

STUDENT'S NAME: _____ START DATE: _____



THE WARRIOR MONK WAY

START HERE. MARK THE
BOX AS YOU COMPLETE
THESE WARRIOR'S
ROUTINE ESSENTIALS!!!

THIS CHART RESETS EACH CYCLE. RECORD EACH TIME YOU COMPLETE A TASK. WHEN YOU COMPLETE ONE ROW, HAND IT IN FOR A STRIPE! THE MORE ROWS YOU COMPLETE WITHIN 1 CYCLE THE HIGHER THE STRIPE-REWARD! YOU MUST COMPLETE AN ENTIRE ROW TO GET THE REWARD TIER, BUT YOU CAN WORK ON MULTIPLE ROWS AT A TIME, STARTING WITH THE TASK IN THE TOP-MOST ROW. PLEASE SEE THE BACK OF THIS SHEET FOR DETAILS!

									REWARD TIER
MEDITATION PRACTICE FOR 15-20 MINS	WRITE OR SAY ALOUD YOUR AFFIRMATIONS	VISUALIZATION OR GRATITUDE PRACTICE	EXERCISE FOR 30 MINUTES	READ NON-FICTION FOR 10-15 MINS	SCRIBING PRACTICE	PRACTICE TAI CHI OR QIGONG	ENTIRE DAY NO JUNK FOOD	NO SCREEN TIME WITHIN 1 HOUR OF BEDTIME	GREEN STRIPE [20 POINTS] AWARDED BY INSTRUCTOR: _____
MEDITATION PRACTICE FOR 15-20 MINS	WRITE OR SAY ALOUD YOUR AFFIRMATIONS	VISUALIZATION OR GRATITUDE PRACTICE	EXERCISE FOR 30 MINUTES	READ NON-FICTION FOR 10-15 MINS	SCRIBING PRACTICE	PRACTICE TAI CHI OR QIGONG	ENTIRE DAY NO JUNK FOOD	NO SCREEN TIME WITHIN 1 HOUR OF BEDTIME	GREEN STRIPE [20 POINTS] AWARDED BY INSTRUCTOR: _____
MEDITATION PRACTICE FOR 15-20 MINS	WRITE OR SAY ALOUD YOUR AFFIRMATIONS	VISUALIZATION OR GRATITUDE PRACTICE	EXERCISE FOR 30 MINUTES	READ NON-FICTION FOR 10-15 MINS	SCRIBING PRACTICE	PRACTICE TAI CHI OR QIGONG	ENTIRE DAY NO JUNK FOOD	NO SCREEN TIME WITHIN 1 HOUR OF BEDTIME	BLUE STRIPE [50 POINTS] AWARDED BY INSTRUCTOR: _____
MEDITATION PRACTICE FOR 15-20 MINS	WRITE OR SAY ALOUD YOUR AFFIRMATIONS	VISUALIZATION OR GRATITUDE PRACTICE	EXERCISE FOR 30 MINUTES	READ NON-FICTION FOR 10-15 MINS	SCRIBING PRACTICE	PRACTICE TAI CHI OR QIGONG	ENTIRE DAY NO JUNK FOOD	NO SCREEN TIME WITHIN 1 HOUR OF BEDTIME	BLUE STRIPE [50 POINTS] AWARDED BY INSTRUCTOR: _____
MEDITATION PRACTICE FOR 15-20 MINS	WRITE OR SAY ALOUD YOUR AFFIRMATIONS	VISUALIZATION OR GRATITUDE PRACTICE	EXERCISE FOR 30 MINUTES	READ NON-FICTION FOR 10-15 MINS	SCRIBING PRACTICE	PRACTICE TAI CHI OR QIGONG	ENTIRE DAY NO JUNK FOOD	NO SCREEN TIME WITHIN 1 HOUR OF BEDTIME	BLUE STRIPE [50 POINTS] AWARDED BY INSTRUCTOR: _____
MEDITATION PRACTICE FOR 15-20 MINS	WRITE OR SAY ALOUD YOUR AFFIRMATIONS	VISUALIZATION OR GRATITUDE PRACTICE	EXERCISE FOR 30 MINUTES	READ NON-FICTION FOR 10-15 MINS	SCRIBING PRACTICE	PRACTICE TAI CHI OR QIGONG	ENTIRE DAY NO JUNK FOOD	NO SCREEN TIME WITHIN 1 HOUR OF BEDTIME	RED STRIPE [100 POINTS] AWARDED BY INSTRUCTOR: _____
MEDITATION PRACTICE FOR 15-20 MINS	WRITE OR SAY ALOUD YOUR AFFIRMATIONS	VISUALIZATION OR GRATITUDE PRACTICE	EXERCISE FOR 30 MINUTES	READ NON-FICTION FOR 10-15 MINS	SCRIBING PRACTICE	PRACTICE TAI CHI OR QIGONG	ENTIRE DAY NO JUNK FOOD	NO SCREEN TIME WITHIN 1 HOUR OF BEDTIME	RED STRIPE [100 POINTS] AWARDED BY INSTRUCTOR: _____
MEDITATION PRACTICE FOR 15-20 MINS	WRITE OR SAY ALOUD YOUR AFFIRMATIONS	VISUALIZATION OR GRATITUDE PRACTICE	EXERCISE FOR 30 MINUTES	READ NON-FICTION FOR 10-15 MINS	SCRIBING PRACTICE	PRACTICE TAI CHI OR QIGONG	ENTIRE DAY NO JUNK FOOD	NO SCREEN TIME WITHIN 1 HOUR OF BEDTIME	2 X RED STRIPES [200 POINTS] AWARDED BY INSTRUCTOR: _____
MEDITATION PRACTICE FOR 15-20 MINS	WRITE OR SAY ALOUD YOUR AFFIRMATIONS	VISUALIZATION OR GRATITUDE PRACTICE	EXERCISE FOR 30 MINUTES	READ NON-FICTION FOR 10-15 MINS	SCRIBING PRACTICE	PRACTICE TAI CHI OR QIGONG	ENTIRE DAY NO JUNK FOOD	NO SCREEN TIME WITHIN 1 HOUR OF BEDTIME	3 X RED STRIPES [300 POINTS] AWARDED BY INSTRUCTOR: _____
MEDITATION PRACTICE FOR 15-20 MINS	WRITE OR SAY ALOUD YOUR AFFIRMATIONS	VISUALIZATION OR GRATITUDE PRACTICE	EXERCISE FOR 30 MINUTES	READ NON-FICTION FOR 10-15 MINS	SCRIBING PRACTICE	PRACTICE TAI CHI OR QIGONG	ENTIRE DAY NO JUNK FOOD	NO SCREEN TIME WITHIN 1 HOUR OF BEDTIME	CUSTOM STRIPE [500 POINTS] AWARDED BY INSTRUCTOR: _____

ORANGE WAY OF THE WARRIOR SHEET # __/8 LIMIT PER CYCLE

IF YOU WANT TO RECEIVE YOUR AVATAR STATE AWARD AT THE NEXT GRADUATION, TURN IN THIS SHEET FULLY COMPLETED NO LATER THAN YOUR TESTING DAY (NOT ON GRADUATION). YOU CAN ONLY EARN ONE AVATAR STATE AWARD PER CYCLE. YOU MAY COMPLETE ONLY 8 ORANGE SHEETS PER CYCLE FOR STRIPE POINTS.

HOW TO PRACTICE THE WAY OF THE WARRIOR MONK

REMEMBER THE “LIFE-S.A.V.E.R.S”:

<u>SILENCE</u>	<p>BENEFITS: Silent Meditation Practice slows and quiets the mind, lowers heart rate and blood-pressure, and decreases reactivity and stress-hormone levels.</p> <p>HOW TO: Meditation practice can look like many things. The most basic method is to sit or lay down somewhere quiet, relax your body, and focus on your breathing. Use a timer. Do not become discouraged as thoughts or distractions arise. Simply swipe them away as you notice them. This is the point of the practice. Each time you refocus your mind, it is like doing a mental push-up, and this will become easier the more times you do it. You can also use a guided meditation (look on YouTube and experiment with ones you like!)</p>
<u>AFFIRMATIONS</u>	<p>BENEFITS: Prepares and hones the mind to receive future success and re-programs unhelpful thought and behaviour patterns.</p> <p>HOW TO: Say Aloud or Write Down “I AM” statements that specifically describe where you want to be in life, such as “I am so happy to be someone who enjoys spending quality time with my family every day “. If you’re not sure where to start, use the affirmations on the kung fu newsletter or search online for how to create effective Affirmations. You can use the same ones each day, alter them, or make completely new ones whenever you feel it is beneficial.</p>
<u>VISUALIZATION</u>	<p>BENEFITS: Charges your motivation levels with proper emotion and drive to act on and attract your goals.</p> <p>HOW TO: This is an active form of meditation where you focus on your goals, using your creative imagination to picture yourself in the situation you would like to manifest. Use your mind’s eye to see, hear, feel, taste, and smell the little details, and pay attention to the emotions you feel as you create this image in your mind. Use a timer. Alternatively, write for 5 minutes about the things for which you are grateful.</p>
<u>EXERCISE</u>	<p>BENEFITS: Motion moves emotions! Get moving to get to a peak mental and physiological state all day and keep depression and stress at bay.</p> <p>HOW TO: There are countless ways to move your body. Go for a long walk. Attend kung fu class. Do a free exercise video on YouTube. Your 30 minutes does not need to be all at once.</p>
<u>READING</u>	<p>BENEFITS: Reading educational or personal development material in the morning keeps your mind green and growing, not ripe and rotting. Your mind needs to be fed just as your body needs to be fed.</p> <p>HOW TO: Read the books assigned in the Leadership Program. Borrow a book from a friend. There are countless free non-fiction audiobooks on YouTube.</p>
<u>SCRIBING</u>	<p>BENEFITS: Frees up mental and emotional space in your mind. Helps bring your good ideas to life!</p> <p>HOW TO: Let your thoughts flow onto paper! Get a notebook and get writing! Write out your goals. Plan your day, week, month, or (even your year.) Keep a dream journal, or free-write your ideas or feelings!</p>

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