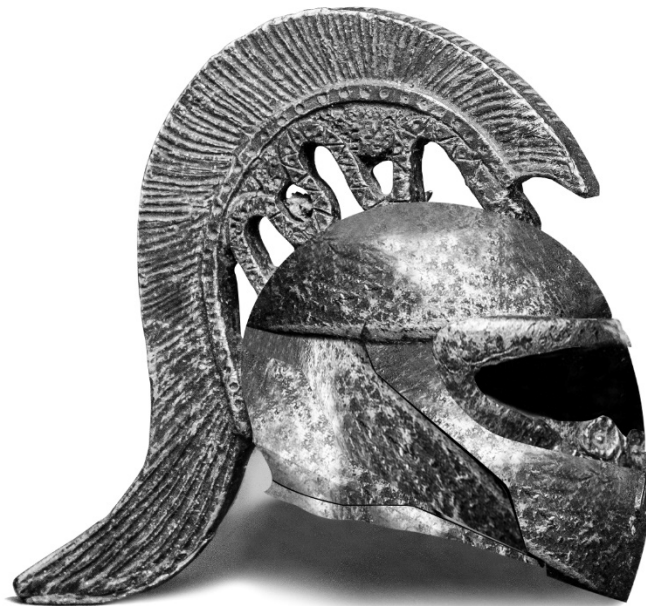


The Warrior's Mind

WORKBOOK

This Workbook is here to help you take part in all the training from the Warrior's Mind to help you mentally train yourself.



Enzo Mucci

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Exercise: Your Destiny Mirror

Name the attributes needed

In the Destiny Mirror chapter we spoke about visualizing and using your timeline to help you place in your North Star, your first quest and other exercises throughout the book.

We looked at your current position in racing and in life and asked, **“What’s it going to take?”**.

You were asked to list out at least 3 personal qualities, attributes needed for a person to be able to go from where you are now in racing/life, to where you want to be (to your North Star).

What is it going to take? What personal skills, attitude and mindset is required for you to do this?

For inspiration, think of someone who has already achieved what you want and list out why they did it, when most others fail. What did they possess, personally, to enable them to succeed?

Write down at least 3 personal qualities that you must have in order to reach your North Star:

ATTRIBUTES NEEDED	MY SCORE
	/10
	/10
	/10
	/10
	/10

Score them (Your True Reflection Chapter)

Once you are happy with what you have written down as important qualities that you must personally possess to reach your North Star, score yourself in those areas.

How well have you been doing these areas over recent times? Score yourself now as honestly as possible.

Exercise: Elicit Your Values

If you want to understand and change the way your mind works then it's important to know what your mind is constantly looking for and what it likes about racing. Plus, what your mind is always trying to avoid. These values shape what your mind is prioritizing and helps form your Matrix.

Your Target Values

List out your top Target Values. What are the core emotions and feelings that you want in racing?

What are you trying to achieve?

When you are at your happiest in racing, what emotions, feelings and values are you experiencing?

What are you really after in racing?

List them out below:

- 1)
- 2)
- 3)
- 4)
- 5)

What order are they in (put them in order of priority)?

- 1)
- 2)
- 3)
- 4)
- 5)

Your Avoidance Values

Now we are going to look at the things you most want to avoid in racing. Refer to the book to get a list of examples. These are the feelings, emotions that you want to avoid at all costs.

To help you, think of the surface things that you do not want to happen and simplify them down to what that means at the core.

What emotions do you hate to live with?

When you are not enjoying racing, what emotions and feelings are you experiencing?

List them out below:

- 1)
- 2)
- 3)
- 4)
- 5)

What order are they in (put them in order of priority)?

- 1)
- 2)
- 3)
- 4)
- 5)

Any conflicts?

As you look at these Target and Avoidance values, you can see if there are any conflicts. Things that make it hard for you to feel fulfilled due to the way they pull against each other. This again is explained in the book.

Your Warrior Values

To help you create the mind you want, that is set up in a way to help you perform as you want, what values would a warrior have?

What values would someone have that would help them perform better and be able to achieve your North Star.

You can use this to start the re-design of your own mind and have a mind that is focused on the right kind of things to help you.

What do you want your Warrior Mind to have as its...

Warrior Target Values

- 1)
- 2)
- 3)
- 4)
- 5)

Warrior Avoidance Values

- 1)
- 2)
- 3)
- 4)
- 5)

You will have different values for different parts of your life, so you can do this exercise for your personal life. For example, "What is important to me in a relationship?"

Exercise: Your Rules

To understand your behavior and how you make decisions we need to look at the rules that you have for meeting your values.

Your rule is your macro belief how you think you can best achieve your values. Remember, a serial killer may have the same values as a race driver, but their beliefs about how to get those values is what differs.

Make sure that your rules and plans for attaining each value, or avoiding each value, will create behavior that serves you best and allows you to become a warrior.

The rule I have for each main **Target Value** and how I plan to get them (code of conduct):

MY TARGET VALUES	RULE FOR EACH	PLAN FOR EACH

The rule I have for each main **Avoidance Value** and how I plan to get them:

MY AVOIDANCE VALUES	RULE FOR EACH	PLAN FOR EACH

Exercise: Your Beliefs

Here we will hit your limiting beliefs, we will look at how they will play out, what happens if you flip them and look at people who we can model.

Your beliefs direct your actions so anything that causes you to hit a performance ceiling needs to go. These can also be the excuses that you use like:

“I don’t have the time”

“I don’t deserve to win”

“I am not good enough”

“Our family have never been good at anything so neither will I be”

“I am too young”.

Etc.

Your Limiting Beliefs

What beliefs or past viewpoints are holding you back but are no longer useful to you if you are to create the mind of a warrior?

1)

2)

3)

4)

5)

How will this play out?

If you carry on operating with these beliefs forming your coding, what will your life be like, worst case scenario, in 1, 5 and 10 years’ time. Paint the ugly picture to drive you to change.

In 1 year -

.....

.....

In 5 years -

.....

.....

In 10 years -

.....

.....

Flip Them

Using the same self-limiting beliefs, if you were to believe the exact opposite of each, what would they be worded like?

For example if you said **“I am too old”** as your limiting belief that is causing you to underperform, then you would flip that and state a counteracting belief that would be **“I have experience and knowledge, I can use that to my advantage”**.

Flip your past self-limiting beliefs:

- 1)
- 2)
- 3)
- 4)
- 5)

How will this play out?

If you change your self-limiting beliefs, flip them and really live in a way that is guided by these new empowering beliefs, how great could your life, actions and results be in 1, 5 and 10 years' time.

In 1 year -
.....
.....

In 5 years -
.....
.....

In 10 years -
.....
.....

People to Model

To help you further take on beliefs that will help you and improve your results, name 3 people who you admire for their achievements.

These will be the people you learn from.

Once you have identified some distant mentors, study them and find out what they believe, how they see the world and what beliefs they operate from.

This is your shortcut to self-improvement. Use others that have succeeded before you as your insight for what beliefs you need and what mind you need to create.

People to learn from:

1)

2)

3)

Exercise: Your Knowledge

To start your self-studying, here are some topics that you should be truly knowledgeable in if you want to master your craft.

Underneath each topic, write out the actions you will take to improve your knowledge in those areas.

Driving

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Sponsorship / Business

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Entrepreneur Skills

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Engineering / Setup

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Other

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Exercise: Your Past

For this chapter we will just focus on the parts of your past that have been affecting you, and ask whether you can change what happened, and if not, then how can you best translate it, so it helps you doing forward (as explained in the book).

To start your self-studying, here are some topics that you should be truly knowledgeable in if you want to master your craft.

For example:

Past event: *I got dropped*

Can I change it?: *No, I tried to get back on but the new manager doesn't want me.*

How can I view it so it helps me?: *I am grateful for the couple of years racing they give me, now I can use that profile boost that it got me and use it as part of my sales pitch to teams and sponsors. Being selected in the first place was good for my career, even if it didn't work out, I can use it to help me. People now know my name.*

Your Turn

Do this with 3 past events that may still be holding you back, in and out of racing.

Past event 1:

Can I change it?:

How can I view it so it helps me?:

.....

.....

Past event 2:

Can I change it?:

How can I view it so it helps me?:

.....

.....

Past event 3:

Can I change it?:

How can I view it so it helps me?:

.....

.....

Exercise: Your Influences

The things and people around you influence your mind and the way you work. You must make sure that you live in a way that allows you to succeed and that you have the right kind of people around you. Below list out the change you need to make so you set things up to win.

What I watch

.....
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.....
.....

What I listen to

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Who I hang with

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.....
.....
.....

My living situation / environment

.....
.....
.....
.....

Other

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Exercise: The Identity Split

On the left explain your mindset, focus, thoughts, physiology when you are underperforming, and give that person a mocking name. On the right explain your mind and body when you are at your best, give that identity and superhero name. Once again, full details of how to do this are in the book.

That's It

Thank you for being a part of the Warrior's Mind. Get out there and slay your former self, and the competition.

Enzo