

BATTLE READY

THE EXERCISES

EXERCISE: WHAT'S YOUR LIFE LIKE NOW?

Perhaps you haven't reached bottom, like I had in that laundrette in Brisbane. Perhaps your life is ticking along, but deep down you think things could be better. You want your life to change. But before taking that first step, check in with yourself by asking yourself some questions, to give yourself a baseline, a place to start from, and to look back at when you're on your way to achieving your goal. It's good to write these down, and to keep checking in with yourself as you work towards a better future.

DATE: _____

Are you selling yourself short? If so, how?

Are you in a relationship that feeds your confidence or sucks it away?

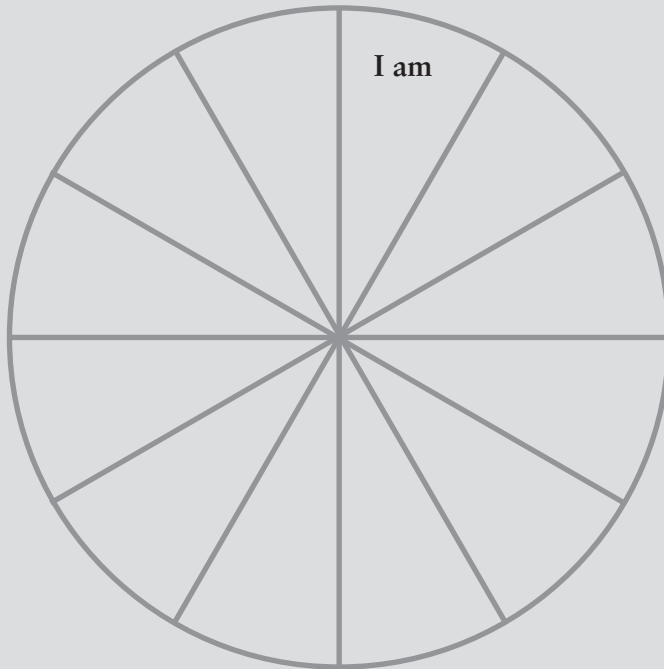
Do you tell yourself you'll never be a success?

Have you accepted your lot and told yourself not to expect any more from life?

EXERCISE: THE CLOCK

Create your own clock. At 12 o'clock write down your ultimate goal and on each hour thereafter (heading clockwise) write down a goal that you will achieve to take you closer to your ultimate goal. This can be a bad habit you have to overcome in order to get to the next step and should be written in the present tense as if you've already achieved it. Create three milestones toward your goal. One at three, six and nine and then as you approach each milestone state the two things you must do to reach that milestone. State them as mantras.

Start with phrases like 'I am ...' and 'is ...' e.g.: 'I am not drinking', 'My home is clear and clean', 'I am exercising regularly', etc. Date each step, so that you can look back and see how you've progressed.



Once you have filled in your clock, put it in a prominent place, so that you see it first thing when you wake up. You might want to make copies and put them around the house – on the fridge, perhaps, or stuck to the bathroom mirror. Starting from the first step, focus on that thought for the whole day. Imagine yourself having fulfilled that goal, what you look like, how you're feeling. The next day, concentrate your energy on step 2, and so on, starting the cycle again when you reach step 1.



EXERCISE: IKIGAI

Take some time out to ask yourself these four questions.

What do I love doing?

What am I good at?

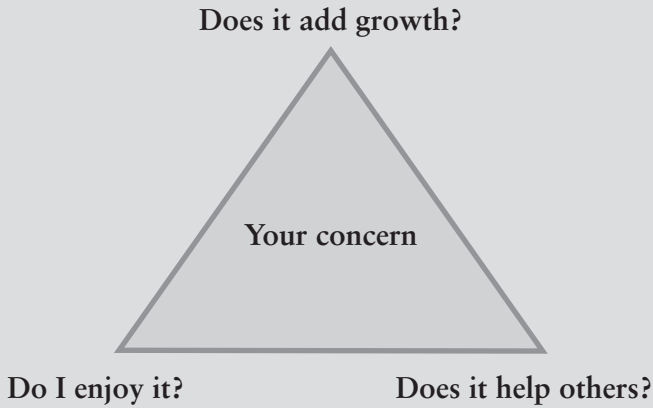
What does the world need?

What can I get paid for?

Give yourself half an hour to complete this task and contemplate your responses. How do they relate to how you spend your time currently?

EXERCISE: THE PURPOSE PYRAMID

Complete your own purpose pyramid. Place an element from your life that is of questionable merit in the middle. Then ask yourself the three questions: Does it add growth? Do I enjoy it? Does it help others? Be honest with yourself.



Does it add growth?

Yes/no: _____

Do I enjoy it?

Yes/no: _____

Does it help others?

Yes/no: _____

Now you've done the exercise, how many yeses did you get? How many nos? Remember – to keep the thing you're wondering about in your life, you must answer yes to at least two of these questions. If you tick only one you must seriously question if it has a place in your life, or none means that you should bin it from your life immediately.

Your job: If you weigh up the positives against the negatives, how does your chosen employment stack up? What is its purpose, and do you feel aligned to that? Do you feel like you're moving and progressing? Do you feel satisfied? What are your working relationships like? How does your boss treat you? Do you feel inspired or unmotivated? Are you earning what you want to earn? Did you picture yourself doing something else?

By asking these basic questions, 'What's the purpose of this?' or 'Is it having a good or bad effect on me?' we are able to identify the elements in our life that cause us pain or waste our time. Once we identify the negatives that detract from the good in our lives, it makes them much easier to let go of.

When you complete this exercise with any current habit or activity, and also anything you're negotiating in the future, you'll start to get an idea of what's good for you and if you're investing your time in activities that mean something to you, where you get a good deal from your ROI (return on investment) or not.

EXERCISE: EGO THE DIVA

Your first step toward inner consciousness is to start recognising that the ego is not you, and there is a quieter stillness within you that comes to the fore in moments when you become an observer of the ego or quieten its chatter through meditation. Start keeping a mental record of when the ego takes over. Think about what triggered this behaviour and how you could have acted in a nobler way. Most importantly be conscious. When you learn to recognise the ego you can stop it in its tracks and decide whether it is needed in the current situation or not at all. It's the same for all emotions, which can at times be highly inflammatory.

Note down three occasions when your ego has flared up and taken over your rational self.

1. _____

2. _____

3. _____

Now think about each occasion according to the following questions:

What were the signs?

1. _____

2. _____

3. _____

How did you feel?

1. _____

2. _____

3. _____

Were you in control?

1. _____

2. _____

3. _____

What was the effect it had on the other person(s)?

1. _____

2. _____

3. _____

How did you feel afterwards when your ego had climbed back in its crib?

1. _____

2. _____

3. _____

Now, replay those three scenarios but this time without the ego.
How would the impact/result be any different?

1. _____

2. _____

3. _____

EXERCISE: COMFORT ZONE

Make a list of comfort zones you consider yourself to inhabit.

Now write five things about each one which are not positive. Ask yourself what you would need to do to turn these negatives into positives. Would you need to leave the comfort zone to achieve this?

Comfort zone: _____

1. _____
2. _____
3. _____
4. _____
5. _____

How can you turn these negatives into positives?

Would you need to leave your comfort zone?

EXERCISE: SHORT-TERM DISCOMFORT

Make a note of at least three things today where you have stepped into the short-term discomfort for long-term gain. This can be as simple as cleaning the dishes before you head off to work, going for that run or doing daily exercise; making healthy food choices, or speaking out when you had a point. Any situation where you've felt uncomfortable but have just done it anyway, and it will have benefited you in the long term. Also make a note of when you could have done this and wish you had.

Three short-term discomforts

1. _____
2. _____
3. _____

When you could have experienced short-term discomfort

1. _____
2. _____
3. _____

In the above three cases, what would have happened if you had gone through the short-term discomfort?

1. _____
2. _____
3. _____

Now try to make your goal SMART. SMART stands for the following:

Is your goal **specific** enough?

How will you **measure** its success?

Is it **achievable**?

Is it **relevant** towards your greater goal?

Does it have a **timeframe**?

Apply the SMART framework to your goal:

EXERCISE: VISUALISATION

Here are two exercises. Try the first before you attempt the second:

1. Imagine you've got a million pounds. Picture it inside a bank vault, the cash piled up in a neat block of pristine £50 notes tightly wrapped in plastic.
2. This time imagine the experiences and the things you could do for yourself and other people if you had a million pounds to play with. Imagine buying a dream house, your favourite car, or taking your parents or loved ones on the trip of a lifetime, seeing their faces smiling, tears of happiness in their eyes; maybe it's a charity you'd like to give the money to and make a real difference.

What did you notice about the two different visualisations? Hopefully, the first left you cold and lacked depth, while the second gave you a positive emotion. It's that emotion you need to engage with. You've got to have the vibration that matches the desire. When you don't have that vibration it's worthless.

EXERCISE: HABIT FORMATION

Imagine a positive goal, like running a marathon in six months' time.

Trigger: Stick your workout programme on the fridge. If you're planning on running first thing in the morning and you're a bit of a sleepy dormouse come 6 a.m., place your kit and trainers right by the bed so when your alarm goes, they are the first thing you see. Use your phone as the alarm and put it outside the door so you must get up to turn it off. Do not go back to bed!

BREATHE – RECALIBRATE – DELIVER

Behaviour: Go to the gym/run.

Reward: Feel satisfied with yourself, look healthier, see your mileage getting higher and your fitness level improving. Tell yourself how amazing you are! Feel the positive endorphins flow.

If it's a bad habit you want to change, for example, kicking smoking:

Trigger: Don't keep cigarettes in the house. If you've always associated drinking alcohol with your cigarette, avoid drinking alcohol in the first few weeks of stopping. Don't hang out with friends who are smokers in the first days or weeks of stopping. When you 'feel' the urge, fall into process.

BREATHE – RECALIBRATE – DELIVER

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Behaviour: Make it difficult for yourself to access cigarettes by walking a different route to work so you don't pass the shop where you usually buy them. Become more Battle Ready by saving the money you would have spent on cigarettes, putting it into a savings account or on a gym membership.

Reward: Feel proud of yourself, enjoy fresher breath, looking healthier, feeling fitter.

If you fall off the healthy wagon and back into smoking, don't be too hard on yourself. Think about what other triggers might have been at work to make you reach for the cigarettes – did you miss any? Add them to your list and think of any new behaviours to help deal with these new triggers. Remember the negatives smoking brings to your life, how expensive it is these days, not to mention your increased chances of developing lung cancer and the drain on the health system.

Think back to the Purpose Pyramid: ask yourself, 'What is the purpose of smoking?' Unless the pros outweigh the cons, reset and start again remembering all the benefits you'll enjoy when you've given up. Statistics prove that asking these questions while conducting the negative habit will produce an increased chance of quitting. So, while you're puffing on your cigarette ask the question while understanding the benefits of the smell and taste.

Creating habits: Think of one good habit you are trying to promote, and one bad habit you are trying to kick. What are the triggers? What behaviour can you bring in to help you change? What is the reward?

Good habit:

What are the triggers?

What behaviour will effect change?

What is the reward?

Bad habit:

What are the triggers?

What behaviour will effect change?

What is the reward?

EXERCISE: MISSION SUCCESS

Think of an objective that you'd like to achieve.

Objective:

Plan:

Brief:

Deliver:

Debrief:

Once you've achieved Mission Success, learn to create a process where you learn and grow from every experience both good and bad. By doing this, you don't have to recreate the wheel every time a new project or opportunity is presented to you.

EXERCISE: WHO'S IN MY TRIBE?

On a separate sheet of paper compile a list of the people you speak to most on a weekly basis. For each person ask the following questions:

- Do they ask me about myself?
- Do I trust them?
- Is our friendship/working relationship a two-way street?
- Are they dependable?
- Do they suck or radiate energy?
- Are they control freaks?
- How do you feel when you see their name calling on your phone?

When you tally up if there are more negatives than positives then you know if it is a fair relationship.

EXERCISE: MAKE YOUR OWN CONTRACT

Here's an example to guide you:

*I (your name) _____
on this day, (insert date) _____
hereby state my intention of achieving (insert goal),

by (insert date) _____
and give my personal promise to follow the programme I
have designed for myself (insert details on the process/steps
to achieving your goal) _____*

*_____
For the duration of the programme I will remain focused
and disciplined, implementing and executing all my designs
to the best of my ability.*

*The area of my life that I will impact during my personal
bootcamp will be (insert here – it could be health, finances,
whatever it is you want to change) _____*

Signed

Witness

EXERCISE: POSITIVE AFFIRMATIONS **AND MORNING AFFIRMATIONS**

Affirmations are proven methods of self-improvement because of their ability to rewire our brains. Much like exercise, they raise the level of feel-good hormones and push our brains to form new clusters of ‘positive thought’ neurons. In the sequence of thought-speech-action, affirmations play an integral role by breaking patterns of negative thoughts, negative speech, and, in turn, negative actions.

Examples of Positive Affirmations:

- I am superior to negative thoughts and low actions.
- I possess the qualities needed to be extremely successful.
- My ability to conquer my challenges is limitless; my potential to succeed is infinite.

How to Create Positive Affirmations

1. Start with the words ‘I am...’
2. Use the present tense.
3. State it in the positive.
4. Keep it brief.
5. Make it specific.
6. Include an action word ending with –ing.
7. Include at least one dynamic emotion or feeling word.
8. Make affirmations for yourself, not others.

Spend time coming up with an affirmation that supports your goal. Practise saying your positive affirmation as soon as you wake and the negativity starts to flow or at any time you are feeling negative about your positive actions.

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Write down three positive sentences, in the present tense, about how you would like to be. Don't be afraid to set the bar high. Then repeat these sentences first thing in the morning and when you get up.

1. _____

2. _____

3. _____

EXERCISE: WHERE'S MY PHONE?

Get in the habit of not having your phone in your bedroom when it charges overnight. Leave it in the kitchen, or the living room, or just outside the bedroom door if you use it for an alarm clock. Or, if you're in a bedsit, hide it away in your bag. Trust me, you will sleep better when you go to bed, you won't be tempted to look at it during the night, and you won't be able to use it first thing. Write down a promise to yourself here, identifying the new location of your phone overnight.

I promise to keep my phone

EXERCISE: BOX BREATHING

In the Special Forces in a number of countries, they teach ‘Box Breathing’, a means of centring the nervous soldier and calming the mind to achieve the best performance. This simple technique can be used by anybody and applied at any time and in any place, be it before an interview you might be feeling anxious about, making a speech or presentation, when you are forced into a pressured situation, or as a means of meditation.

Step 1: Inhale deeply through your nose for four seconds.

Step 2: Hold for four seconds.

Step 3: Breathe out through your mouth for four seconds.

Step 4: Hold for another four seconds.

Repeat four times and allow this pattern to form a more regulated and structured breathing cycle. Practise regularly and it will become less forced and engineered. Not only that, it will keep cortisol at bay and allow you to approach all matters with a more relaxed and clearer frame of mind.

EXERCISE: MEDITATION

1. Set your alarm for ten minutes.
2. Begin box breathing, in for four, hold for four, out for four, hold for four. Concentrate on your breath, feel the air as it moves in and out of your body.
3. On the fourth breath as you exhale close your eyes, bringing your focus onto your breath.
4. As you control your breathing, focus on the future you want.
5. Anytime your mind wanders bring it back to the breath.
6. When you have a routine and your mind is clear, ask yourself the question: ‘What is my number one goal?’

The initial focus here, and one that is ongoing, is the ability to clear our minds of distracting topics and scenarios and learn to focus. Once you can do this the benefits are obvious in everyday life. The mind chatter will fade and the clarity of thought will allow creativity to flow.

EXERCISE: I DON'T LIKE RUNNING

If running isn't your bag, a good way to get into it is to run 50 paces then walk 100 paces. Over a period of time slowly increase the running count to say 100, while at the same time reducing the walking to 50.

Gradually increase your running duration and number of sets and keep a record of your progress. Just looking at your success gives you the encouragement you need to keep going.

EXERCISE: TRUST IN COINCIDENCE

Take a moment to look back on your life for coincidences. Write down people who have been instrumental in your success or happiness, when they came into your life and what led you to meet them. The more you start spotting these helpful leg-ups the Universe provides us with, the easier it is to trust the magic. In future don't brush it off, call it coincidence and forget it. Use this experience to question why it happened and ask yourself what does it mean? It may be nothing but more likely you're simply not connecting the dots.

Person:

When did they come into my life?

How did they help me? What insights did they help me reveal?

What led me to meet them?

EXERCISE: WHAT'S WORTH WORRYING ABOUT **AND WHAT YOU CAN'T CONTROL**

Write out a list of things that worry you and get you down; be it the state of the planet, the price of milk, your next-door neighbour's dog, your best friend's addiction, your lack of enthusiasm for your job... whatever it may be. It may be a long list.

Now make a second list from the first, but this time only include the entries you can control.

You'll see that there are actually very few things you currently worry about that you can control – be it the current ruling political party, your company's share-price dropping because of larger economic factors, possible traffic on the motorway, your boss's lack of empathy, or whatever. By accepting that there are things you just can't change, you start to let them go and immediately feel lighter. The one thing you have 100 per cent control of, the one person whose behaviour you can change, is you. Accept you can't control others, forget about things that haven't happened yet. When you reduce your list of worries you create more space for creativity and to focus on your priorities. This is essentially what being Battle Ready is all about – identifying the stuff that holds you back, dealing with it and getting on with your goals.