

THE STUDY OF A GOOD HERO AND HOW TO CREATE

ANTIFRAGILE CONFIDENCE+HEROIC COURAGE+RESPONSE-ABILITY

1 TRAINING LIKE
HEROIC WARRIOR
PHILOSOPHER
MONKS



2 HOW TO GET
PERSPECTIVE



3 HOW TO MAKE
A COMPASS



4 HOW TO MAKE
A HEALING BALM



5 HOW TO MAKE
A HERO PILL



6 HOW TO MAKE
A SECRET
WEAPON



7 HOW TO MAKE
A HERO FIRE



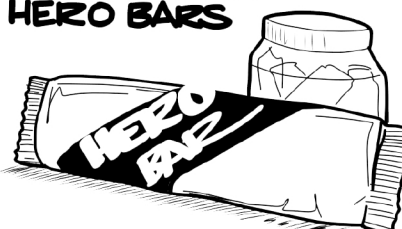
8 HOW TO MAKE
PEARLS



9 HOW TO MAKE
A HOPE MAP



10 HOW TO MAKE
HERO BARS



HEROIC HEALING BALM

SUFFER WELL BY APPLYING THE SCIENCE OF SELF-COMPASSION

IDENTIFY AN EXPERIENCE THAT YOU'RE BEATING YOURSELF UP ABOUT,
AND APPLY THIS HEALING BALM TO THE INJURY.

COMMON HUMANITY

HOW CAN YOU REMIND YOURSELF
THAT YOU ARE NOT ALONE IN
EXPERIENCING THIS?

KINDNESS

HOW WOULD YOU TREAT A
BELOVED CHILD EXPERIENCING
THE SAME THING?

MINDFULNESS

SET A TIMER FOR ONE MINUTE
AND COUNT YOUR BREATHS.
COME BACK. HOW DO YOU FEEL?

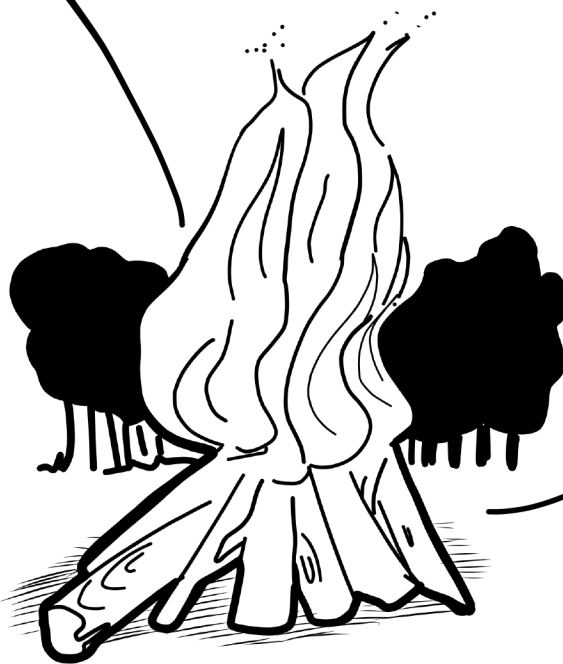


1.2.3 OPTIMIZE

USING EVERYTHING AS FUEL FOR GROWTH

APPLY THIS THREE-PART FRAMEWORK
TO ANY EXPERIENCE OR CHALLENGE

WHAT WAS
AWESOME?



WHAT NEEDS
WORK?



HOW WILL YOU
OPTIMIZE
MOVING
FORWARD?

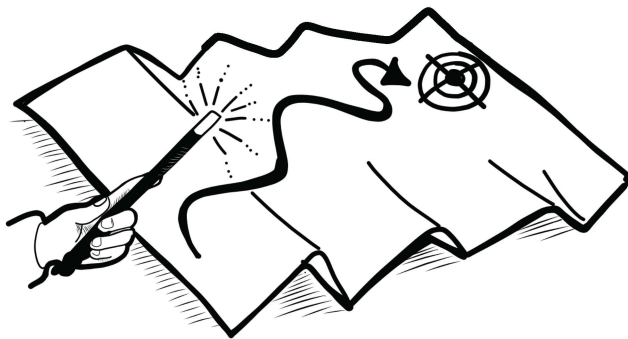


BEST SELVES DIARY

SEE YOUR IDEAL FUTURE

SPEND SOME TIME REFLECTING ON WHAT YOUR LIFE

WILL LOOK LIKE 5 YEARS FROM NOW, IF ALL THAT YOU HOPE COMES TO FRUITION



HERO BARS

FUEL FOR THE JOURNEY

CREATE A HERO BAR TO FEAST ON DURING
TIMES OF DOUBT, UNCERTAINTY, OR WHENEVER NEEDED

1 WHAT ARE YOU
REALLY PROUD OF
IN YOUR LIFE?

2 WHAT CHALLENGES DID
YOU GO THROUGH TO
ACHIEVE THOSE THINGS?

FILL IN THE INGREDIENT LIST WITH THOSE
CHALLENGES, AS WELL AS THE VIRTUES YOU
EMBODIED TO NAVIGATE THEM...

3



A large, empty rectangular box for drawing or writing.

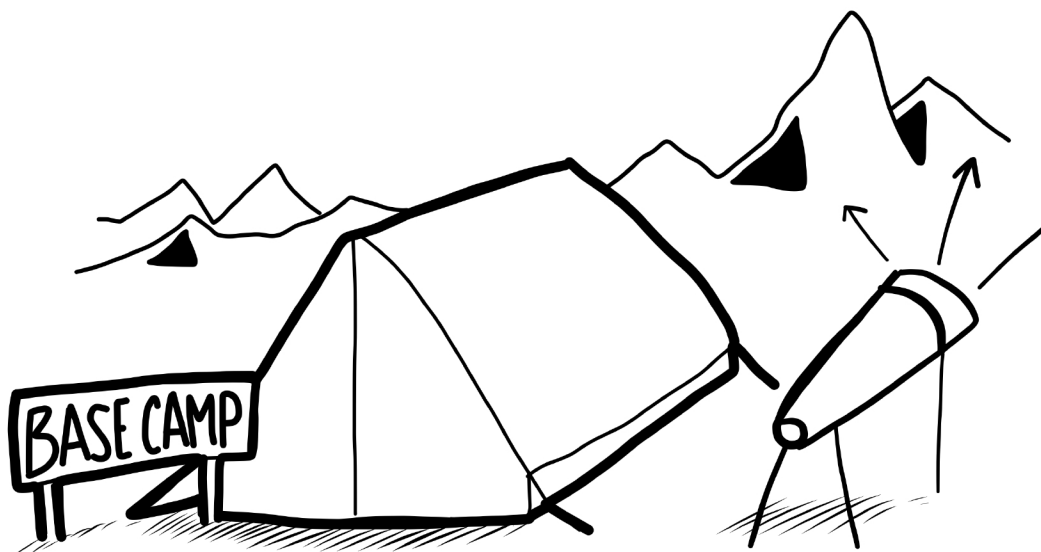
GET PERSPECTIVE

ZOOM OUT AND SEE THE BIGGER PICTURE

USE THIS TOOL ANYTIME YOU'RE FEELING
OVERWHELMED BY A CHALLENGE YOU'RE FACING

1 SPACE DESCRIBE THE SITUATION
AS IF LOOKING AT IT FROM A FAR
DISTANCE, E.G. THE MOON...

2 TIME DESCRIBE THE CHALLENGE
AS IF LOOKING AT IT FROM A POINT
OF TIME 20 YRS. IN THE FUTURE...



MAGIC WAND

THE WARRIOR PHILOSOPHER MONK'S SECRET WEAPON

USE THIS TOOL EVERYWHERE.
ON EVERYTHING

- GET **PRESENT**
- **ACCEPT** (WITH LOVE AND GRATITUDE) THE CURRENT REALITY YOU FIND YOURSELF IN.
- **ASK**: WHAT DO I WANT?

