

## 1. Lesson 1 Workbook Page: Warrior Mindset – The First Line of Self-Defense

### Lesson Summary:

Before learning physical techniques, the most powerful weapon you can develop is your mindset. Your ability to survive, fight, and recover starts in your mind — not your fists. This lesson helps you lay the mental foundation for strength, courage, and resilience.

### Mindset Shifts to Embrace:

- ✓ I will survive.
- ✓ I will fight back.
- ✓ I deserve to protect myself.
- ✓ I give myself permission to be LOUD and STRONG.
- ✓ I am worth defending.

### Personal Reflection:

1. What does “self-defense” mean to you?

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2. What fears or beliefs do you have about defending yourself?

- I’m not strong enough
- I don’t want to hurt someone
- I freeze under pressure
- I feel guilty standing up for myself
- I’m afraid no one will help me
- I’ve never thought about it

What do you want to believe instead?

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### Awareness Exercise: “Notice Your Surroundings”

For the next 24 hours, try this:

- Look up and around when walking.
- Notice exits, groups of people, and what feels “off.”

- Make eye contact with people briefly and confidently.
- Practice walking with purpose — head up, strong posture.

What did you notice?

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### Your Voice is a Weapon

Practice saying these phrases out loud and with power:

STOP!

GET BACK!

LEAVE ME ALONE!

I DON'T KNOW YOU!

How did it feel to say these out loud?

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### Power Statement:

Write a sentence that reminds you of your strength — something you'll say to yourself in tough moments:  
Example: "I am powerful and worth protecting."

My Power Statement:

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