your list! Ideally at least one of these tasks is moving you closer towards your vision.

This is the basics for creating a good structure for managing your day well, connecting with yourself and feeling better about your mental, physical, emotional and spiritual well-being. Remember there are 365 days in a year. That's 365 days to keep practicing, to keep removing obstacles from your path, lightening the load and giving space to do what you really want to do!

JOURNAL THIS:

When I think back to the big vision I hold for myself – how am I spending each day?
What can I do now to bridge the gap between my present circumstance and the vision of what my ideal daily routine looks like?

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Have a good week developing the martial arts mindset, cultivating a healthy relationship with your physical body and creating structure and routine in your week!

Keep going! I've got your back!

I'd love to know how you got on!

Share your progress in the [Shero Rises Facebook group](#), this will help others keep up and follow through. I'll be sharing another resource to get you motivated this week. Check back in this group for it!

Have any questions?

Feel free to email me: payal.mindbodyspurityyoga@gmail.com

Stay connected :)

::Payal::

