

# WARRIOR

# MINDSET

In an act of true bravery, Mulan makes the decision to take her father's place and defend her country by serving in the Imperial Army. When she begins her training, Mulan struggles to learn the skills that all soldiers must possess in order to serve in the army. Determined to honor her family, Mulan remains focused and rises each day to face the challenge. As her training progresses, she not only succeeds in reaching the physical requirements of the army, but hones the mental discipline required to defeat any obstacle that comes her way. It is by staying true to herself that Mulan embraces her true potential and becomes a legendary warrior.

At some point, each of us faces our own challenges at school, at work or in our daily activities and responsibilities. Like Mulan, we can choose to adopt a mindset of determination and strength. To begin training your inner warrior, a few minutes spent outside in nature, focusing on the day ahead may be all you need. Did you know that connecting with nature can have unlimited benefits on both your physical and mental health? Simple actions like stepping outside for even a few minutes for some fresh air and sunshine, exercising or stretching in your backyard or simply sitting on a park bench and observing a tree swaying in the wind can have a dramatic impact on your mood and motivation. Head to the next page for some inspiration and ideas of things you can do to develop the strength of a true warrior.



## STRENGTH OF MIND

The mindset with which you start each day can have a big impact on your energy level and endurance to accomplish tasks. To help you face the day with the strength of a warrior, take inspiration from nature!

Choose a favorite spot outdoors, such as a tree in your backyard or a nearby park bench, and try out the Mindful Mindset Challenges below. Once you've finished a challenge, cut out a puzzle tile on the dotted line. Then, piece together the tiles to reveal a hidden image.

### MINDFUL MINDSET CHALLENGES



**CLEAR THE AIR** Close your eyes, count to ten and breathe slowly. Take note of any elements of nature around you, such as the warmth of the sun, a refreshing breeze, or the sounds of birds or insects. Repeat this exercise until you feel calm and focused.



**PEACE OF NATURE** Grab a notebook and spend 5–10 minutes drawing or journaling about any wildlife you encounter, including plants, insects or animals. You can also use your imagination to draw animals you think may frequent the surrounding habitat.



**TASK ATTACK** Make a list of the tasks you need to accomplish today and this week. Separate your list into two columns—tasks you must get done (like homework and chores) and tasks you'd like to get done. Your list can help keep you organized and maintain progress toward your goals. Cross off the tasks as you complete them.



**DAILY GRATITUDE** Sit outside and reflect on your day. By journaling or speaking with a friend or family member, share one thing that happened during the day that you are grateful for. Utilize this practice each day to help develop a positive frame of mind that can aid you through challenging moments.



**WARRIOR FORM** With the help of an adult, research a new exercise, stretch or martial arts move. Step outside and try out your new move or pose to get your body moving and increase your energy.

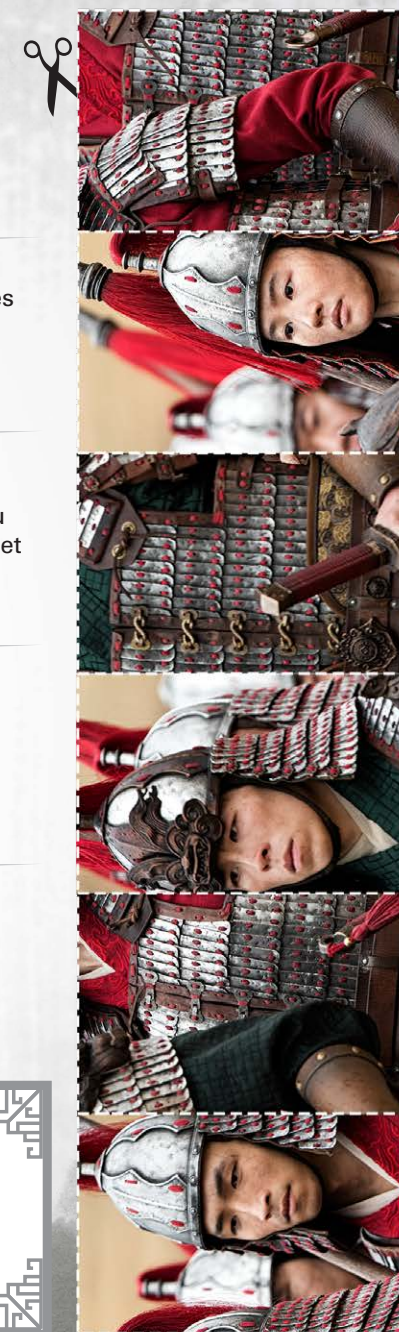
Create your own mindful mindset challenge!

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Puzzle Tiles:



Stream Disney's "Mulan" on Disney+ September 4 with Premier Access.\*