

The Warrior Within Workbook



Weekly Course

Targeted Exercises

Action Plan

This workbook is designed to help you create an action plan that will serve as your roadmap for harnessing the Warrior archetype's energy, potentially leading to enhanced leadership skills, improved decision-making, and a stronger sense of purpose.

For optimal results, it is recommended that you work through this workbook in tandem with the online video lessons, rather than completing them separately.

**The first place you experience the
enemy is within and only then can you
face the enemy without.**

- Dr. Robert L. Moore



Course Content

This workbook is an essential companion to the online course “Sovereign Man: A Shadow Work Course.” It serves as a practical guide to help you work through The Warrior Within module.

Warrior Chapter 1



12m

The Warrior archetype explained: A short video that explains Dr. Robert L. Moore’s concept of the Warrior archetype and role within the masculine psyche.

Warrior Chapter 2



10m

Assessing your warrior energy: Explore the shadow side of your Warrior energy. Identify if you are more on the inflated or deflated side of this energy.



pg 6-7

Workbook exercise 1: To be completed with the video. Make notes as you watch the video and assess your current warrior energy, so you can refer back to them later.

Warrior Chapter 3



10m

Identify areas of your warrior energy for development: Reflect on the lines of development that make up the warrior archetype.



pg 8 - 9

Workbook exercise 2: To be completed with the video. Make notes as you watch the video and assess your current situation and identify gaps in the development of your warrior energy.

Warrior Chapter 4



7m

Facing your warrior shadow: Explore the shadow side of your Warrior energy. Identify and confront the aspects of warrior energy that are influencing you from the shadows.



pg 10 - 17

Workbook exercise 3: To be completed with the video. Prompts to help you explore and journal your experiences.

Warrior Chapter 5



14m

Create your warrior energy action plan: A step by step guide to creating a basic action plan for cultivating your warrior energy.

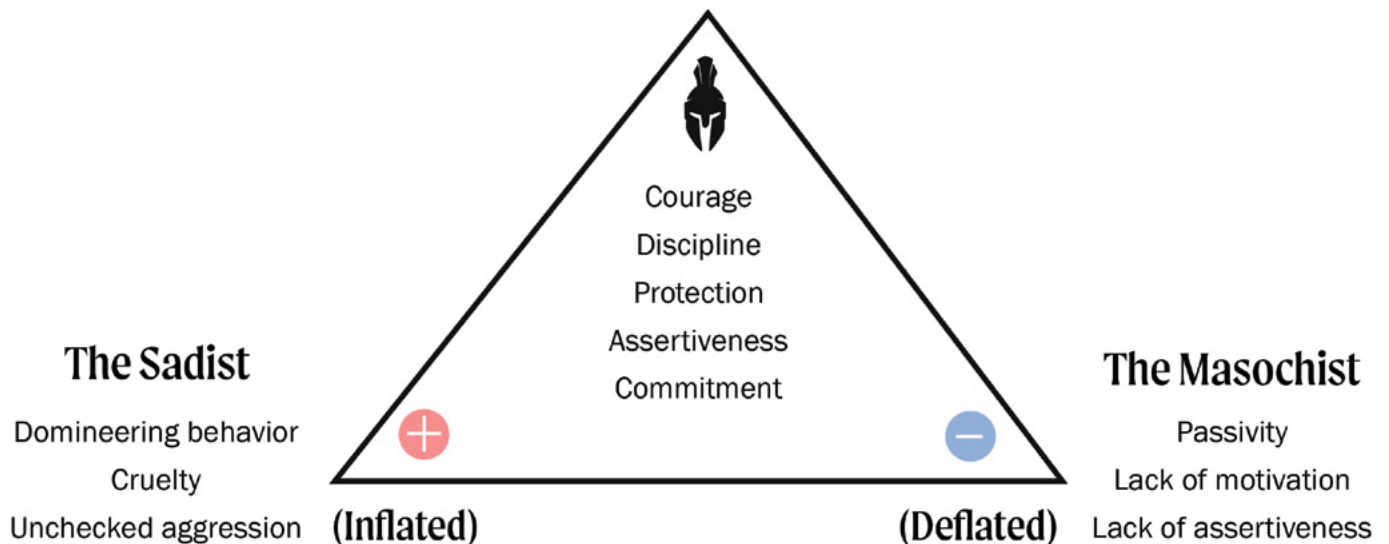


pg 18-19

Workbook exercise 4: To be completed with the video. Make notes and outline new habits or behaviours to access your warrior energy in its fullness.

The Warrior Archetype

THE WARRIOR IN HIS FULLNESS



Attributes:

Decisive, clean, detached, action, sets boundaries, brave, serves higher cause, loyal, focused, disciplined, integrity, discerning, alert, do what's necessary and no more

Overview:

The Warrior archetype is associated with determination, and the willingness to confront challenges and overcome obstacles. The symbolic warrior in his fullness embodies an unconquerable spirit, great courage, fearlessness, and self-discipline. He takes responsibility for his actions and has developed mastery over his body and mind, rendering him resilient to both physical and psychological pain.

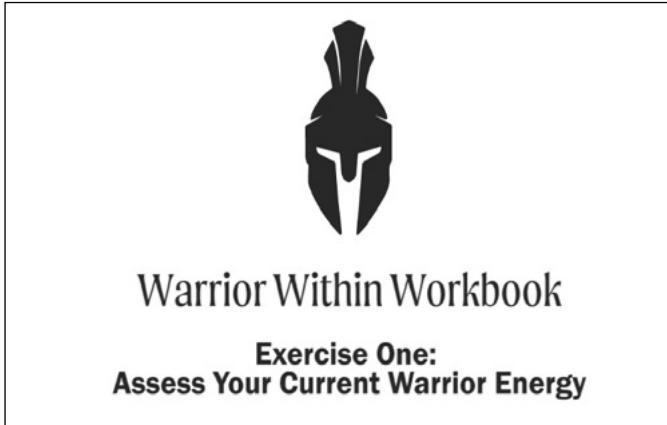
Finding balance and fulfilment:

By developing healthy boundaries, you can contain and channel your warrior energy, recognizing when it is appropriate to express and when it needs to be tempered or redirected. Embracing transpersonal values such as duty, honor, and commitment to causes allows you to serve a higher purpose, nurturing a sense of fulfilment and purpose. Balancing aggression with compassion entails learning to channel assertiveness and strength in constructive ways, while cultivating empathy and understanding towards others.

Through the practice of self-discipline, you can cultivate control over impulsive or aggressive tendencies, fostering inner strength and resilience to face challenges with courage and composure. Engaging in physical activities provides a healthy outlet for your warrior energy, releasing pent-up aggression and strengthening both body and mind.

Exploring your warrior energy

The first video as part of the Warrior Within module is an explainer about the warrior archetype followed by the video below, which includes your first workbook exercise.



The Warrior Within: Chapter 2

Watch the video: Assess your current warrior

energy: Explore the shadow side of your Warrior energy. Identify if you are more on the inflated or deflated side of this energy.

Welcome to this transformative journey of self-discovery and masculine development. The video you are about to watch is a powerful tool designed to help you explore the shadow aspects of the Warrior archetype within yourself.

This video was created with the invaluable assistance of Rod Boothroyd, a respected authority in the field of masculine psychology and shadow work. Rod is the author of the insightful book “Warrior, Magician, Lover, Warrior: A Guide To The Male Archetypes Updated For The 21st Century” and is a practiced shadow work facilitator.

Drawing from his extensive experience and deep understanding of the masculine archetypes, Rod Boothroyd has carefully crafted the questions featured in this video. These questions are specifically designed to guide you through a process of self-reflection, helping you uncover and understand the shadow aspects of your inner Warrior.

As you engage with this material, remember that shadow work is a profound and personal journey. The questions you'll encounter are meant to challenge you, to make you think deeply about aspects of yourself that you may not often consider. There are no right or wrong answers – the value lies in your honest self-reflection and the insights you gain from this process.

We encourage you to use the accompanying journaling exercise to record your thoughts and feelings as you progress through the video. This written record will serve as a valuable resource for your ongoing personal development.

Now, get ready to explore the depths of your masculine psyche and of your inner Warrior, guided by the principles of shadow work. Let's begin this important step in your journey towards a more integrated and mature masculinity.

Completing your workbook exercises

The following pages contain a series of interactive exercises designed to reinforce your learning and encourage deeper reflection on the course material. These exercises can be completed in two ways: by typing directly into the boxes of the interactive PDF or by printing out the pages and writing in them by hand. While both methods are effective, we recommend printing the workbook and writing your responses manually for optimal results. This approach often leads to better retention and allows for a more tactile, focused experience as you engage with the content.

Workbook exercise 1:

Assess your current Warrior energy

As you watch the video, use this guide to reflect on the shadow aspects of your inner Warrior. Remember, there are no right or wrong answers. Be honest with yourself, and write freely.

Make notes below based on the questions displayed in green circles.

Warrior in His Fullness

Self-assessment:

Overall, would you say you have some areas to improve here?

Yes / No, I'm fine / A mix



Make notes below based on the questions displayed in red circles.

Sadist Shadow

Self-assessment:

Overall, would you say you have some areas to improve here?

Yes / No, I'm fine / A mix



Make notes below based on the questions displayed in blue circles.

Masochist Shadow

Self-assessment:

Overall, would you say you have some areas to improve here?

Yes / No, I'm fine / A mix



Remember to date your entries. As you progress on your journey, revisiting these reflections will provide valuable insights into your development. Now complete the below prompts.

“I recognize the Sadist in me when...”



“I feel most like the Masochist when...”



“To develop my inner Warrior, I need to...”



“The warrior I aspire to embody is someone who...”

