

EARN YOUR OWN RESPECT

**FORGED
IN 90 DAYS**

**THE PURE YOUNG
WARRIOR CHALLENGE**



HOW TO USE THIS BOOK



“You already know what to do; now you’ll prove it.”

This book isn’t for reading; it’s for doing.

**Every page is a weapon you’ll use to rebuild your discipline,
your focus, and your self-respect.**

The challenge runs for 90 days.

**You’ll live by the Pure Young Warrior Code, follow the daily
routine, and complete the weekly reflections that keep you
accountable.**

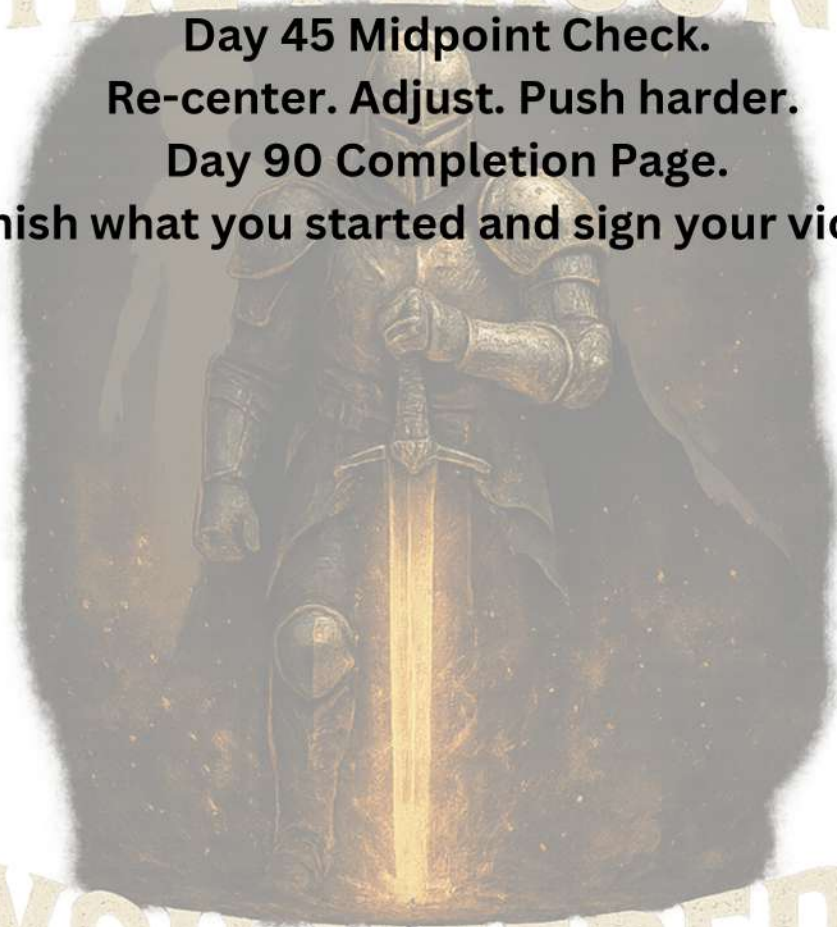
If you miss a day, own it.

If you break your word, restart.

**The goal isn’t perfection; it’s truth, becoming the kind of
person who keeps promises to themselves, no matter what.**

How It Works

1. Read the introduction.
2. Understand the mission and what's expected of you.
3. Sign the contract.
4. This is your commitment, your word in writing.
5. Define Your Purpose & Goals.
6. Know why you're doing this and what you're chasing.
7. Live the Six Pillars.
8. Each one is a core area of strength. You'll live them daily.
9. Follow the Daily Warrior Routine.
10. Complete the checklist. Small wins, every day.
11. Reflect Each Week.
12. 13 reflection pages to track growth and lessons.
13. Day 45 Midpoint Check.
14. Re-center. Adjust. Push harder.
15. Day 90 Completion Page.
16. Finish what you started and sign your victory.



"Don't read this book once; live it for 90 days."

Pure Young Warrior Creed

INTRODUCTION

THE CALL TO RISE

Most people drift through life waiting for something to change. A new year, a new plan, a spark of motivation, but nothing sticks, because they never change the one thing that actually controls everything: their mind.

Napoleon Hill called it Definiteness of Purpose, knowing exactly who you want to become and holding that vision so tight that your actions start shaping reality around it.

That's what this challenge is about.

Not hype, Not comfort,
Control, Clarity, Direction.

For 90 days, you'll strip away the noise and live by a personal code, **the Warrior Code** built on focus, self-discipline and purpose.

You'll take command of your mind, your habits, and your energy.

You'll stop reacting to life and start creating it.

This isn't a quick fix. It's a contract with yourself.

If you fail you restart. No blame, no pity. Only growth.

Every day is a forge. Every decision, a weapon sharpened.

When the 90 days end, the world won't owe you anything but you'll owe yourself respect.

This is your reset. Your rise. Your 90-day transformation.

Welcome to the Pure Young Warrior Challenge.

"What the mind can conceive and believe it can achieve."

Napoleon Hill

⚔️ YOUR CONTRACT WITH YOURSELF ⚔️

THE PURE YOUNG WARRIOR OATH

This is not a casual commitment.

This is a declaration of war on your own weakness.

You are not signing up for comfort; you're signing up for clarity, discipline, and transformation.

For the next 90 days, you will hold yourself to a higher standard, not for show, not for praise, but because you're done living small.

You will live by the Warrior Code:

- No excuses.
- No half-effort.
- No victim talk.
- You will face yourself honestly.
- You will finish what you start.

You understand that progress will demand pain, and you welcome it because pain means growth.

Every action you take will either sharpen or dull your edge.

For 90 days, you choose to sharpen it.

THE CONTRACT

THE PROMISE TO MYSELF

(Rule One: If you tell yourself you'll do it, do it.)

I, _____,

Commit to the 90-Day Pure Young Warrior Challenge.

I understand this is a personal contract between who I am now
and who I'm becoming.

For the next 90 days, I will live with discipline, presence, and
purpose.

I will not negotiate with weakness.

I will honor my word to myself first.

If I fall, I will rise again.

If I fail, I will restart.

I will complete this challenge not because it's easy, but because I
said I would.

Signature: _____ Date: _____

End Date (90 days from now): _____

**"The day you sign your name to something greater than yourself, you
stop existing and start becoming."**

Pure Young Warrior Creed

DEFINING YOUR PURPOSE & GOALS

Napoleon Hill said:

“Whatever the mind can conceive and believe, it can achieve.”

But he also warned vague goals create vague results.

This is where you write your definite purpose, your reason for waking up early, grinding when no one’s watching, and staying locked in when you’d rather quit.

Write it as if it’s already done.

Speak it into existence.

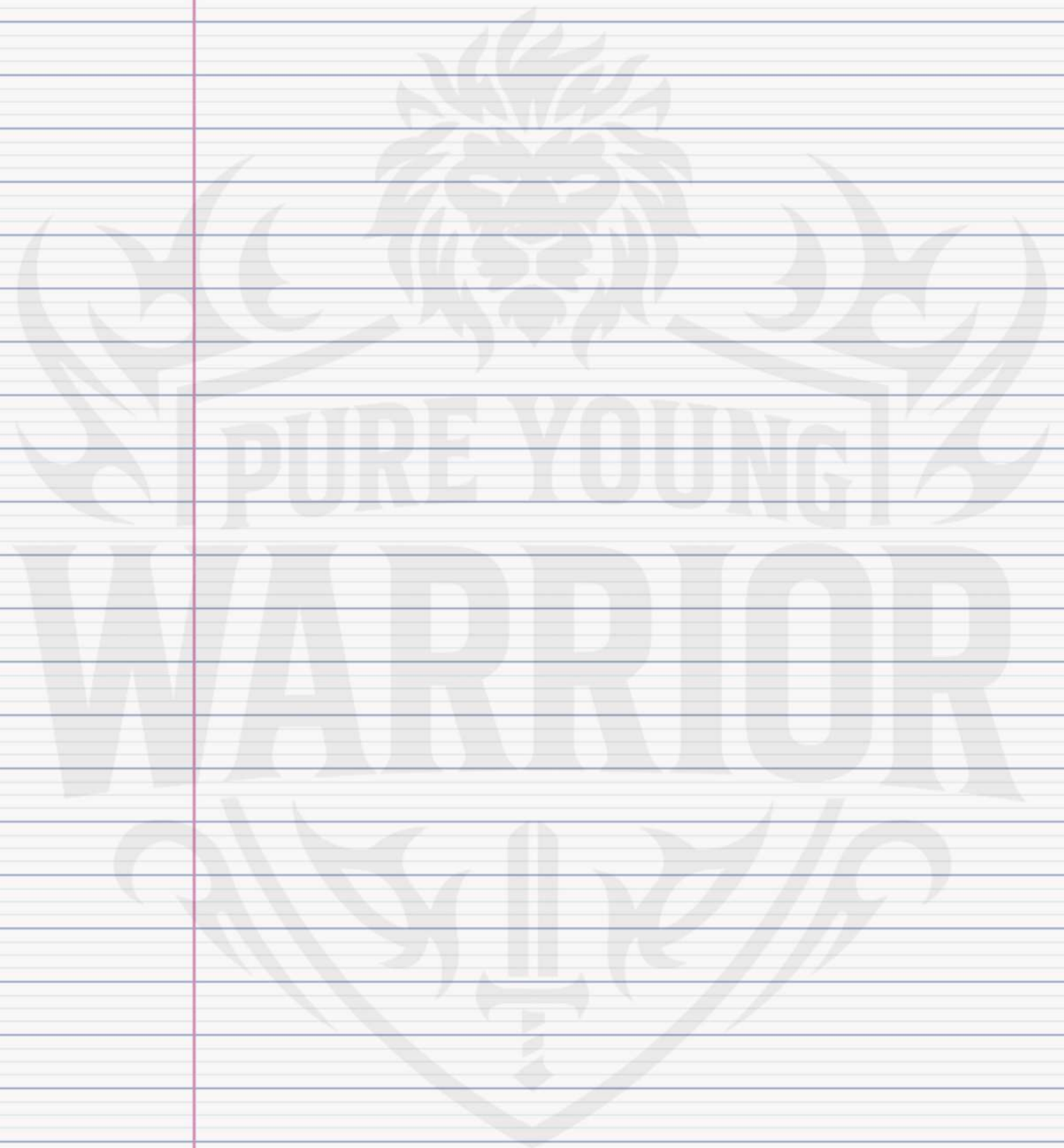
Example:

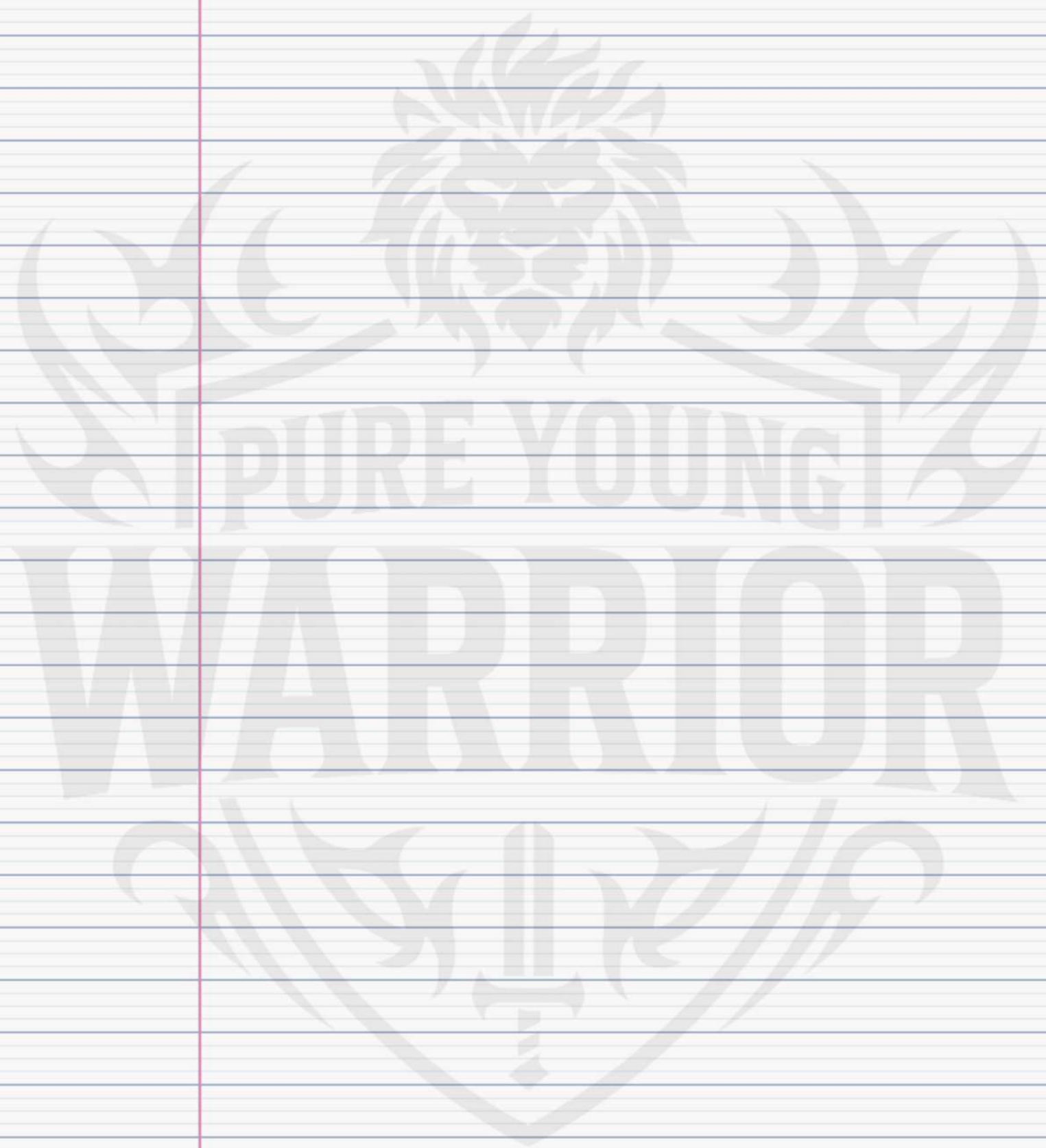
“I am disciplined, strong, and unshakable. I control my habits, not the other way around. I finish what I start. My body, mind, and focus are sharp. I live with honor and purpose.”

YOUR TURN

TAMES THE DRAGON

My 90-Day Purpose Statement:





THE 5 WARRIOR GOALS

Don't chase everything. Choose what actually matters.
These are the 5 areas of your life you'll rebuild during the
90 days.

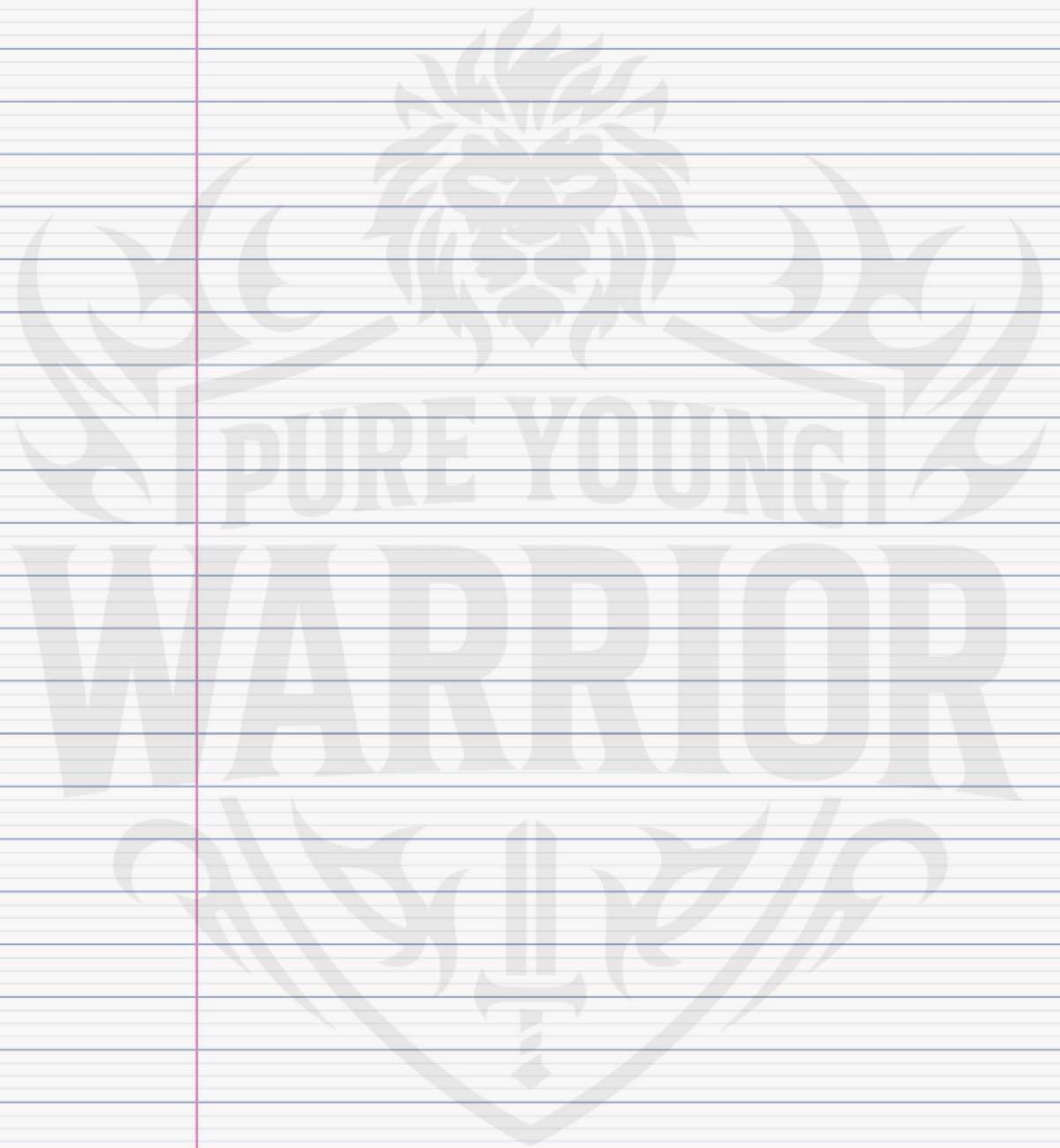
Be honest. Be specific. Don't write what sounds good; write
what you need.

Suggested Categories:

Pillar Example Goal

mind	Read 10 pages daily, no negative self-talk
Body	Train 6 days a week, eat clean, no junk
Discipline	Wake at 6 AM every day, cold shower daily
Spirit	Journal nightly, practice gratitude, stay present
Purpose	Build my project / grow my mission / help one person daily

My 5 Warrior Goals

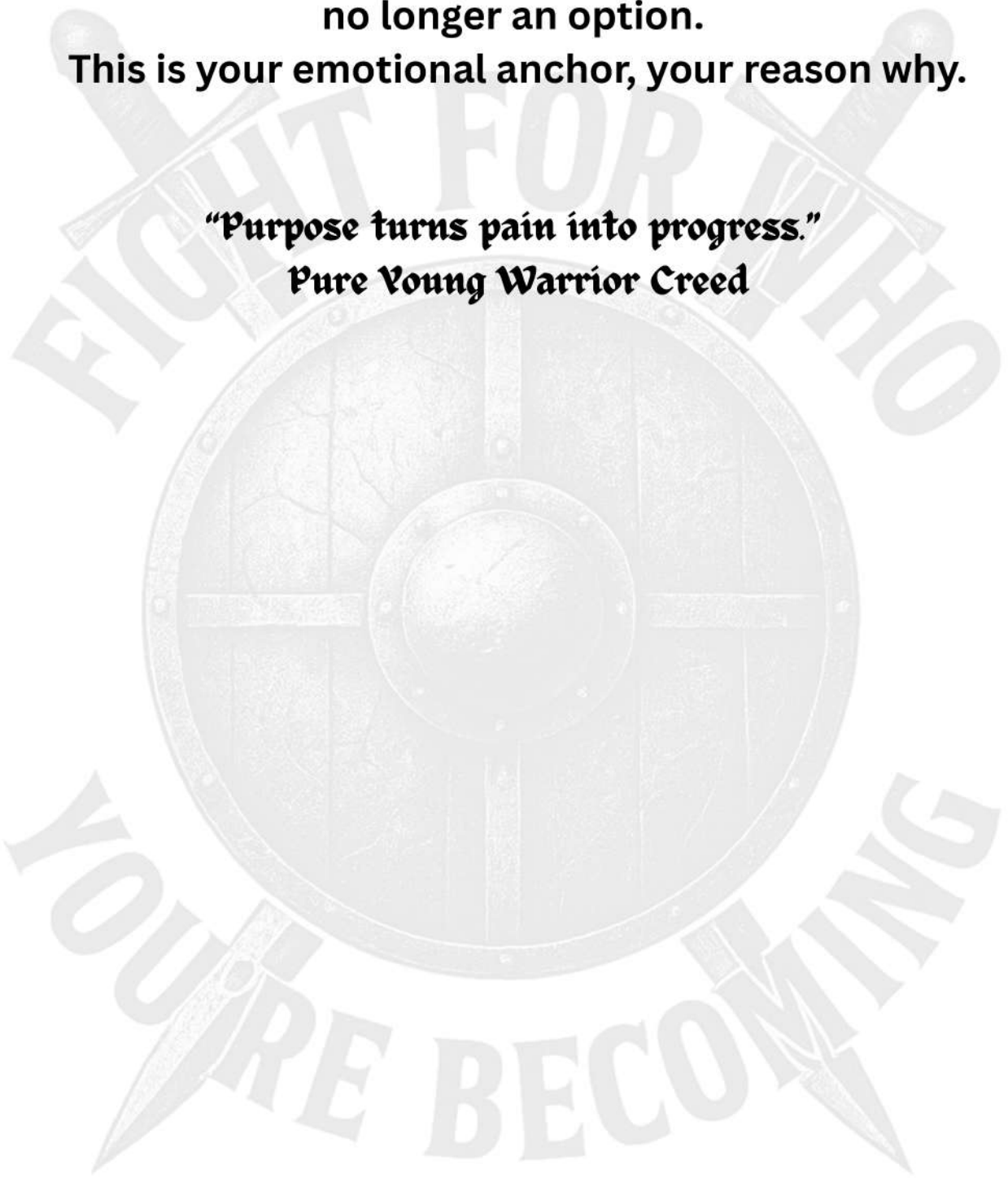


THE WHY BEHIND IT

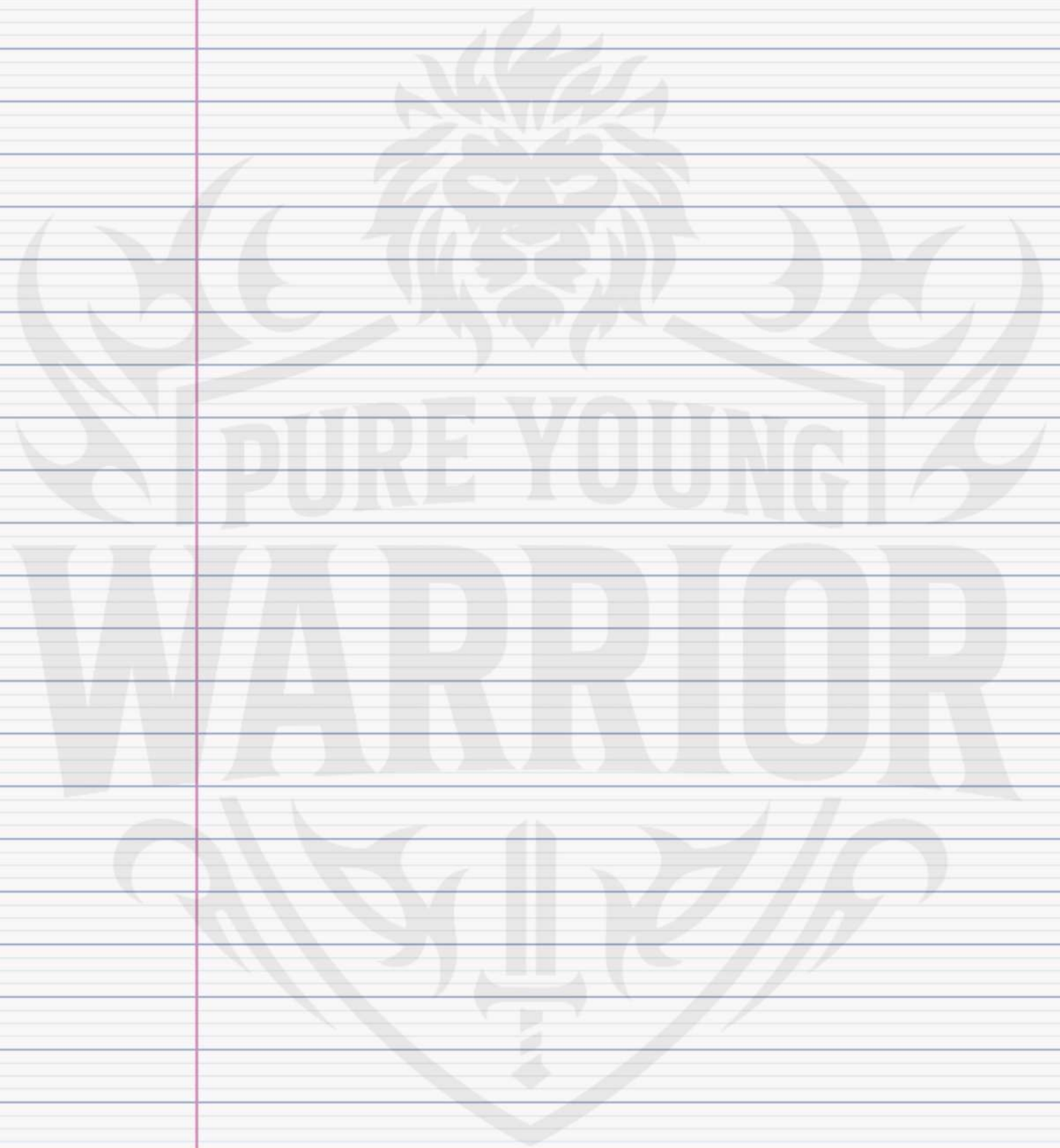
You'll want to quit, that's guaranteed.
When that moment comes, this part will save you.
Write down why this matters so much that quitting is
no longer an option.
This is your emotional anchor, your reason why.

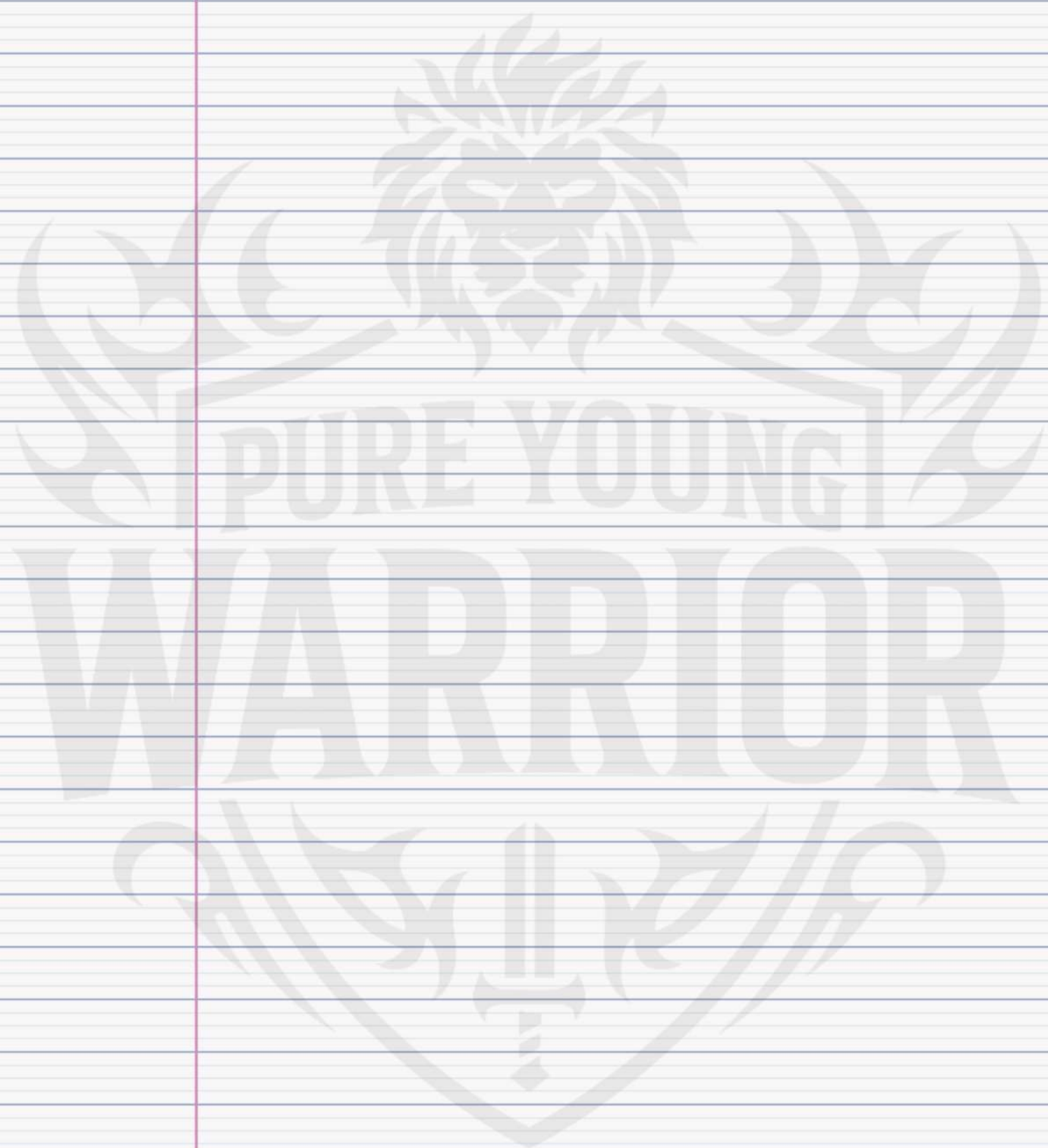
"Purpose turns pain into progress."

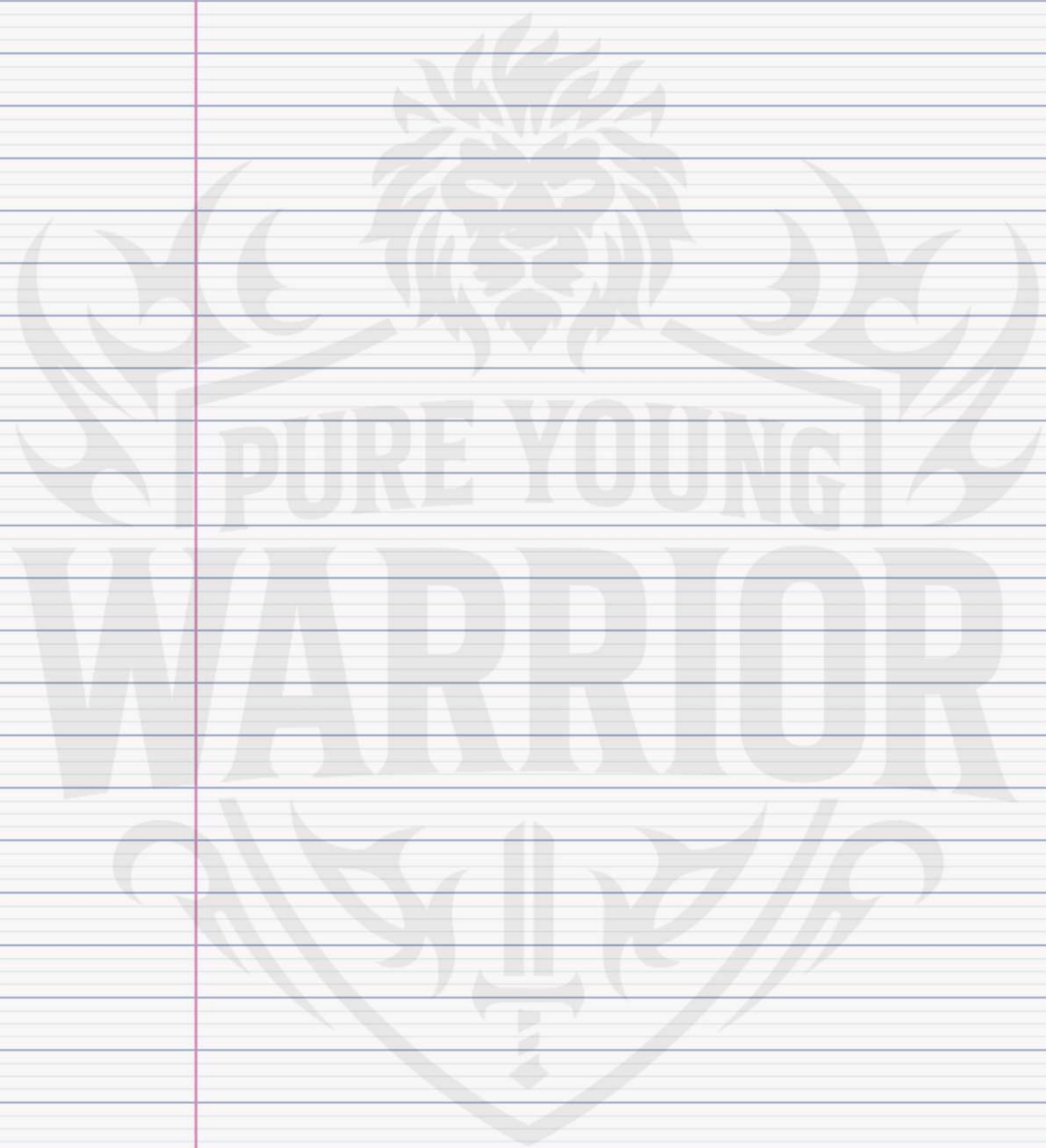
Pure Young Warrior Creed



My Why







THE WARRIOR CODE

YOUR CORE RULES

You already made the choice; now prove it every day.

These are the laws of the 90 days, the living form of your six pillars.

Each one is a promise you make to yourself.

Keep them, and you'll build strength that can't be faked.

Break them, and you start over with no shame, just truth.



MIND

Feed and Focus It

Feed your mind daily.

**One hour of positive,
growth-driven input. Learn,
Don't scroll.**

Cut the mindless scrolling.

**If it doesn't teach you or build you, drop it. Take your time
back.**

Your mind is your greatest weapon; sharpen it daily.



BODY

Build the Machine

Move your body for at least 30 minutes.

Strength starts with motion, not mood.

Cut the alcohol, just for these 90 days.

Clear mind, strong body, prove you own your habits.

Treat your body like your weapon, because it is.

DISCIPLINE

Keep Your Word

Keep the promises you make to yourself.

Your word is your weapon. Every time you keep it, you sharpen the blade.

No missed days, you made this choice once.

You don't renegotiate with weakness, you just show up.

Stop checking in with your emotions before your actions.

Move first; the feeling follows. Warriors act from commitment, not comfort.

SPIRIT

Find Stillness

Sit in stillness for 10–15 minutes.

No phone, no noise, just you and your breath.

That's control.

Stillness builds awareness. Awareness builds power.

ENERGY

Guard What You Give

Protect your energy.

If it drains you, cut it. If it lifts you, double it.

Where your attention goes, your life flows.

Guard it like your mission depends on it because it does.



PURPOSE

Build Brick by Brick

Lay one brick every day.

Spend one focused hour building the life you want.

Progress is proof, not talk, not plans, not hype.

Brick by brick, you're becoming the person you promised to be.

"Discipline is freedom in disguise."

Pure Young Warrior Creed

PURE YOUNG

WARRIOR

THE DAILY WARRIOR ROUTINE

You don't need to win the week, just win today.

MORNING SETS THE FOCUS

- No phone for the first 30 minutes.
- Let your thoughts wake before your feed does.
- Set your intention.
- Ask yourself, "What's one thing I must do today to move forward?"
- Read your promise or purpose statement.
- Remind yourself who you said you'd become.

EVENING REFLECT & RESET

Rate your day (1–10).

How well did you live by your code?

Write one line:

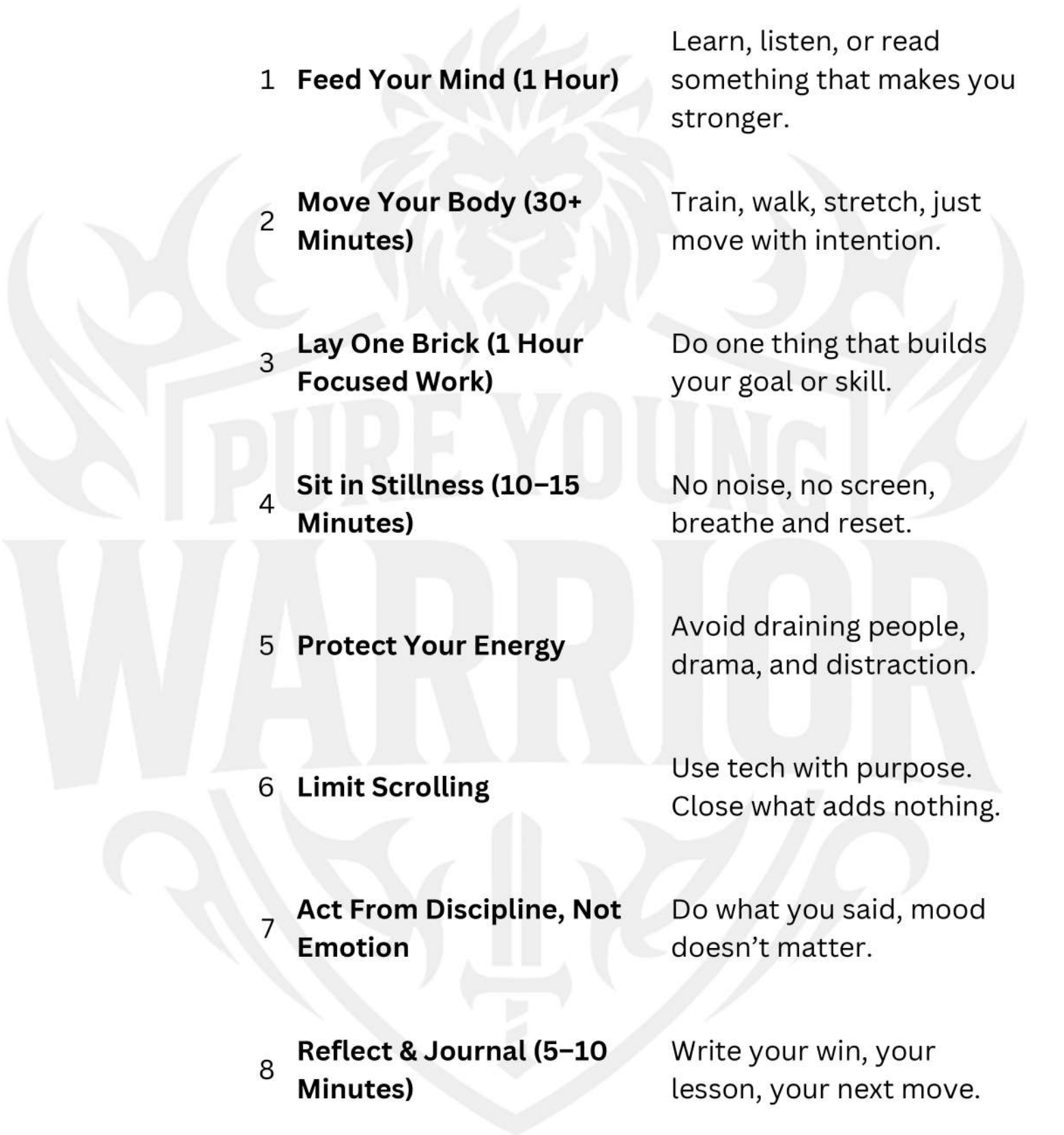
"Today I built ____." or "Today I learned ____."

Plan tomorrow's first move.

Don't wait to decide in the morning.

Action

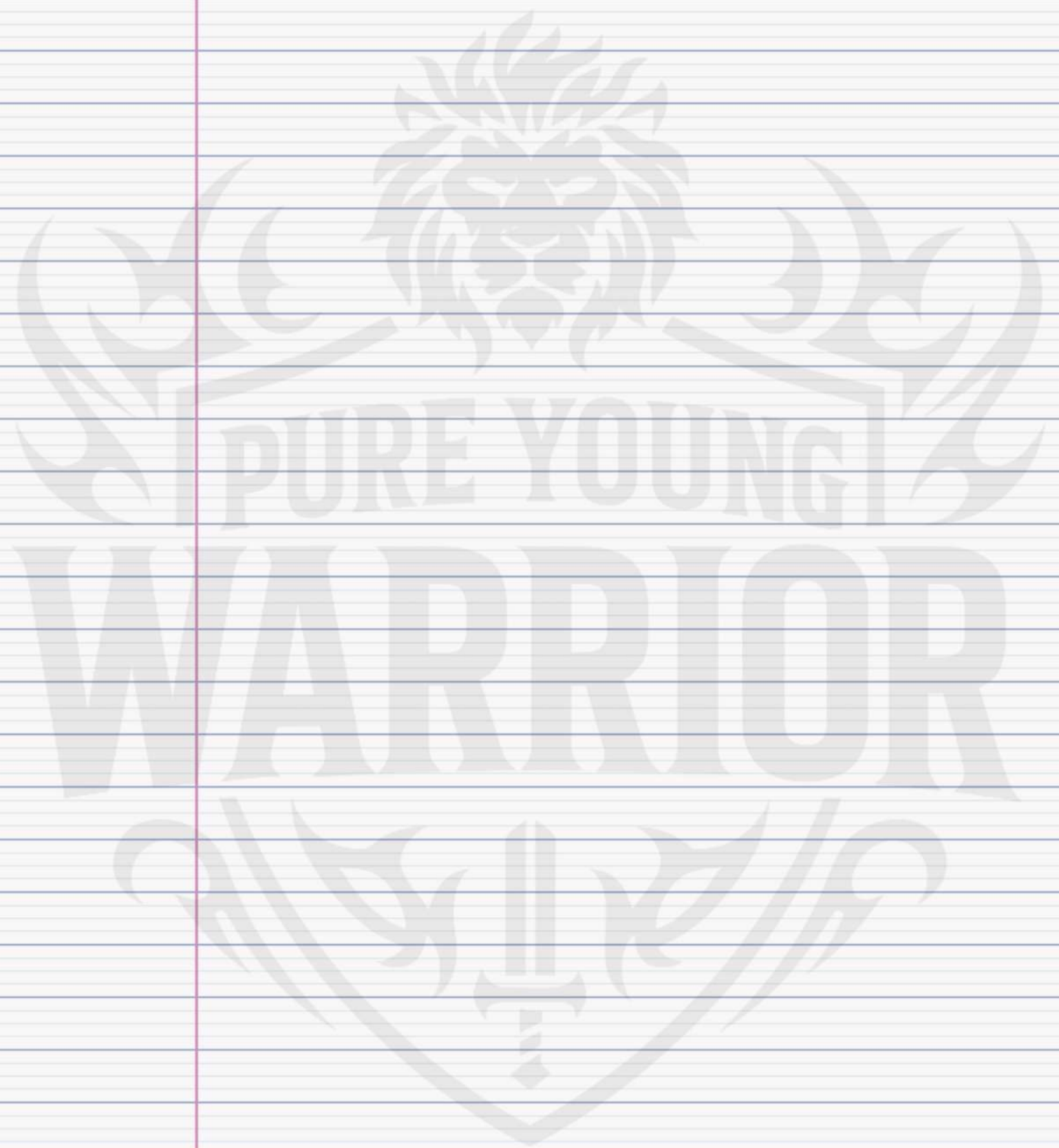
Purpose

- 
- 1 **Feed Your Mind (1 Hour)**
Learn, listen, or read something that makes you stronger.
 - 2 **Move Your Body (30+ Minutes)**
Train, walk, stretch, just move with intention.
 - 3 **Lay One Brick (1 Hour Focused Work)**
Do one thing that builds your goal or skill.
 - 4 **Sit in Stillness (10–15 Minutes)**
No noise, no screen, breathe and reset.
 - 5 **Protect Your Energy**
Avoid draining people, drama, and distraction.
 - 6 **Limit Scrolling**
Use tech with purpose. Close what adds nothing.
 - 7 **Act From Discipline, Not Emotion**
Do what you said, mood doesn't matter.
 - 8 **Reflect & Journal (5–10 Minutes)**
Write your win, your lesson, your next move.

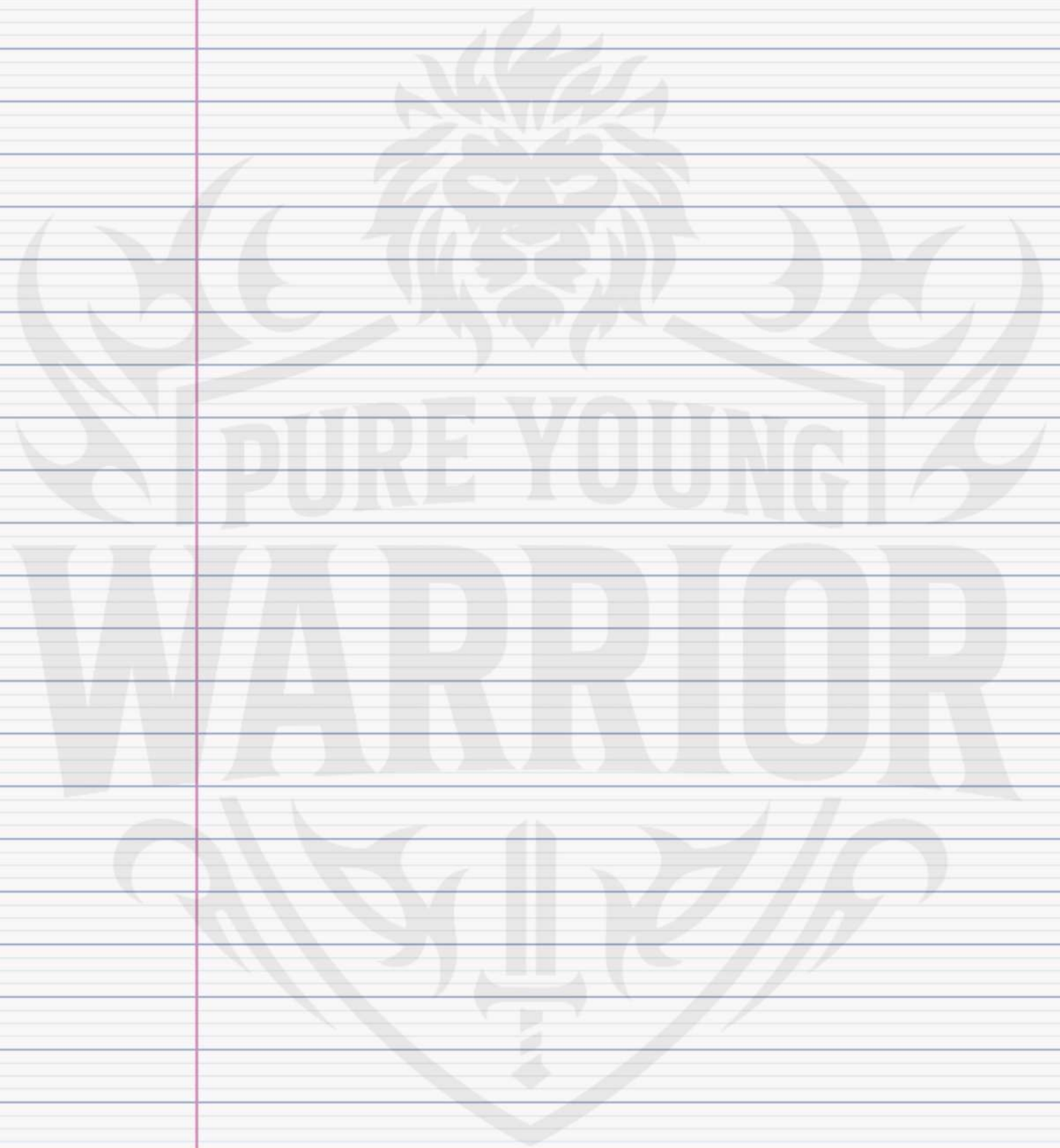
“Win today, then repeat it tomorrow.”

Pure Young Warrior Creed

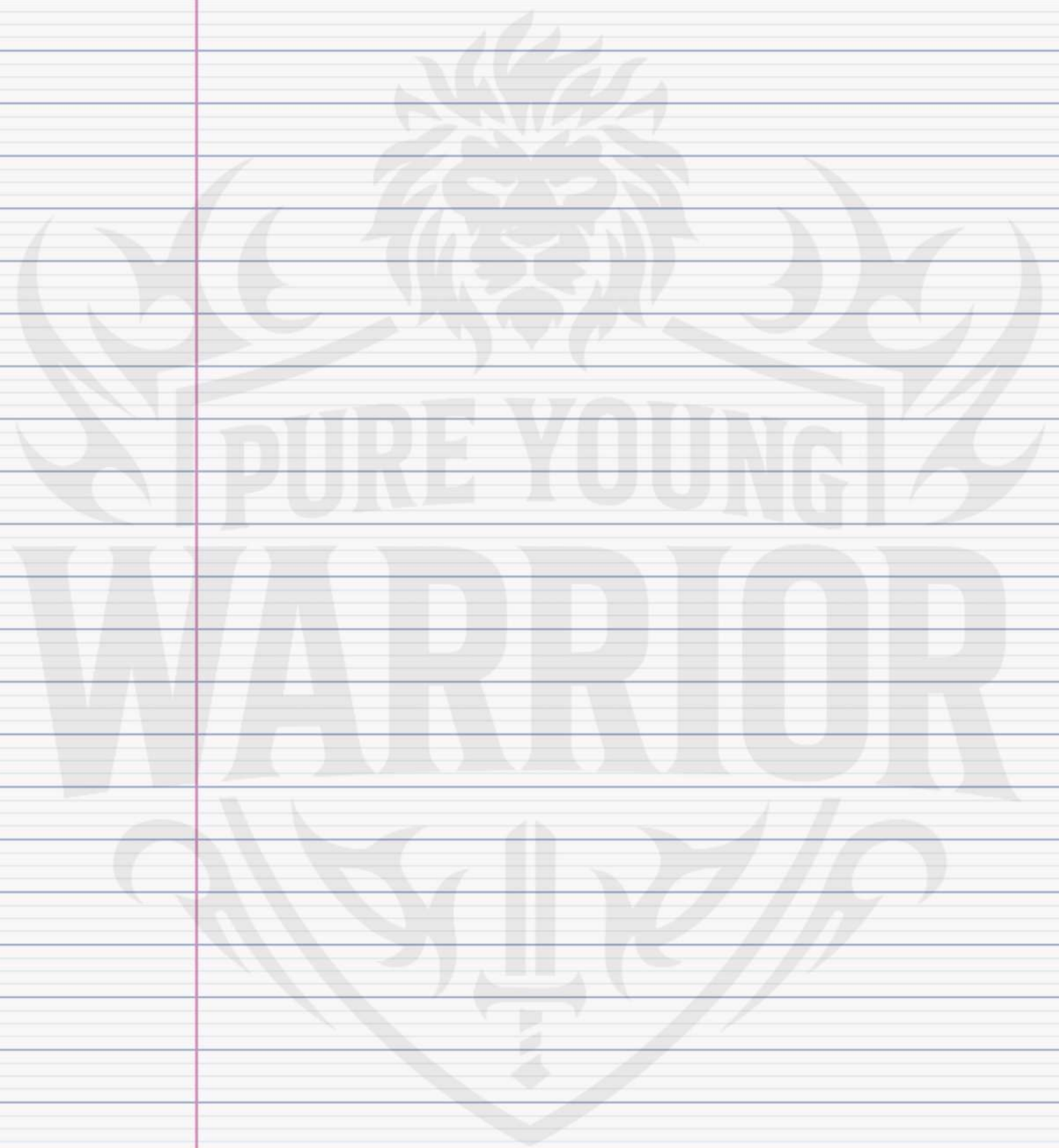
DAILY NOTES



DAILY NOTES



DAILY NOTES



**"You don't need to see the whole path
just keep walking it."
Pure Young Warrior Creed**

WEEKLY REFLECTION

Growth isn't loud; it's the quiet proof that you're still showing up

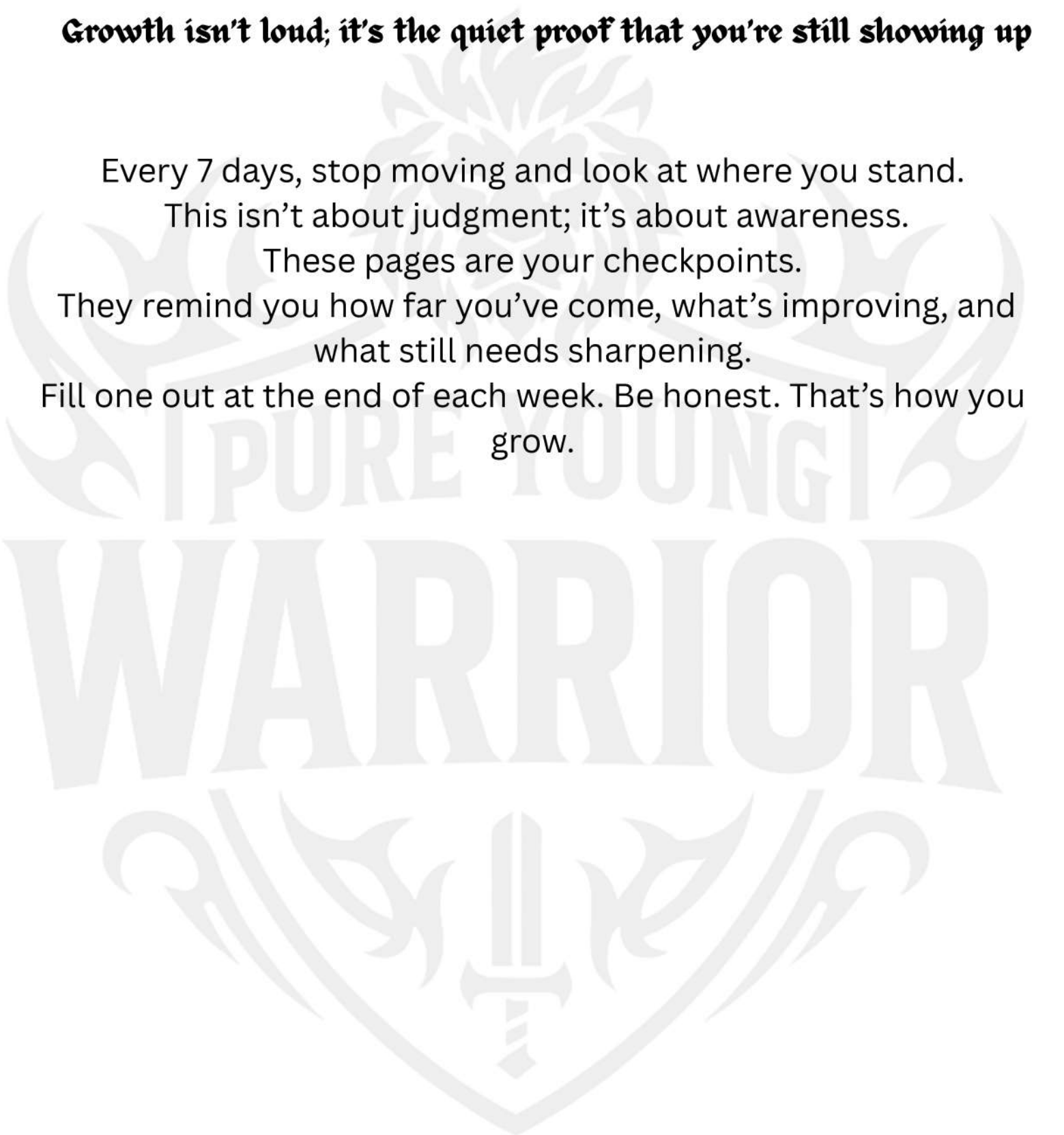
Every 7 days, stop moving and look at where you stand.

This isn't about judgment; it's about awareness.

These pages are your checkpoints.

They remind you how far you've come, what's improving, and what still needs sharpening.

Fill one out at the end of each week. Be honest. That's how you grow.

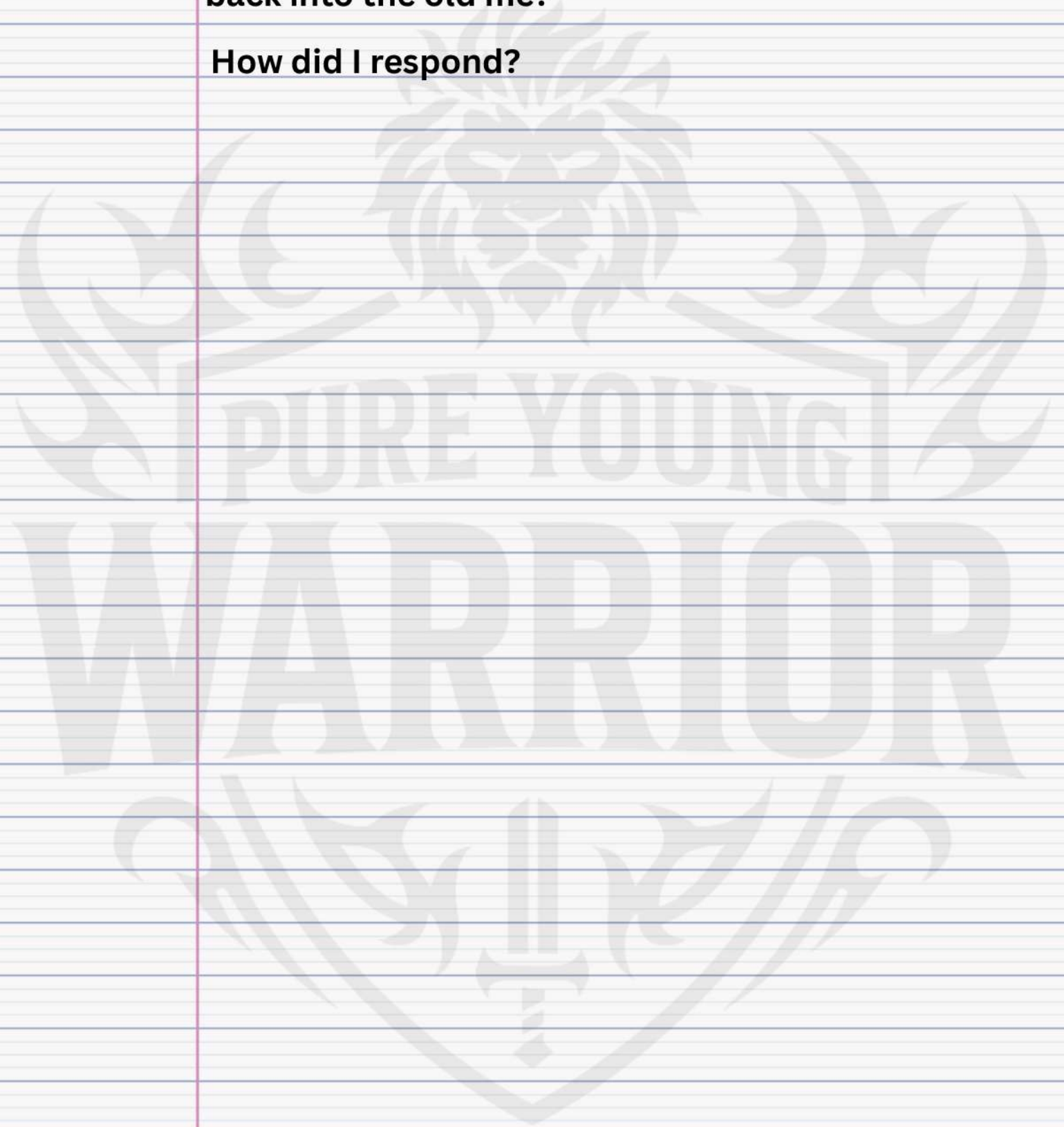


wk 1

What Tested Me This Week

What moments, thoughts, or habits tried to pull me back into the old me?

How did I respond?

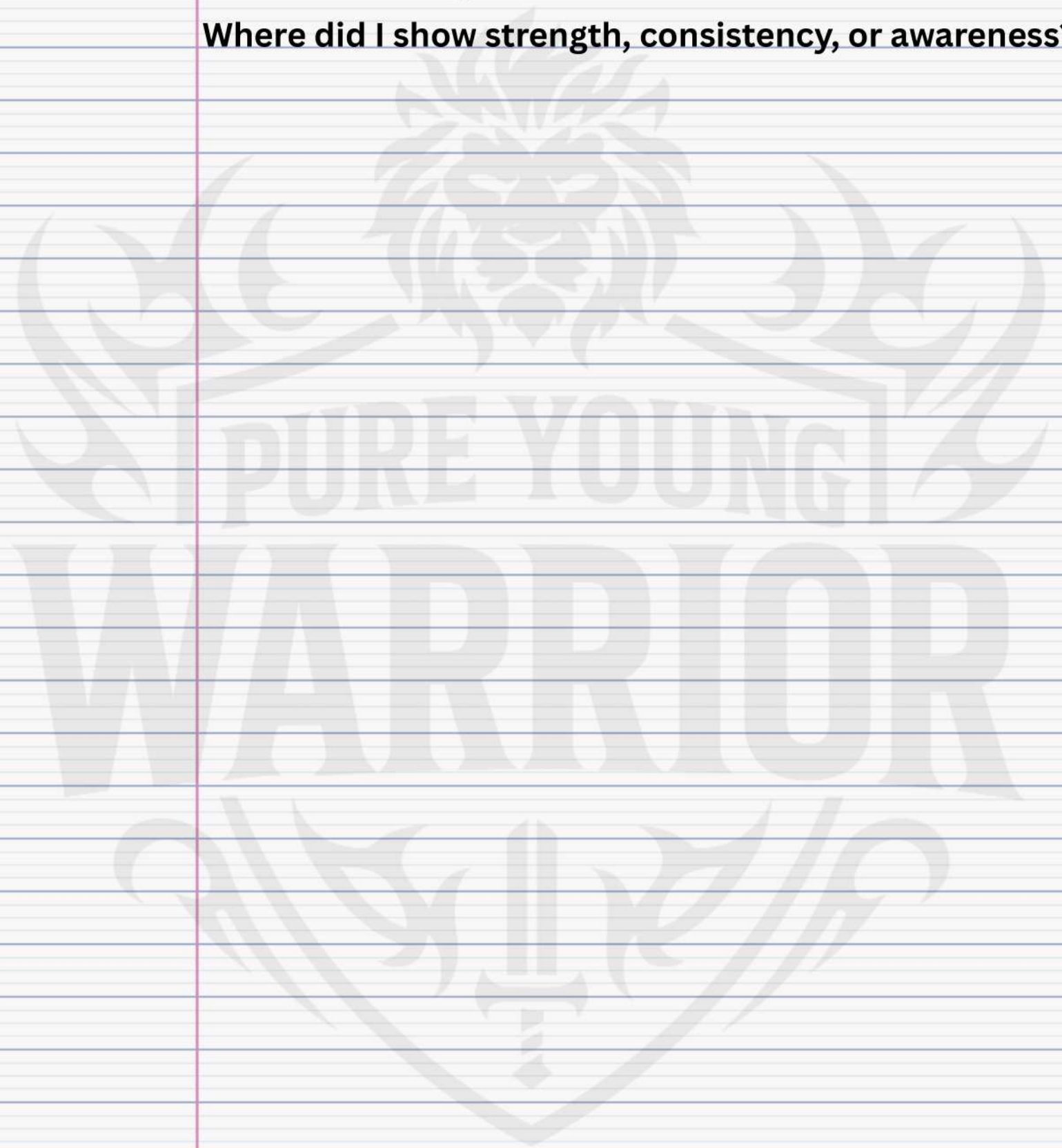


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What I'm Proud Of

What did I do right this week?

Where did I show strength, consistency, or awareness?

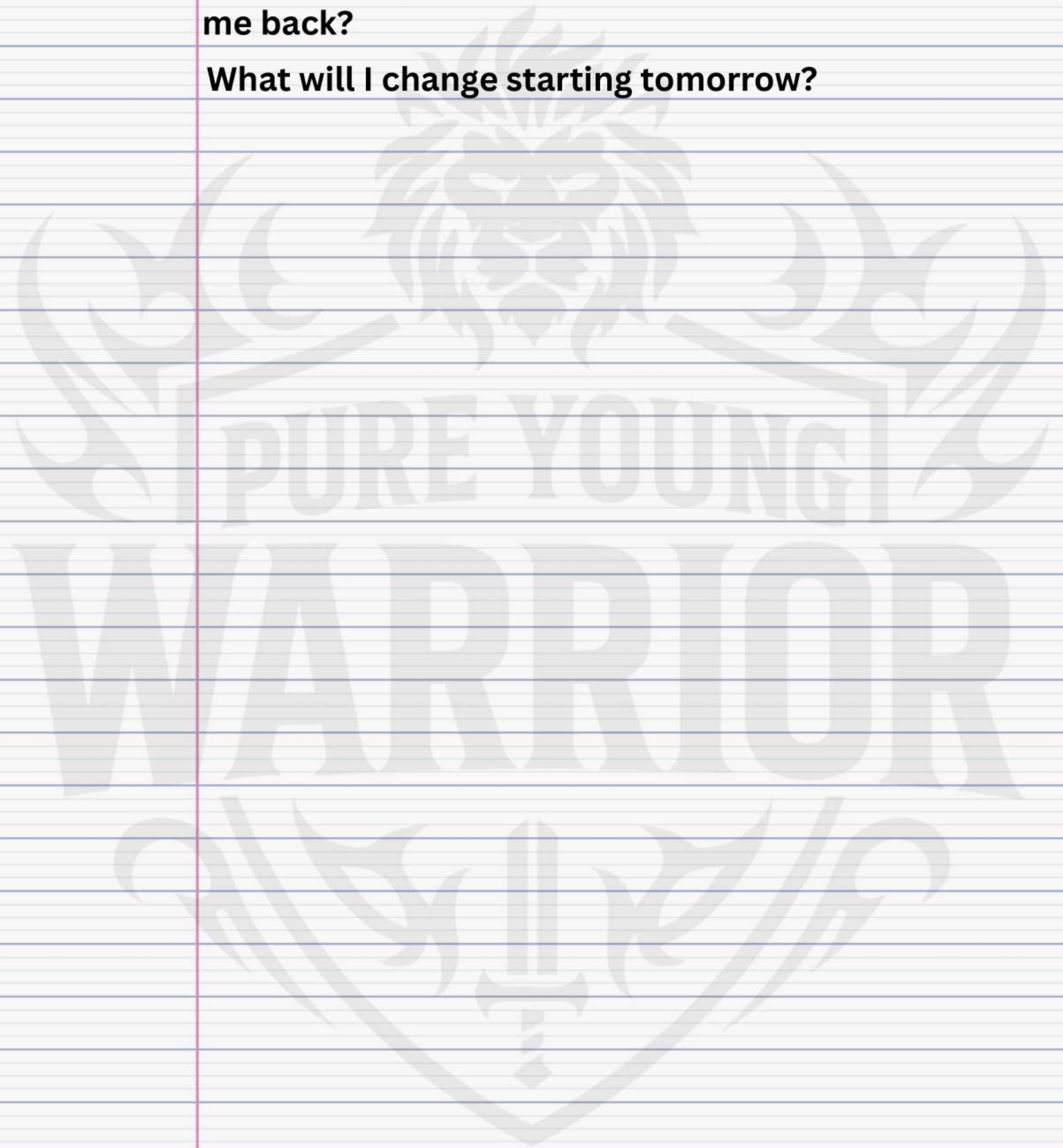


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What Needs Improvement

What habits, reactions, or distractions are still holding me back?

What will I change starting tomorrow?

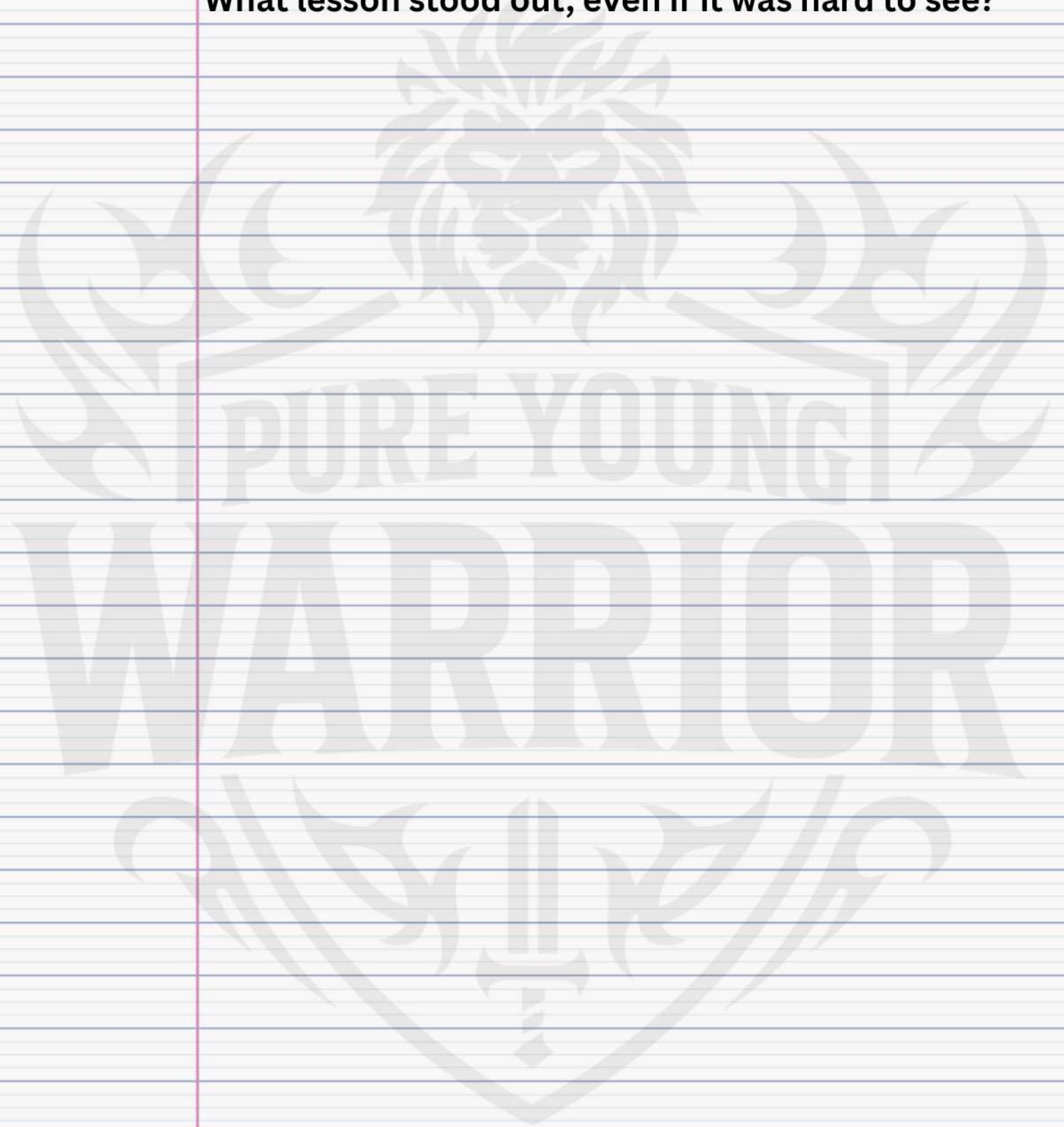


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What I Learned About Myself

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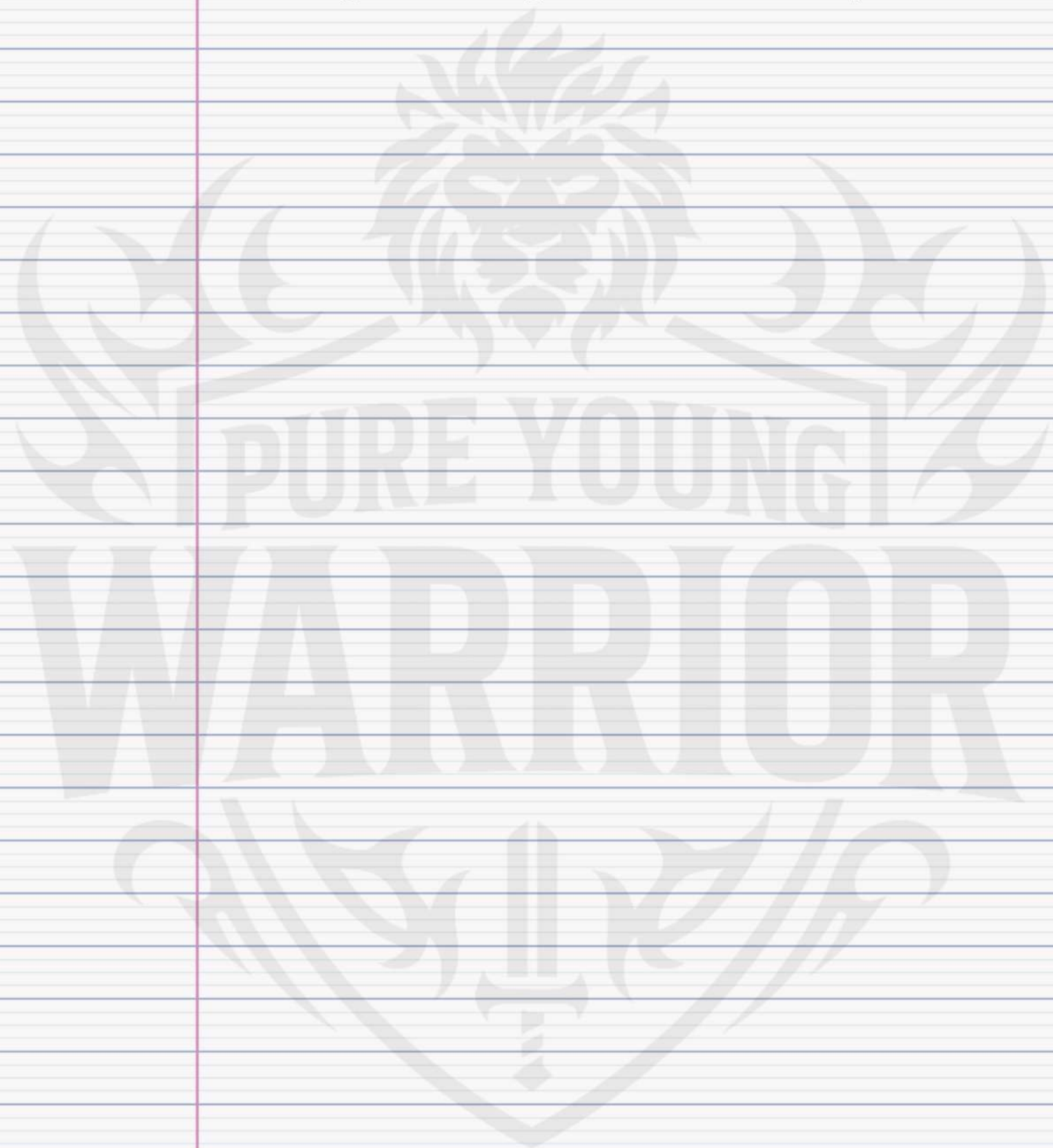
What lesson stood out, even if it was hard to see?



wk 1

My Focus for Next Week

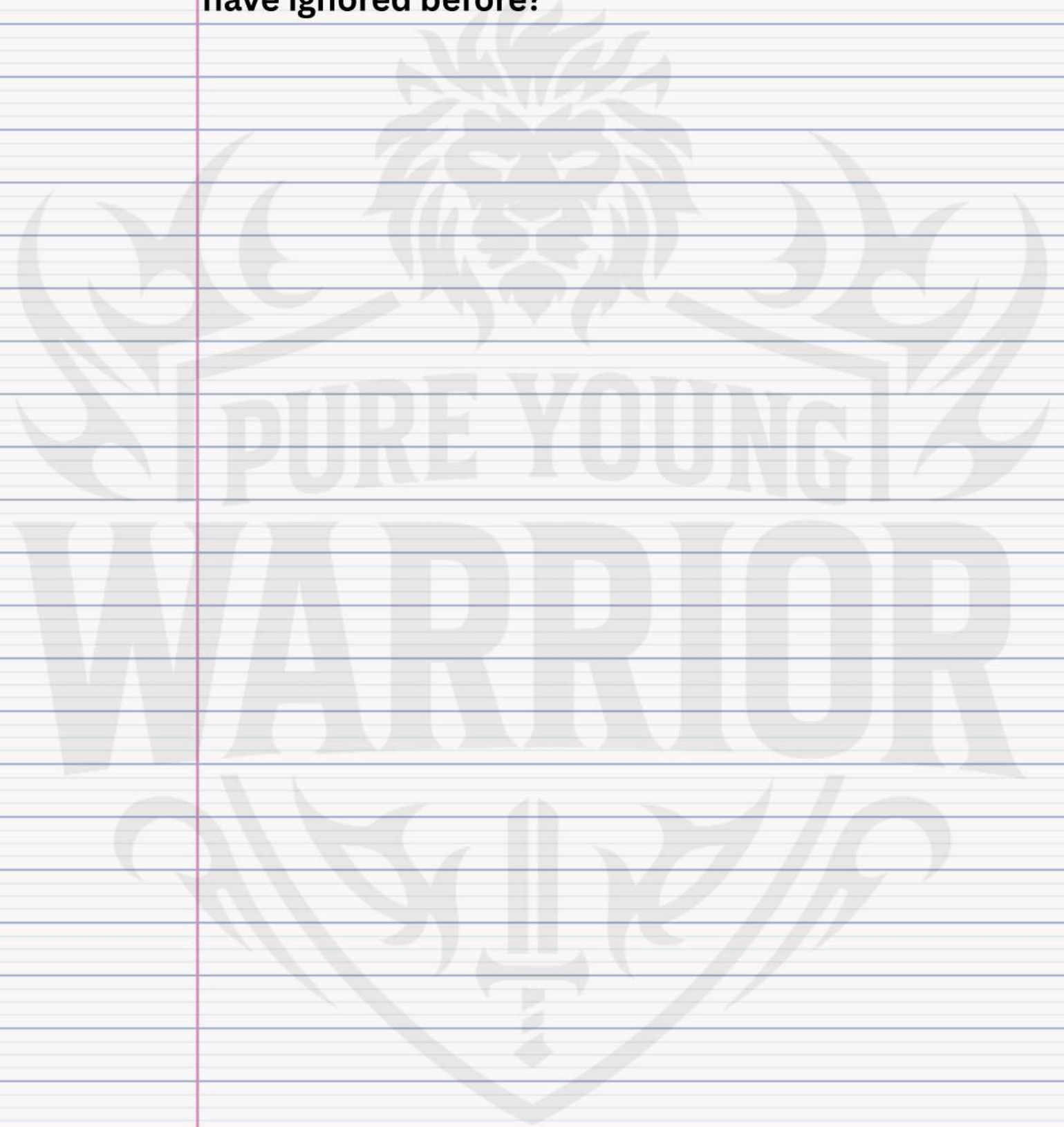
One thing I'm locking in for the next 7 days.



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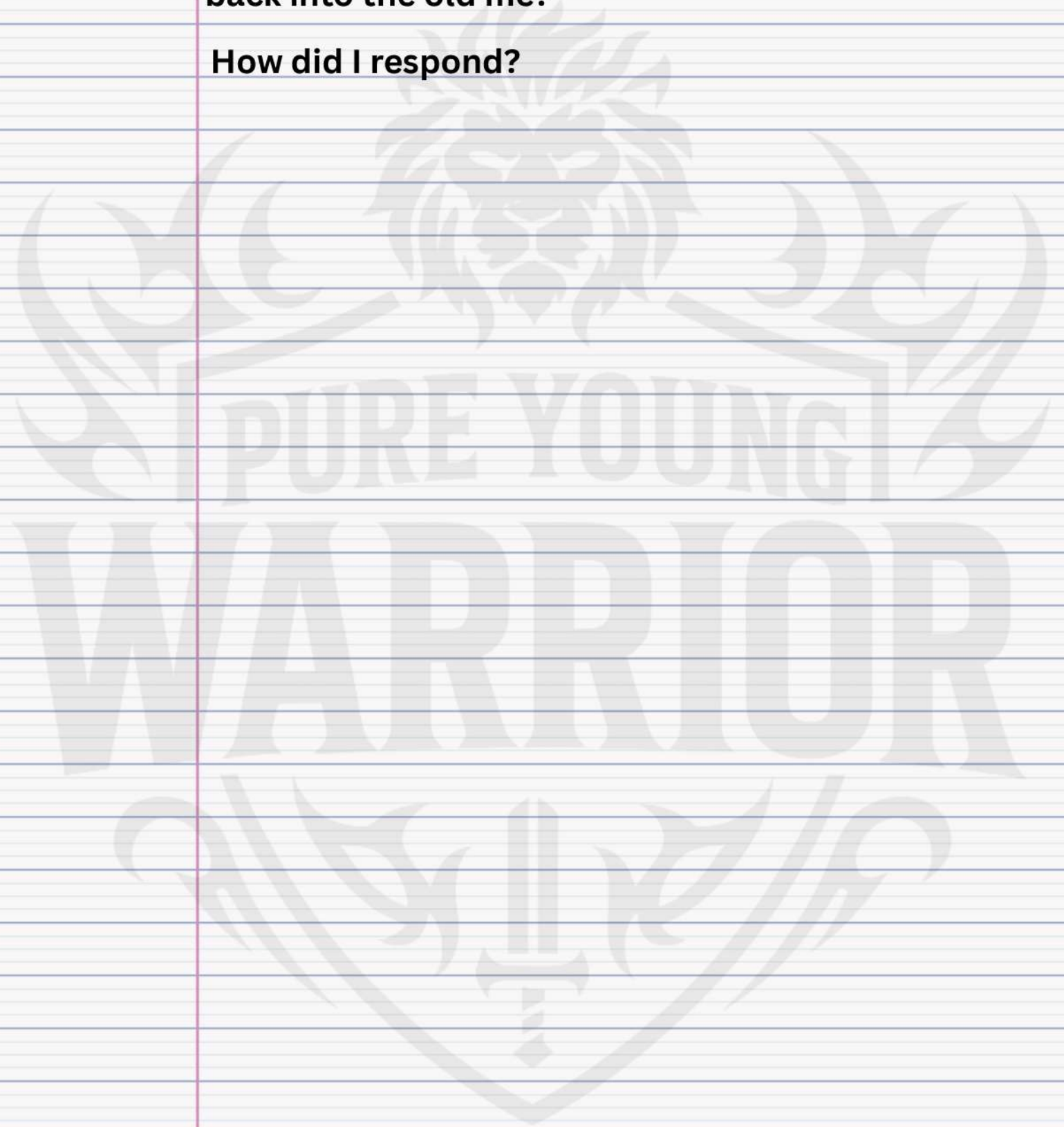


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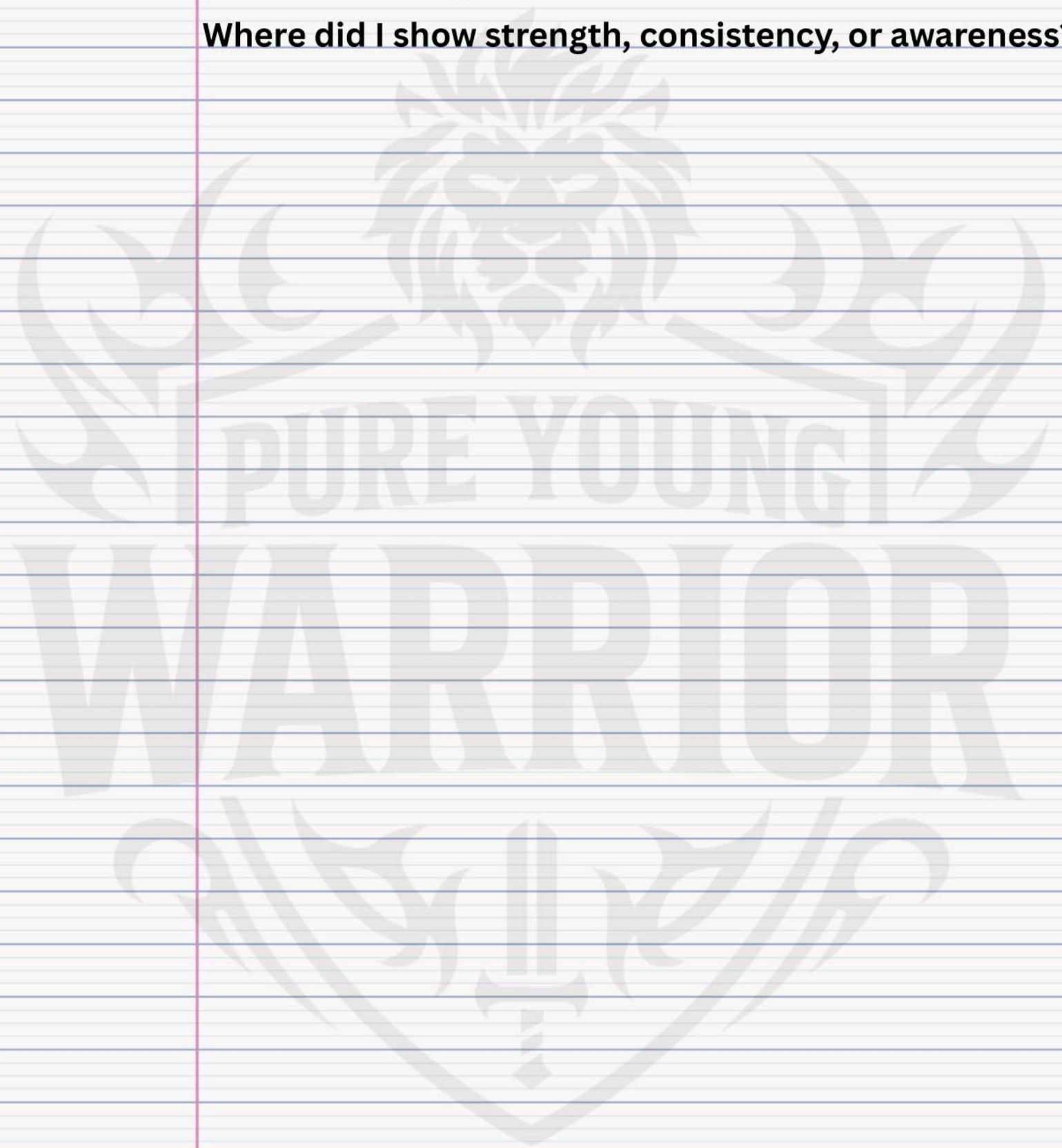


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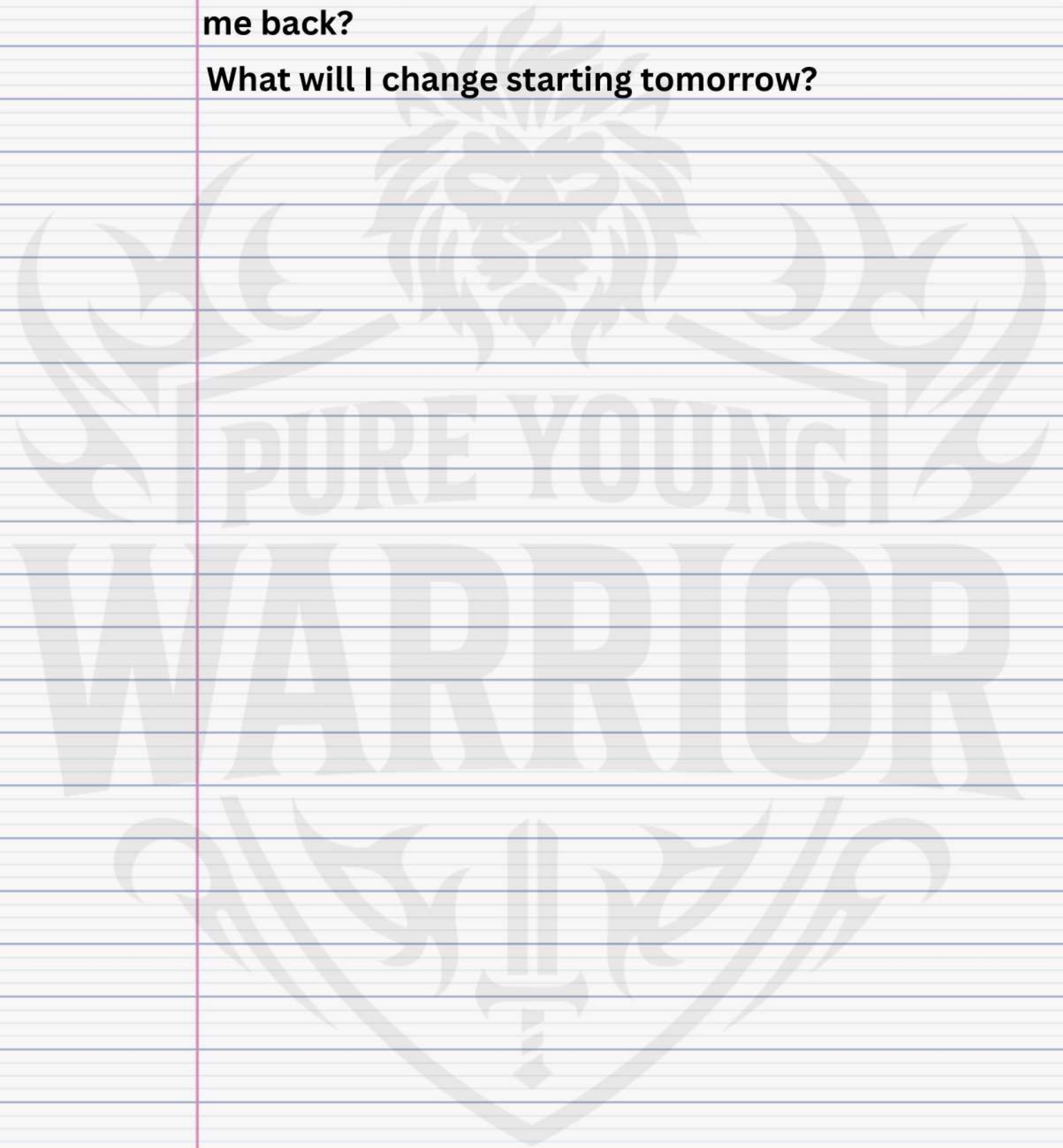


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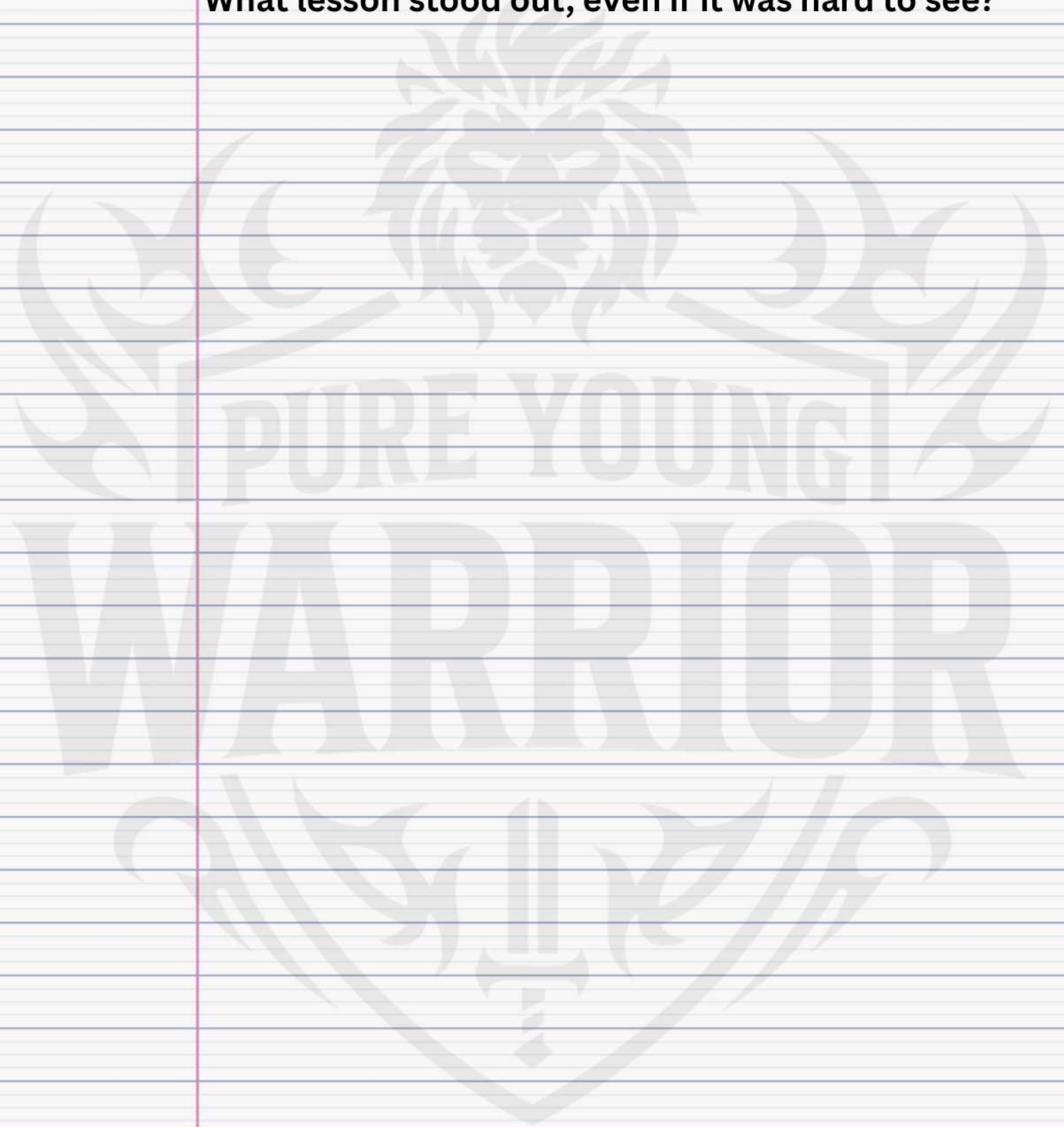


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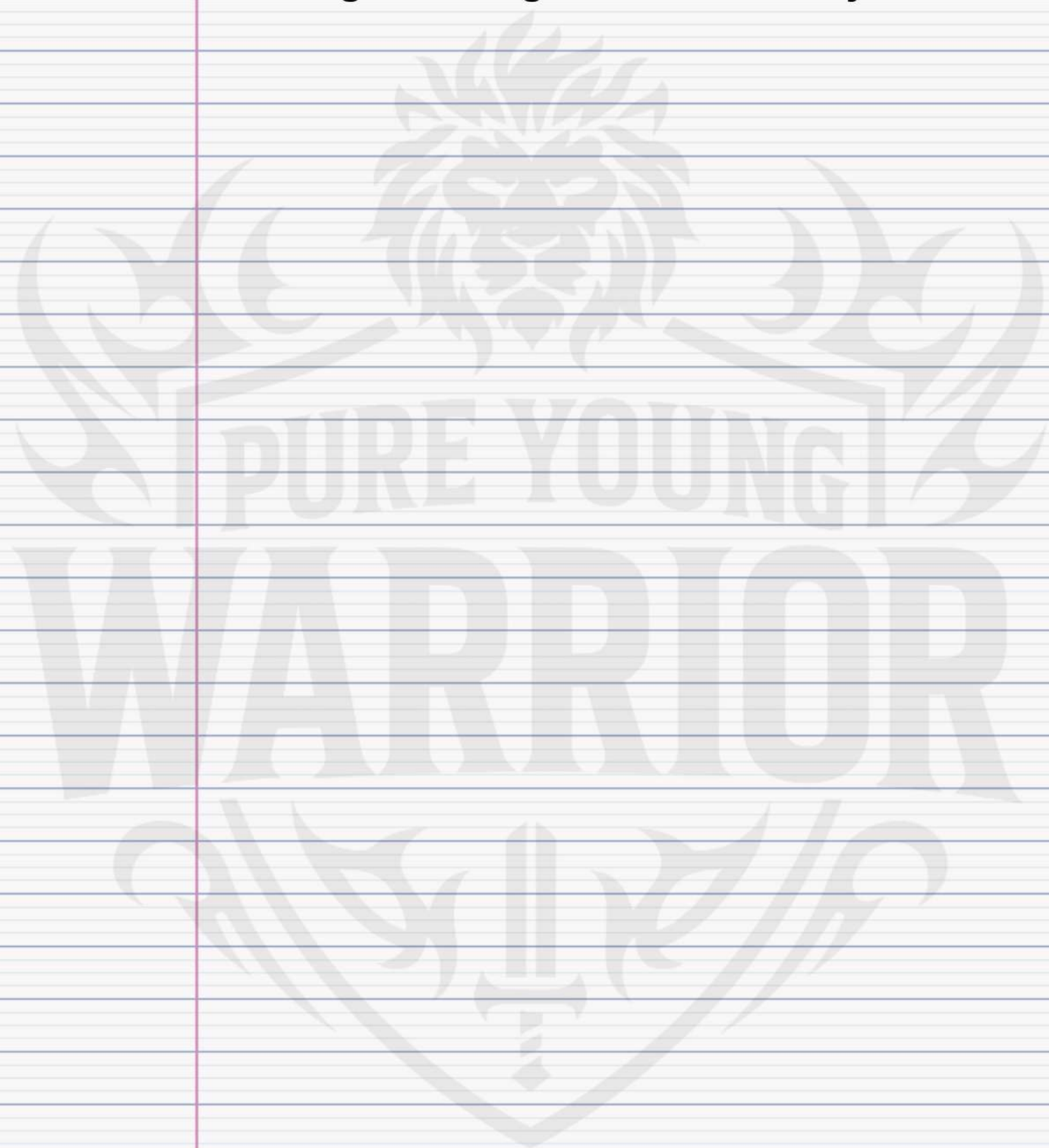
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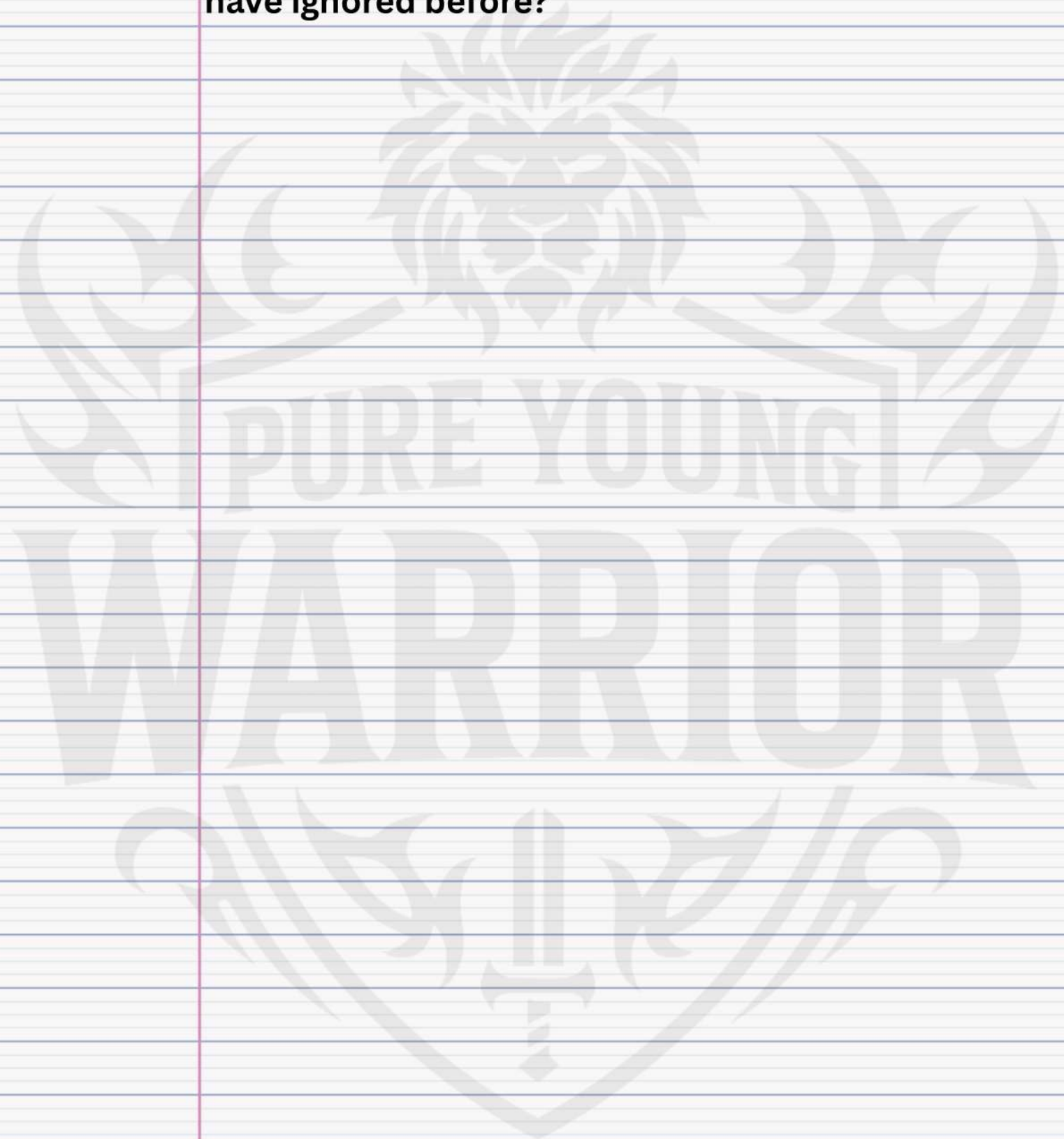
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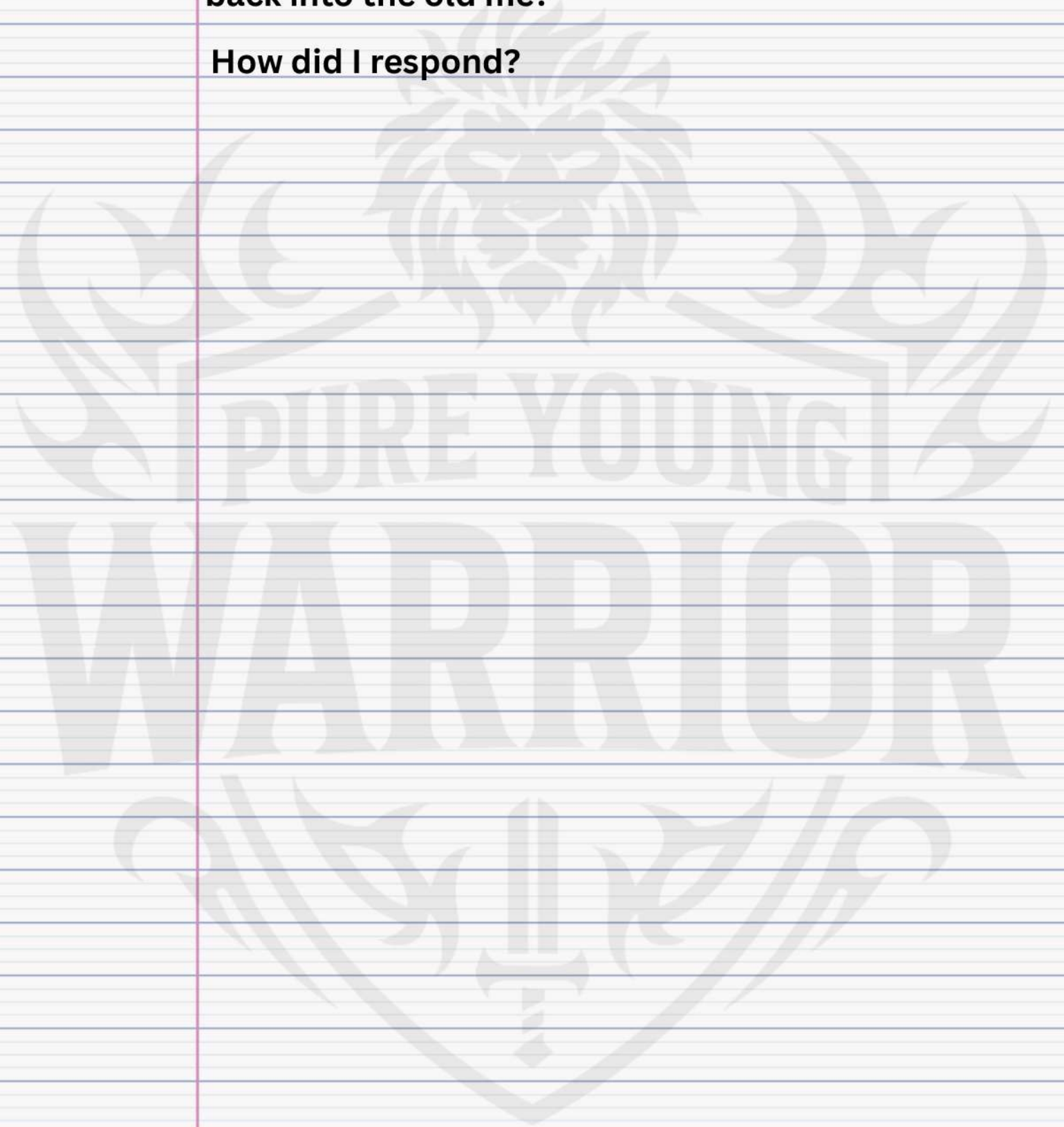


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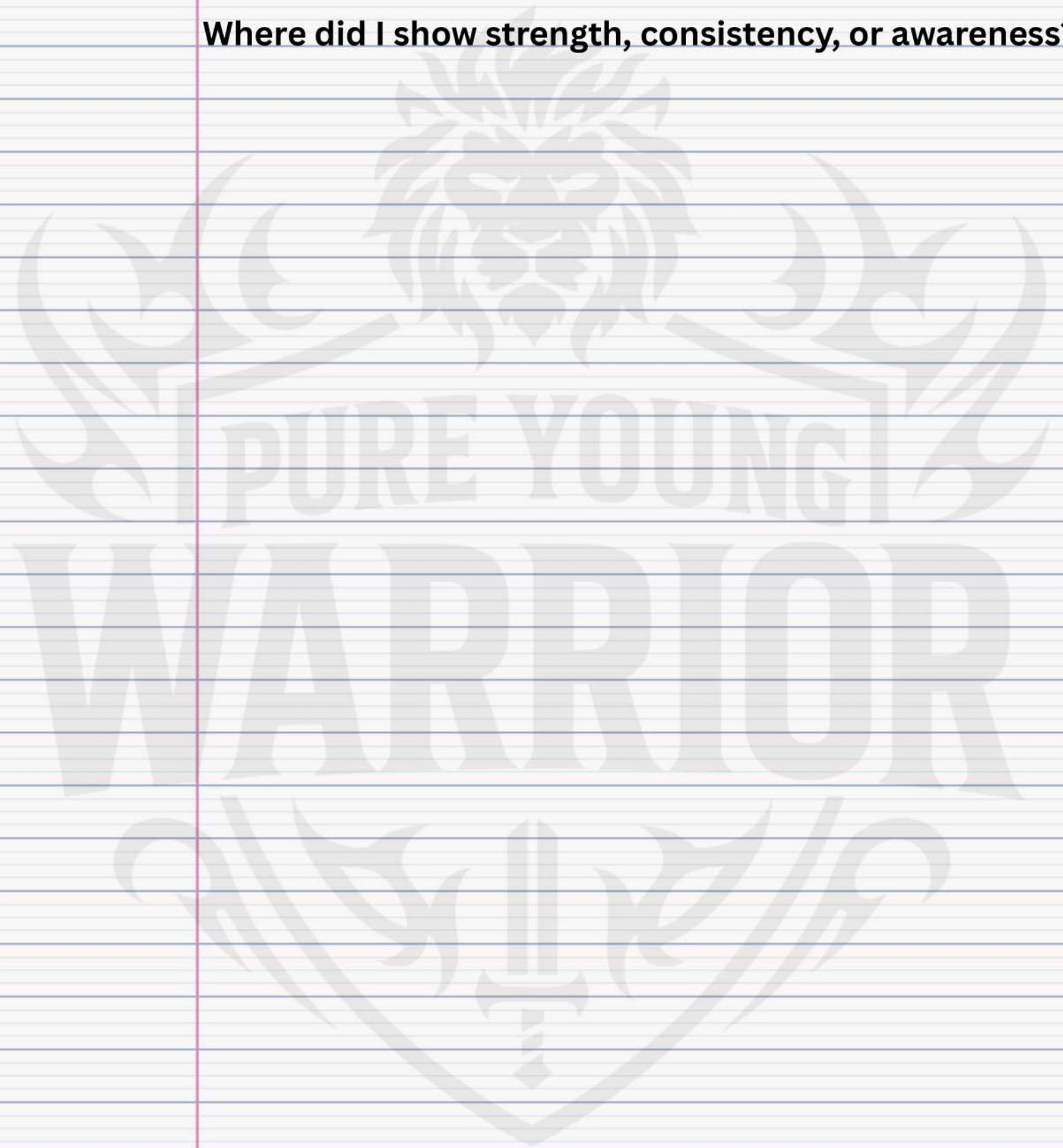


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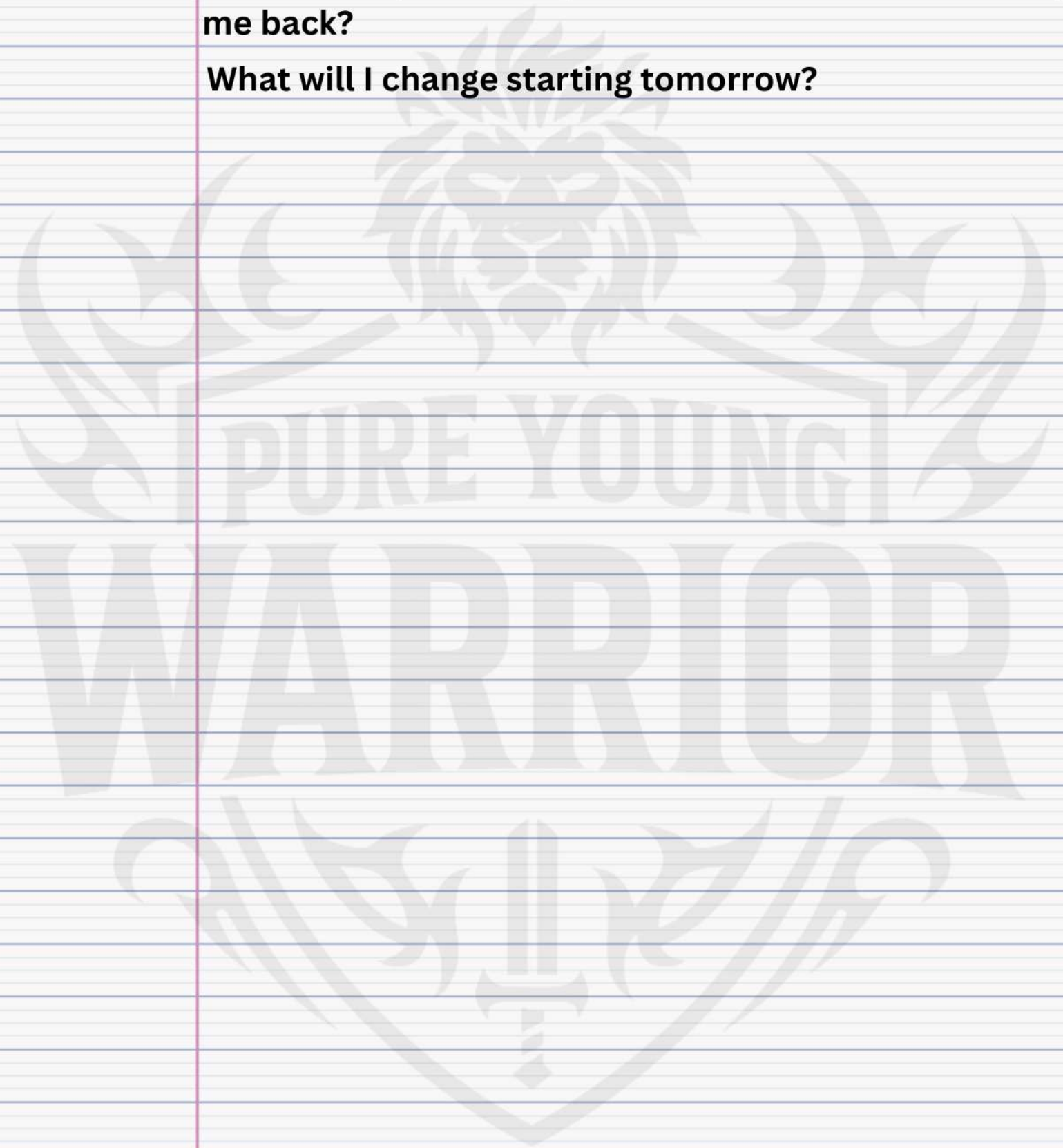


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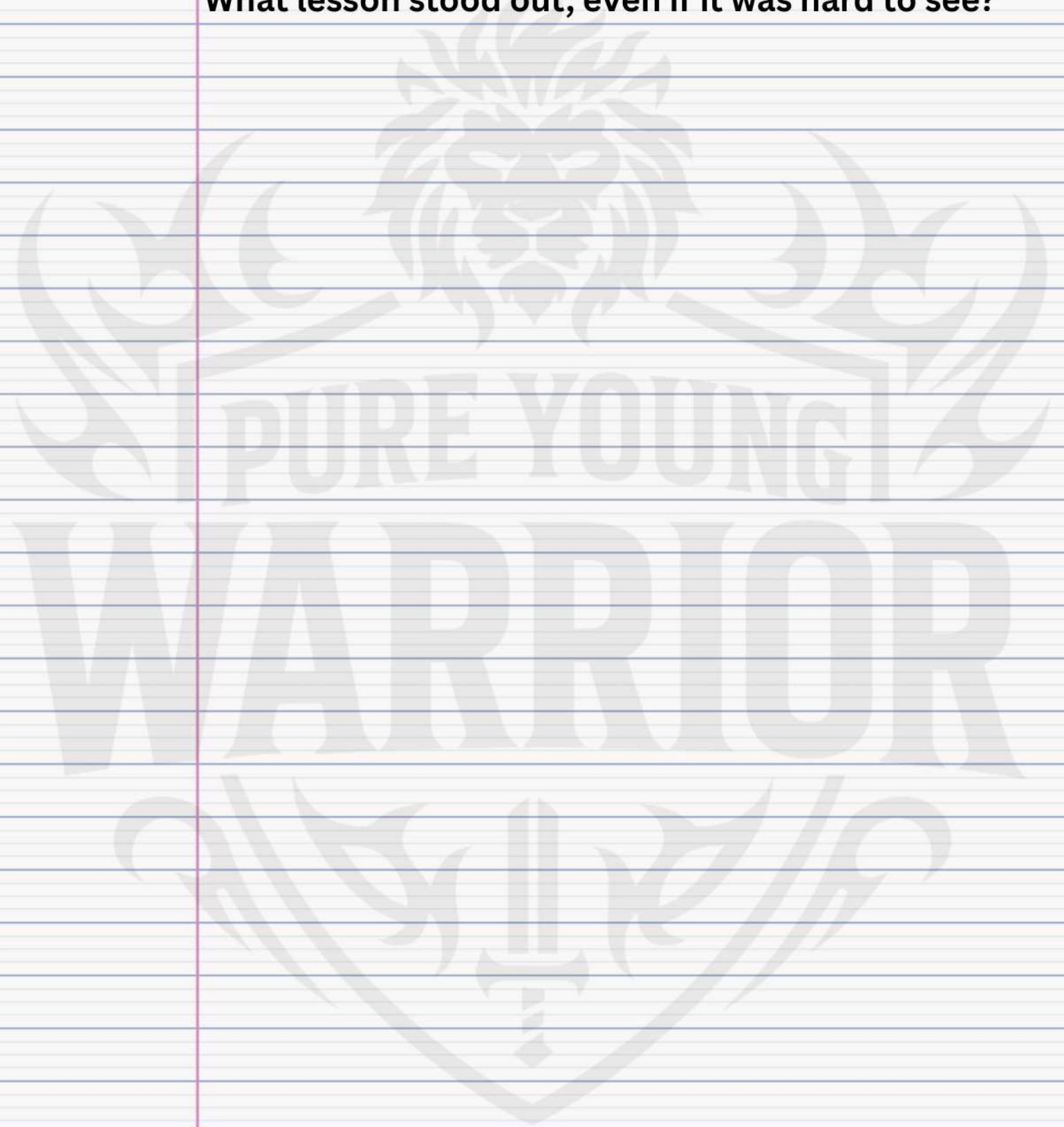


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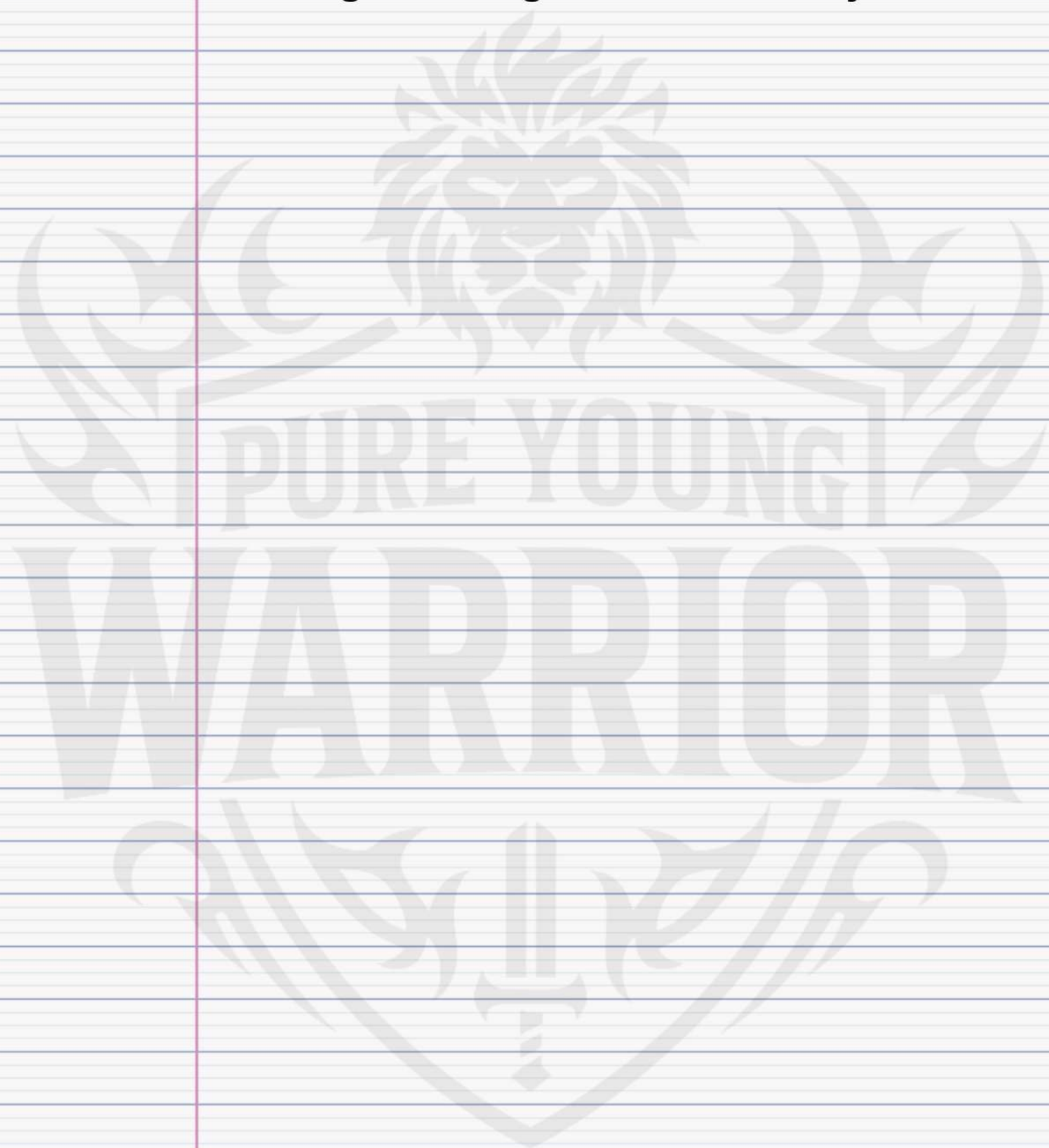
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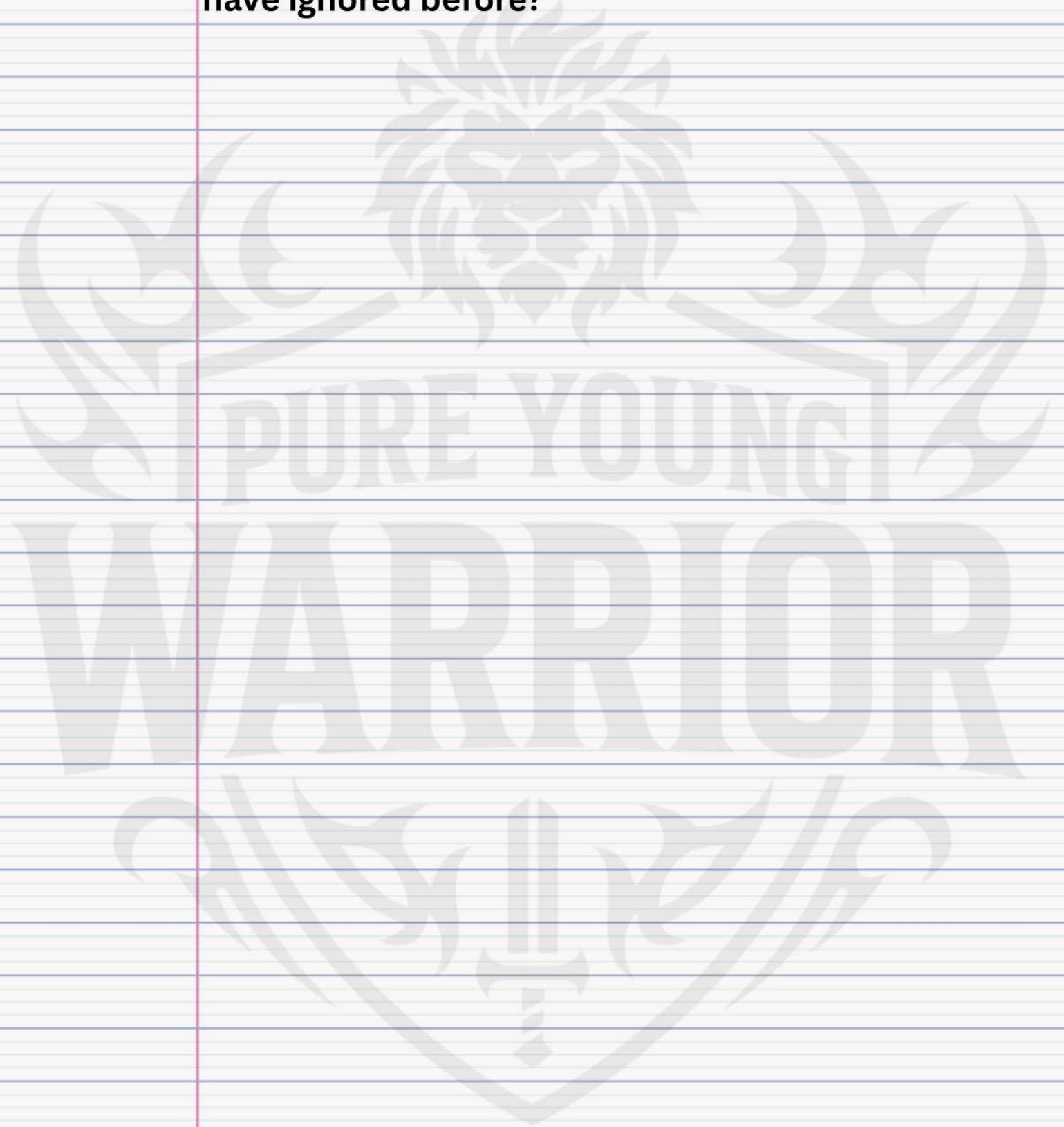
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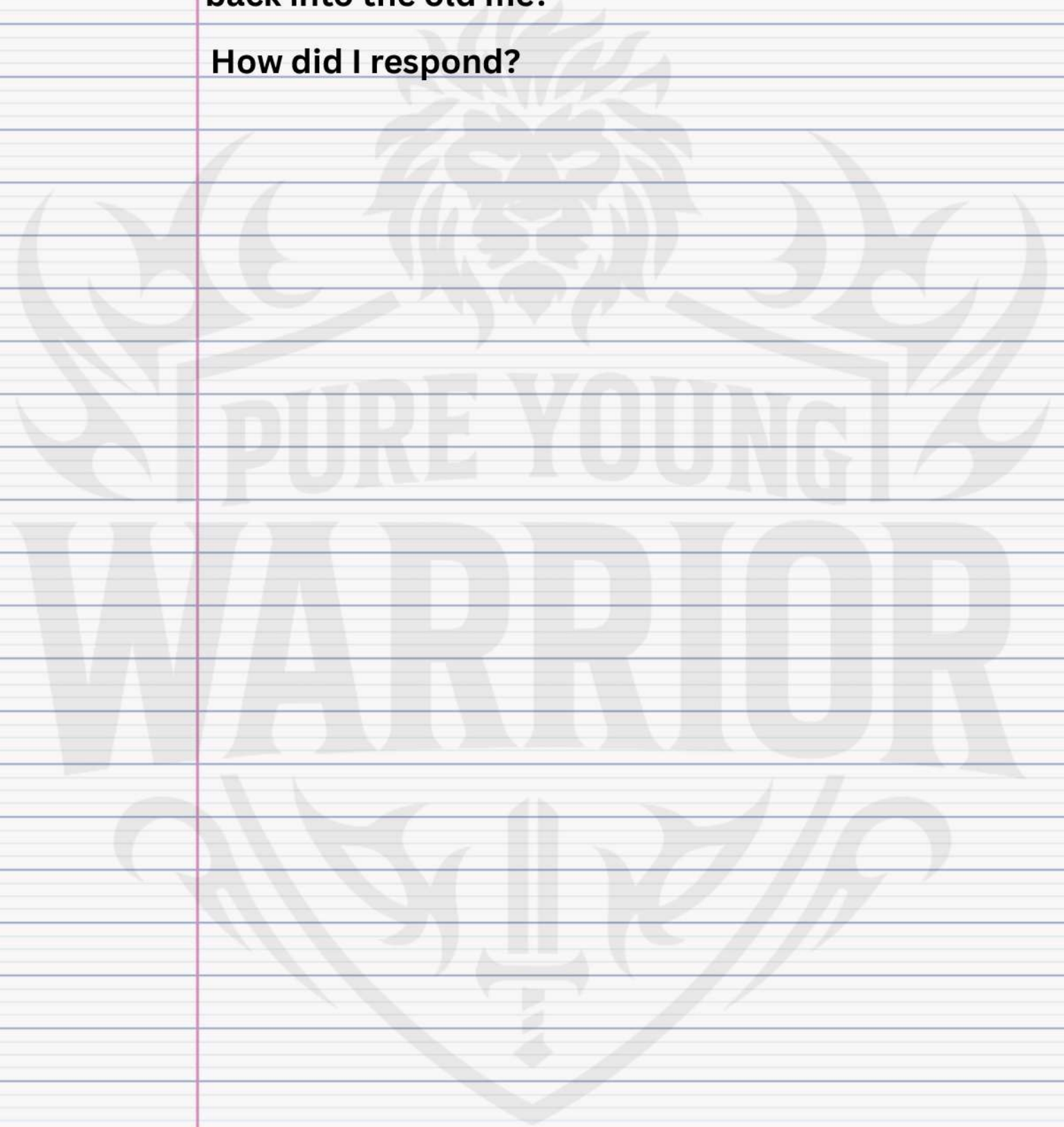


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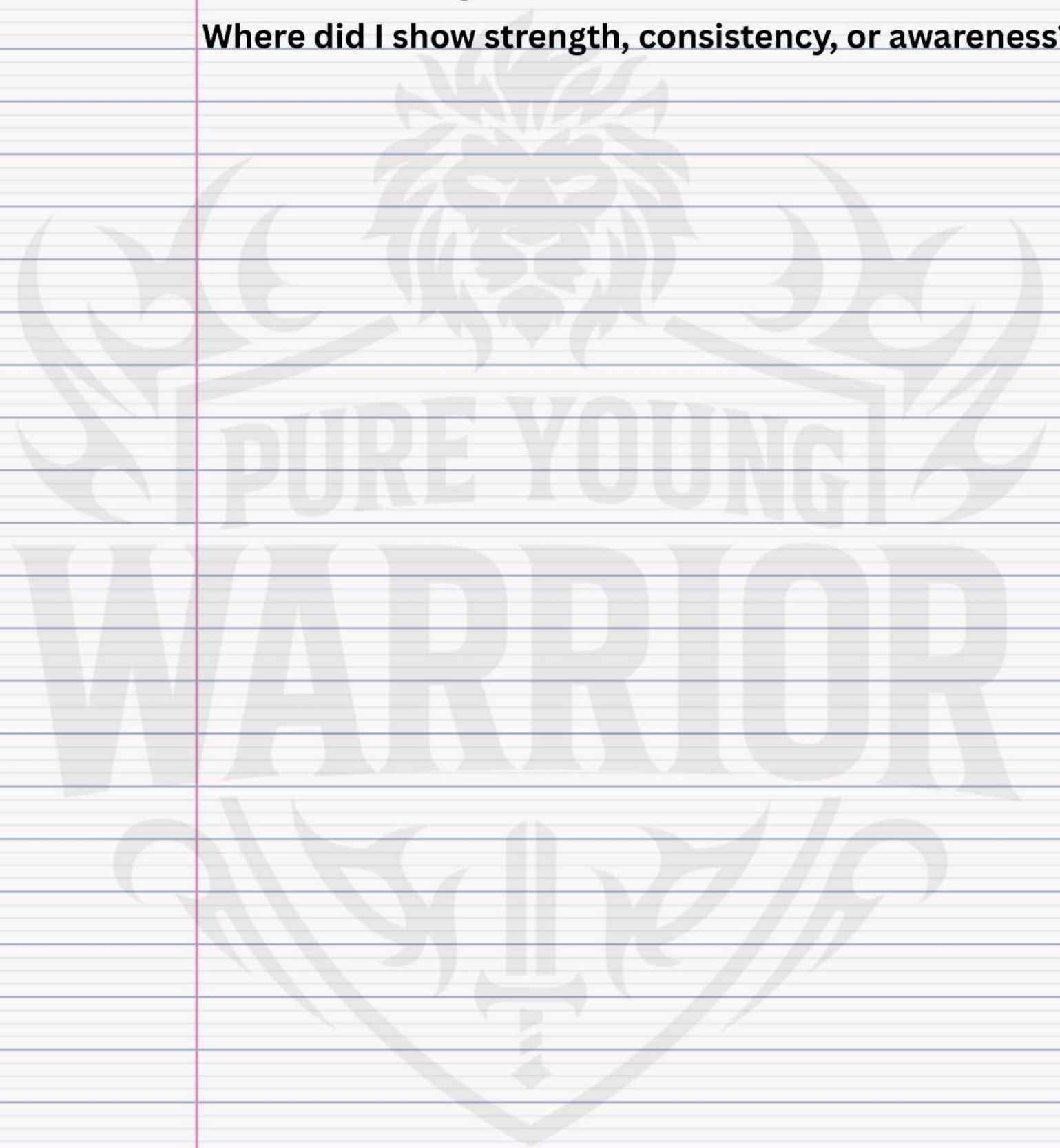


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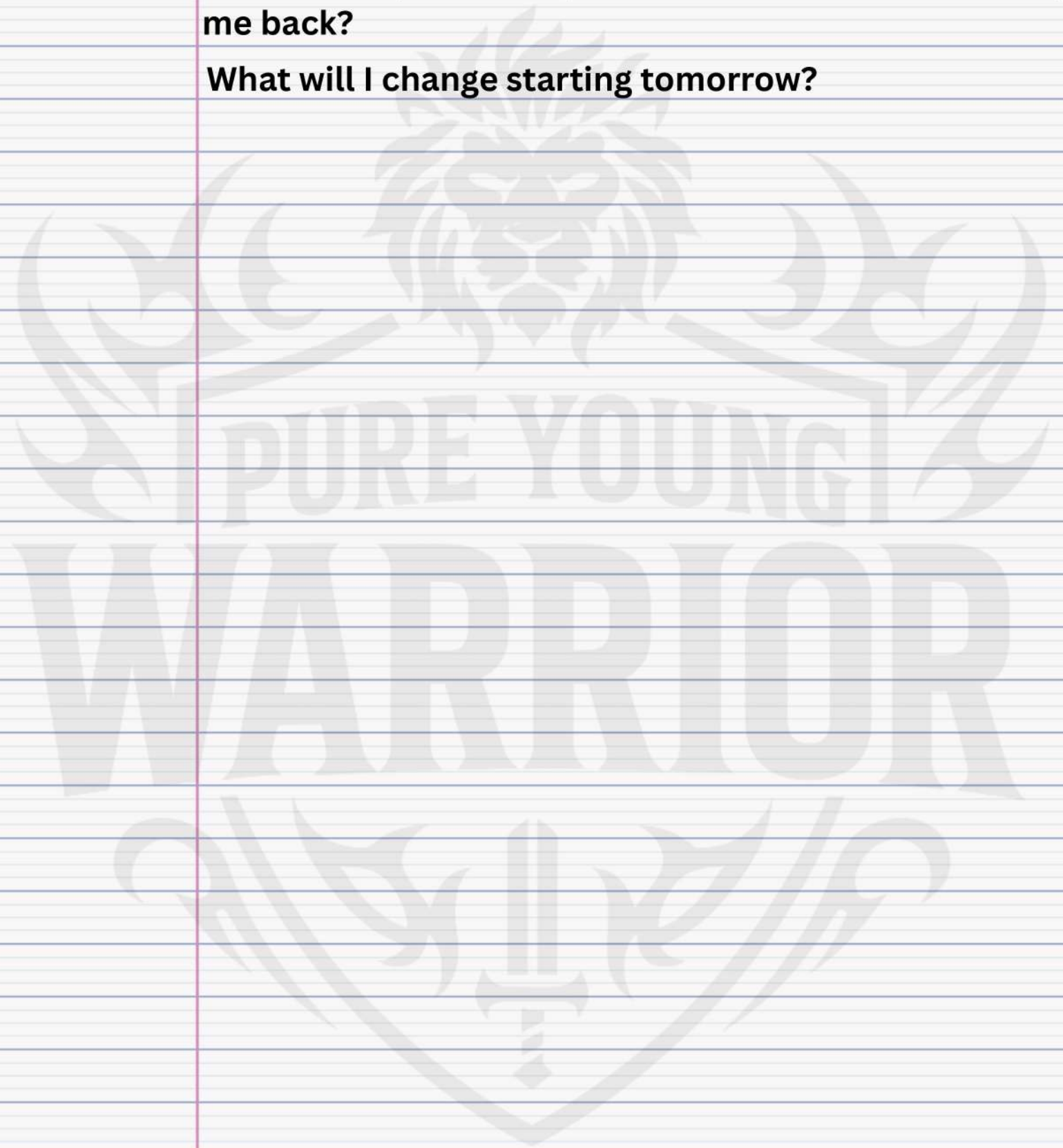


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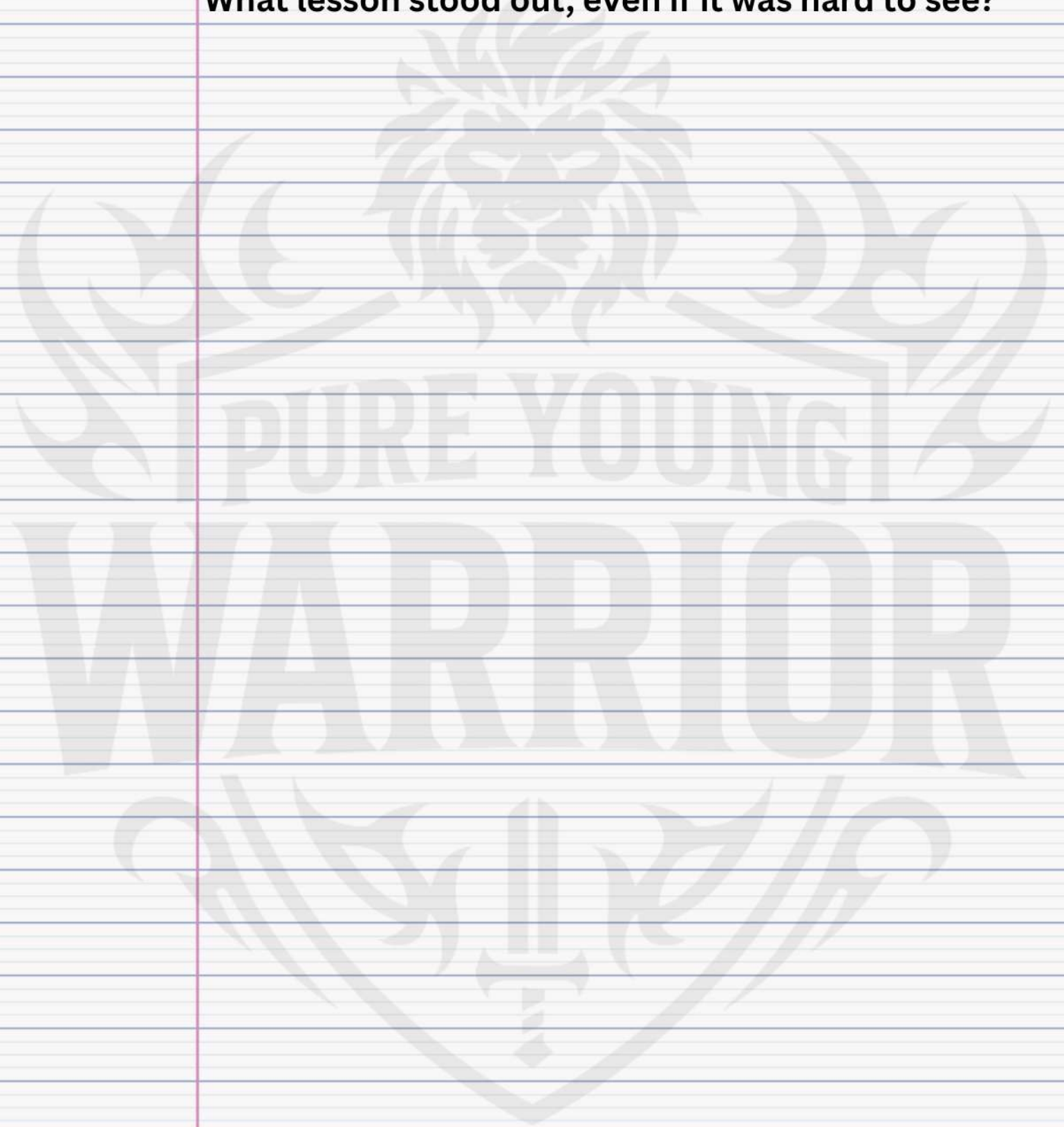


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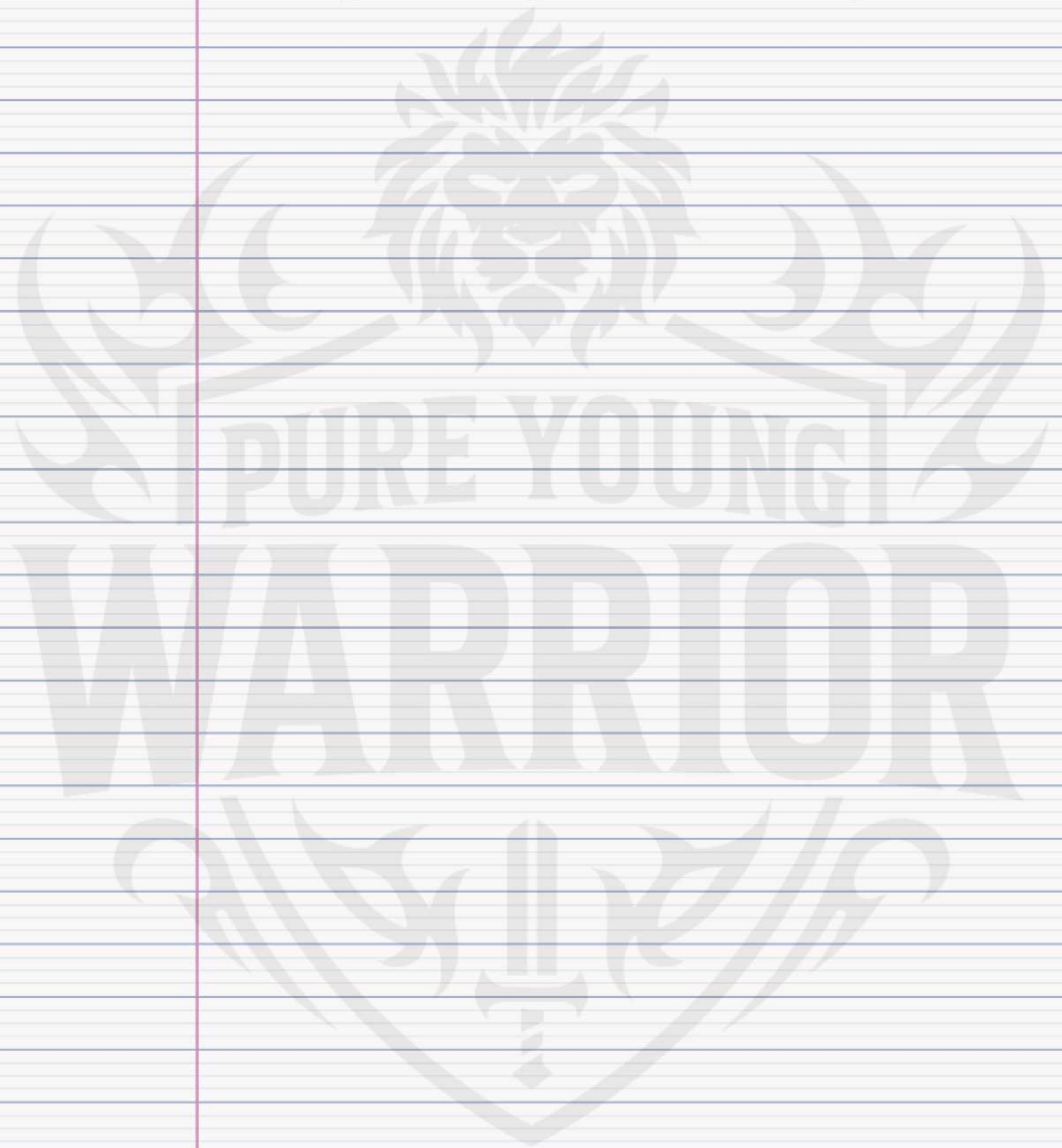
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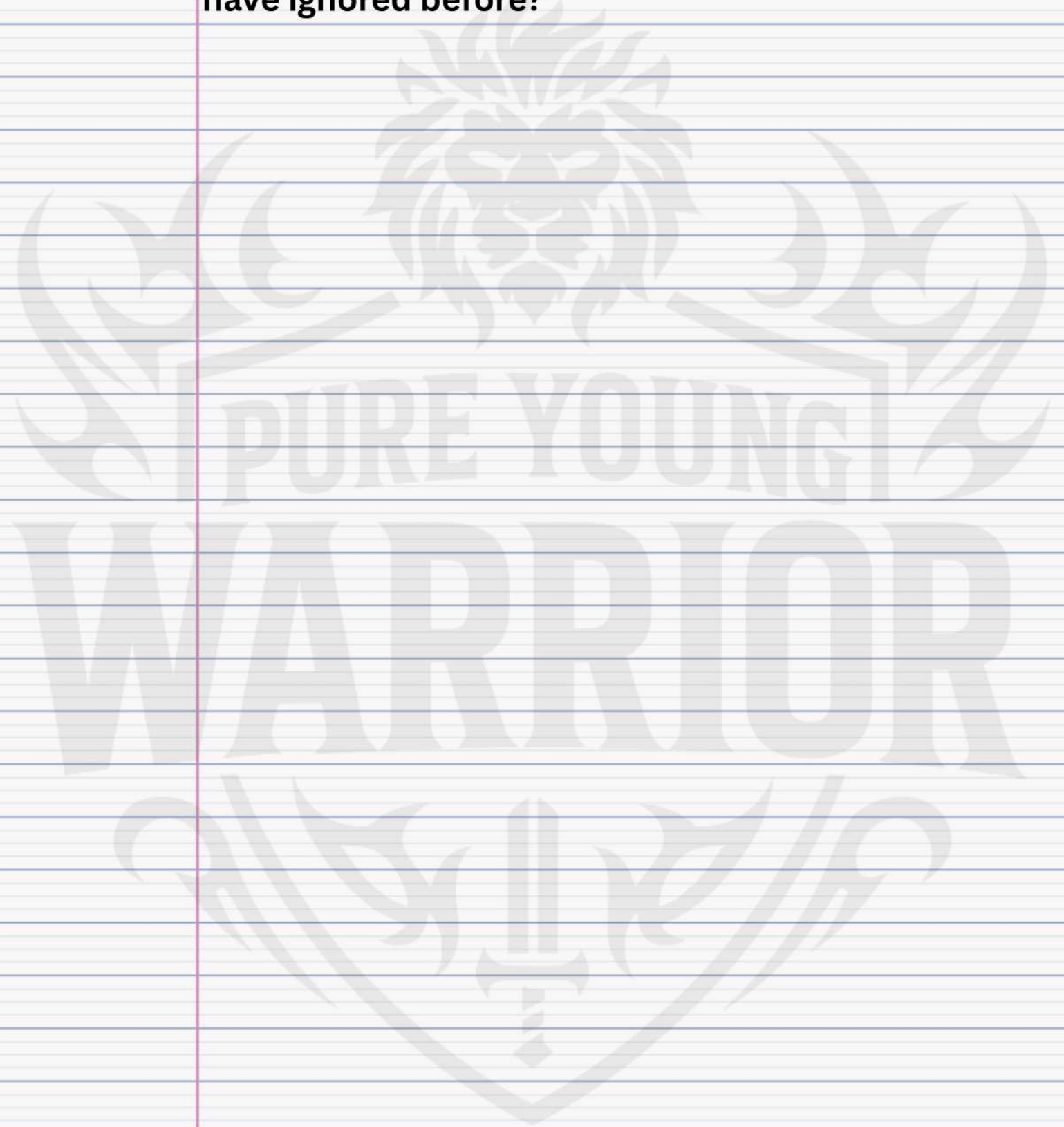
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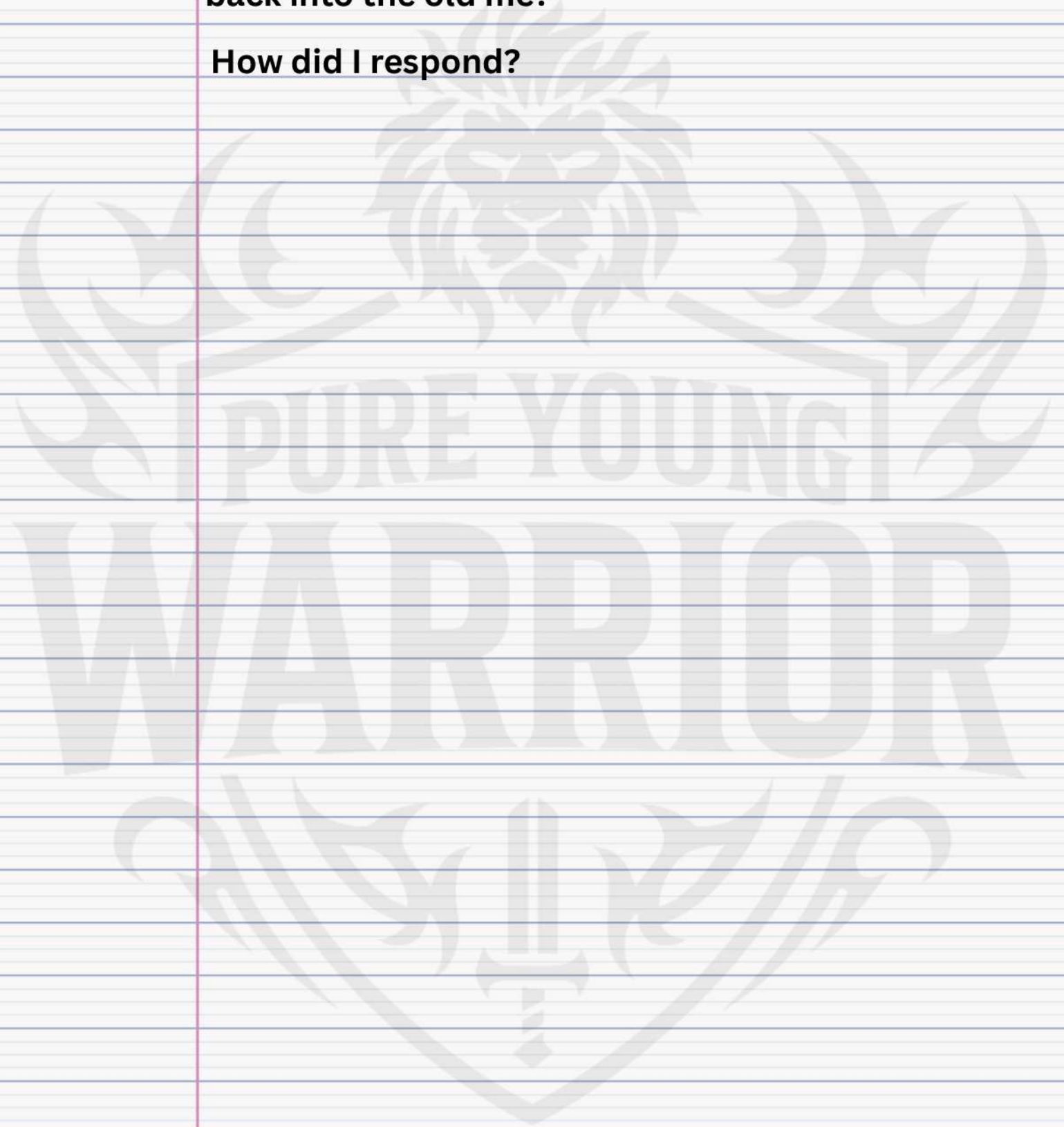


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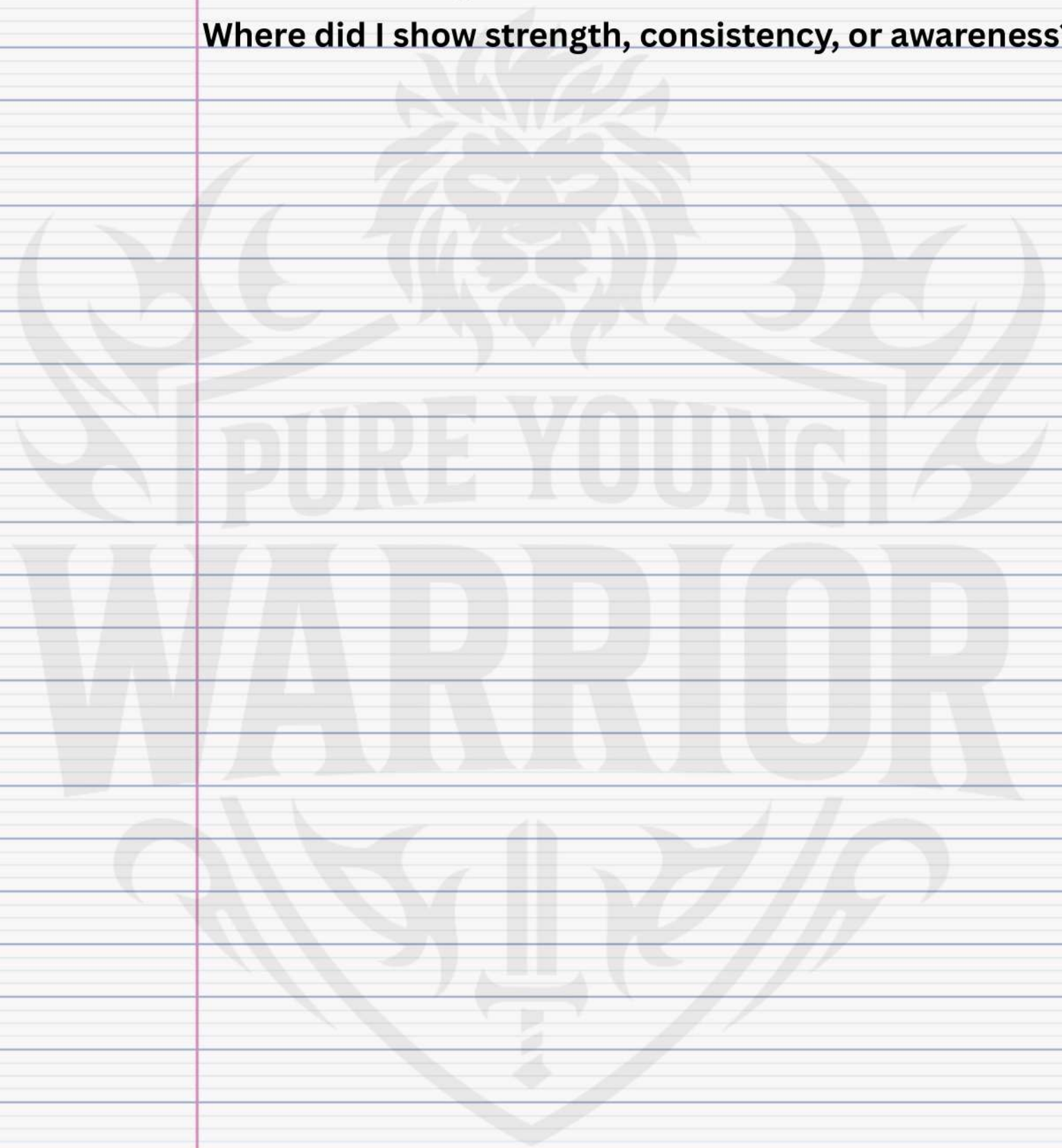


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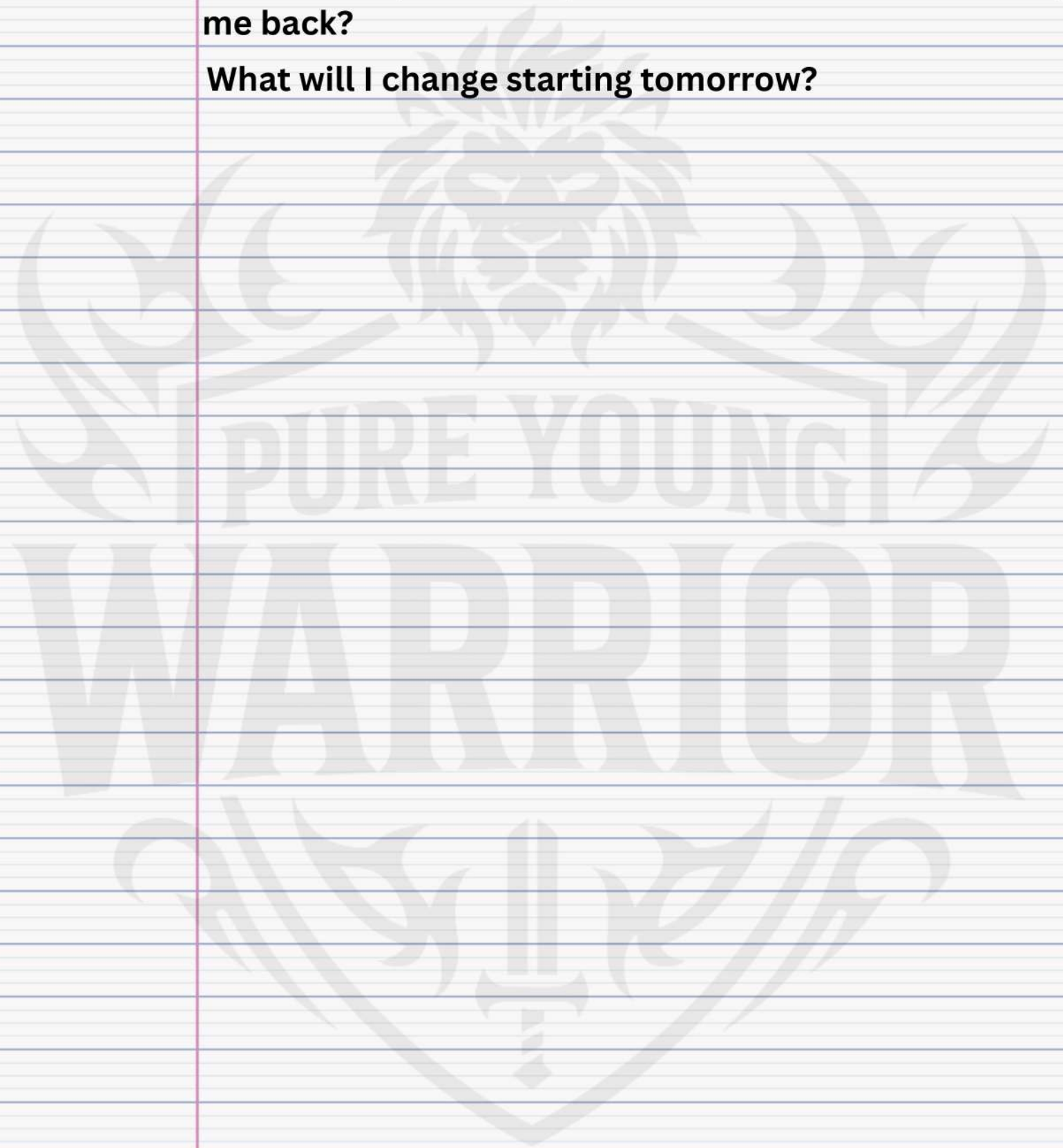


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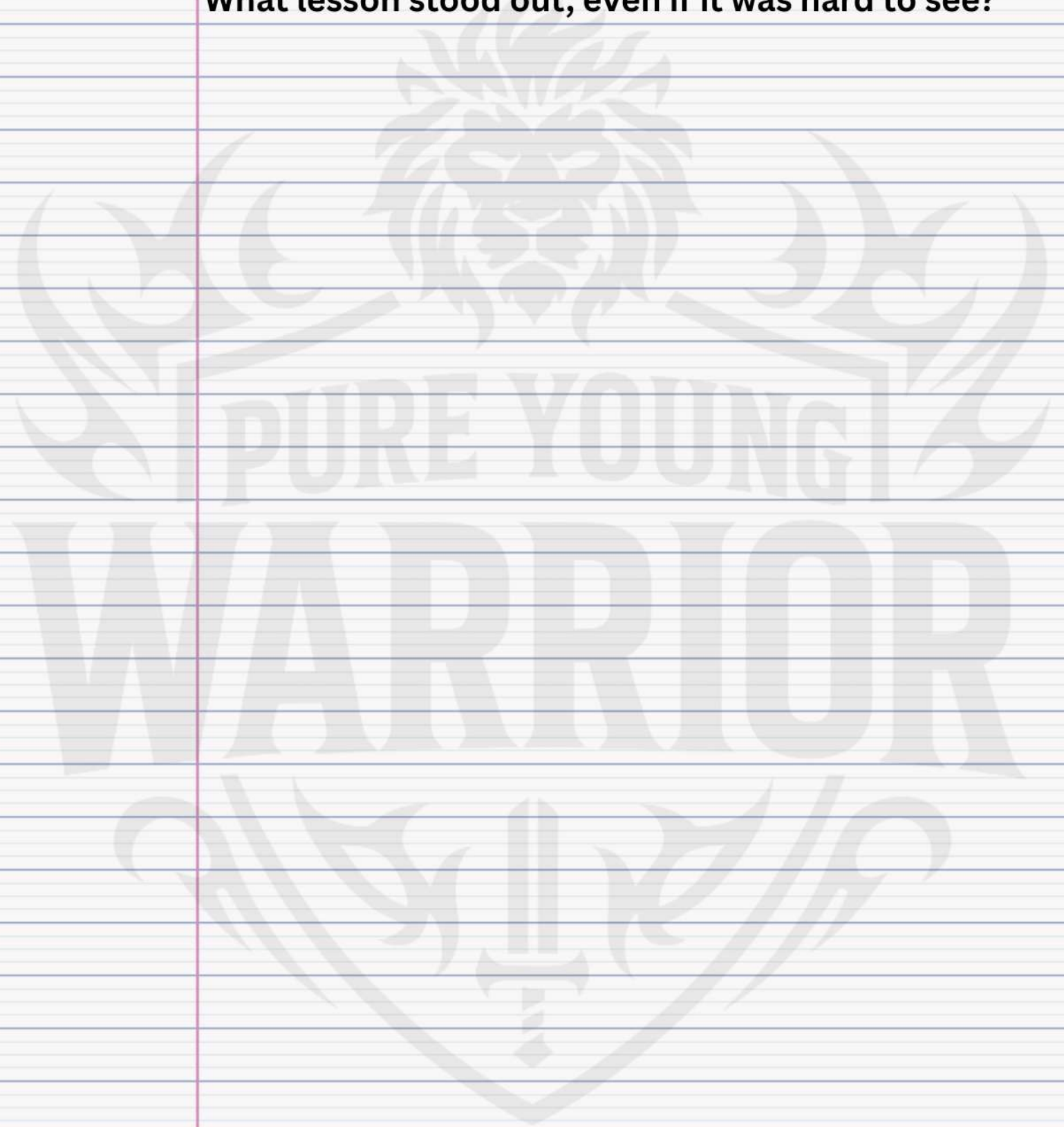


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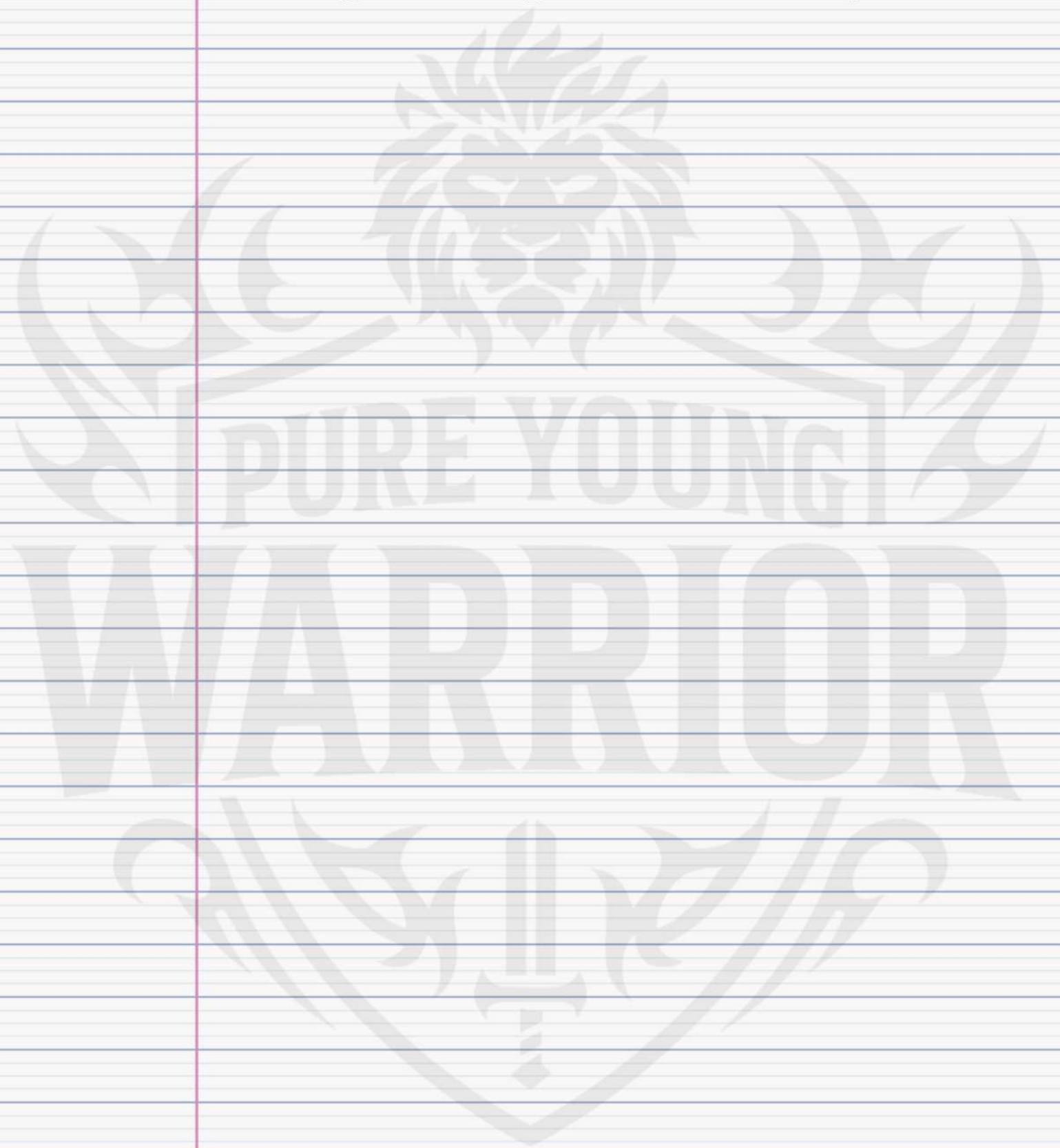
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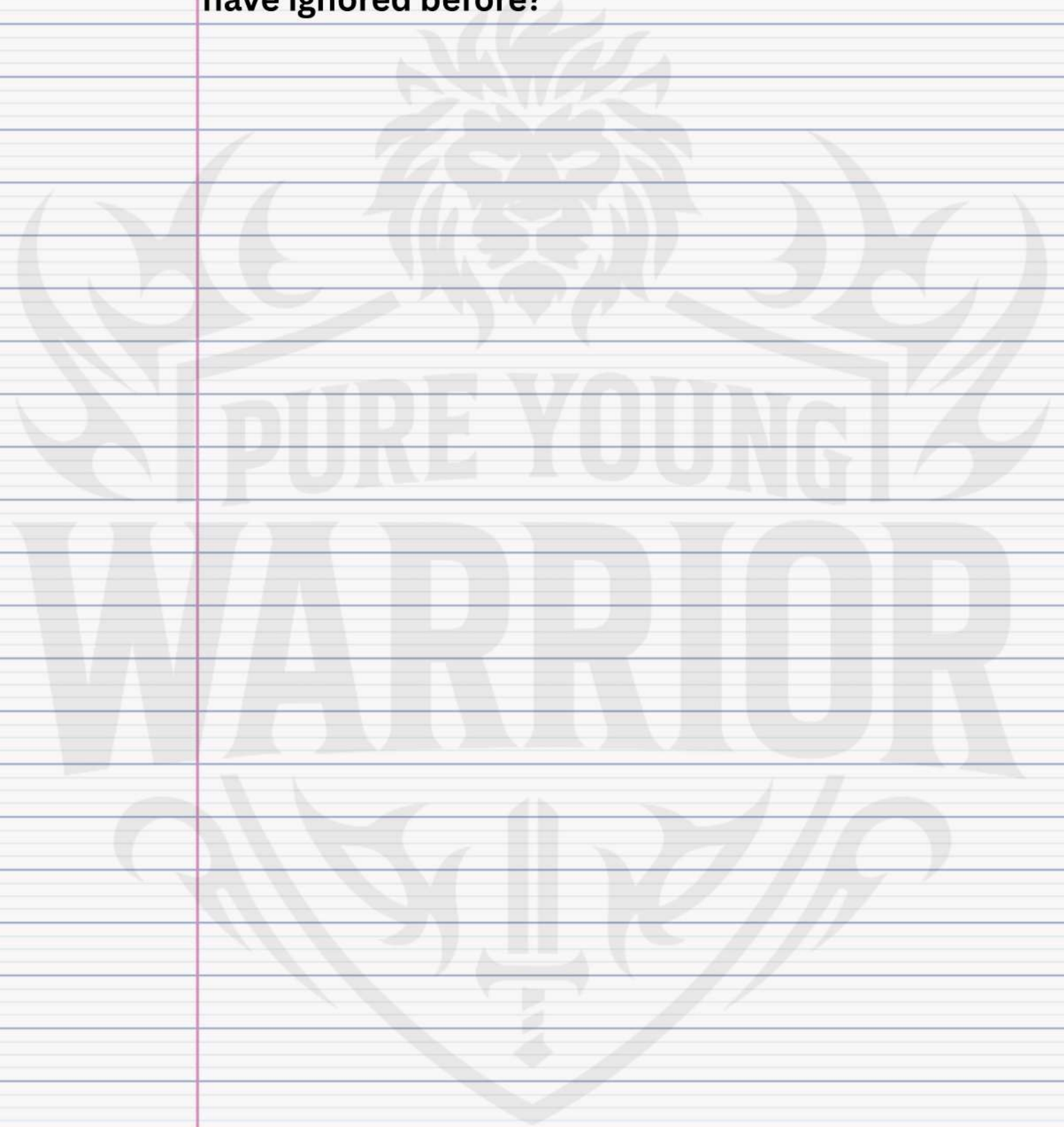
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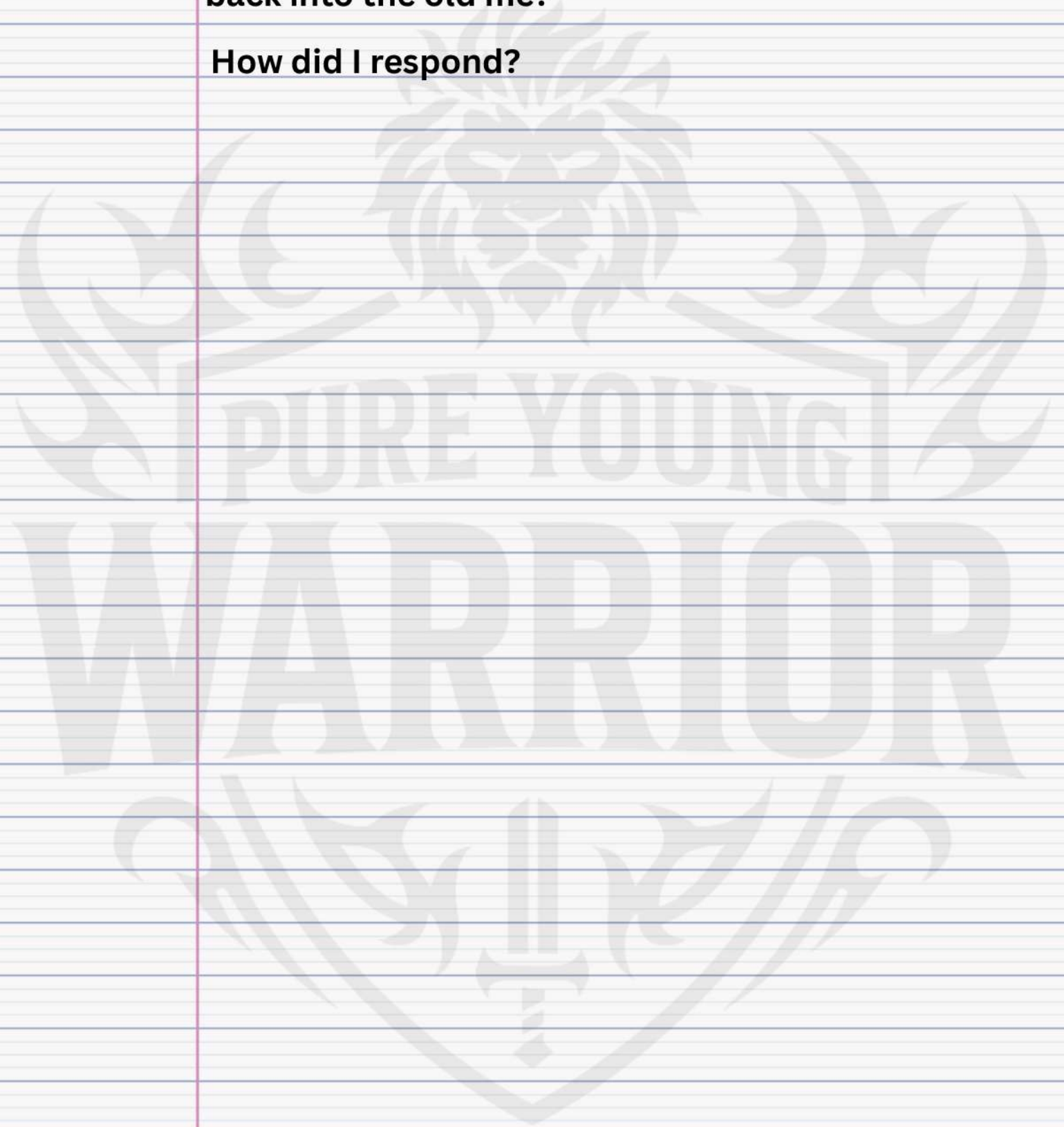


wk 6

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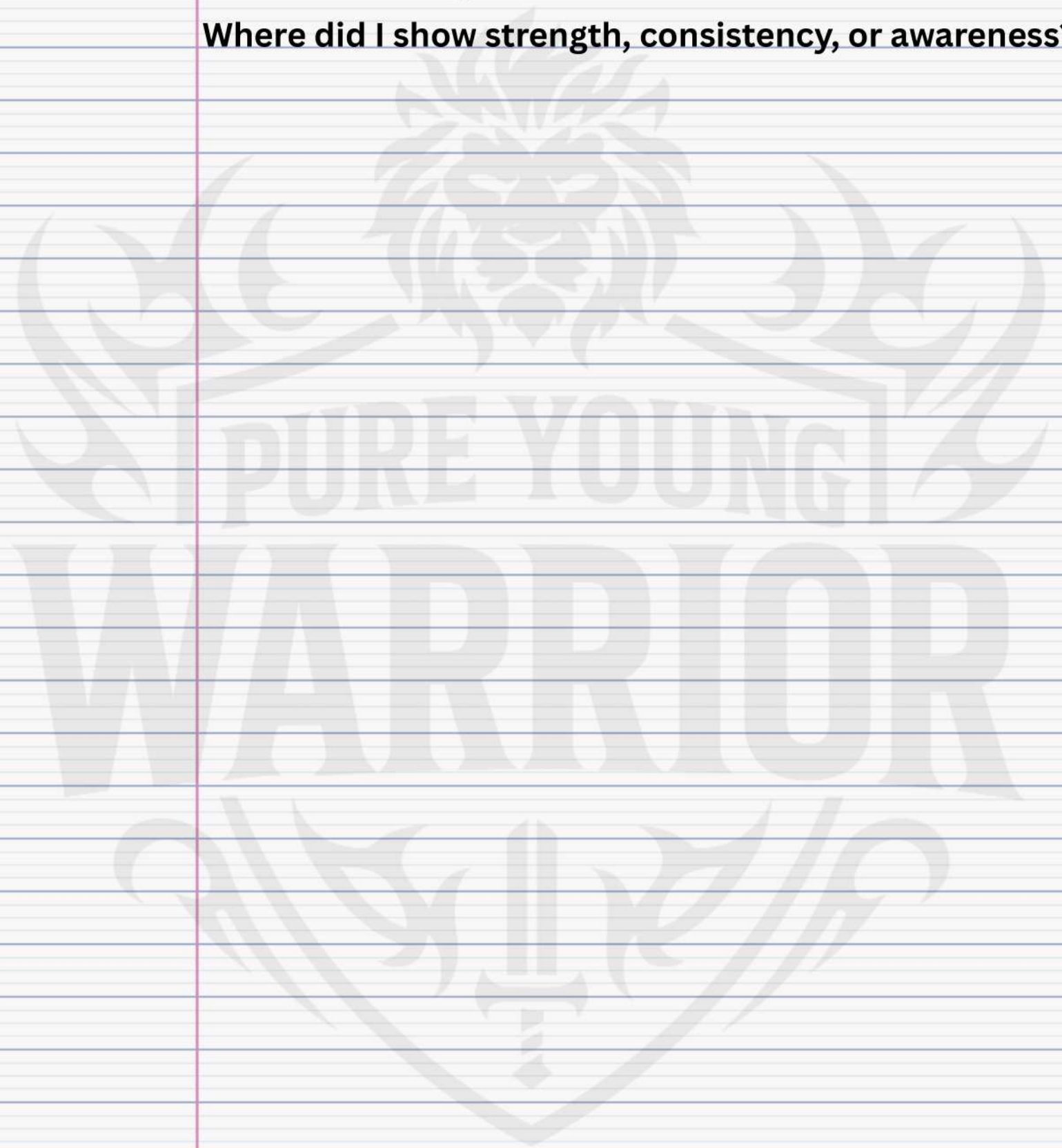


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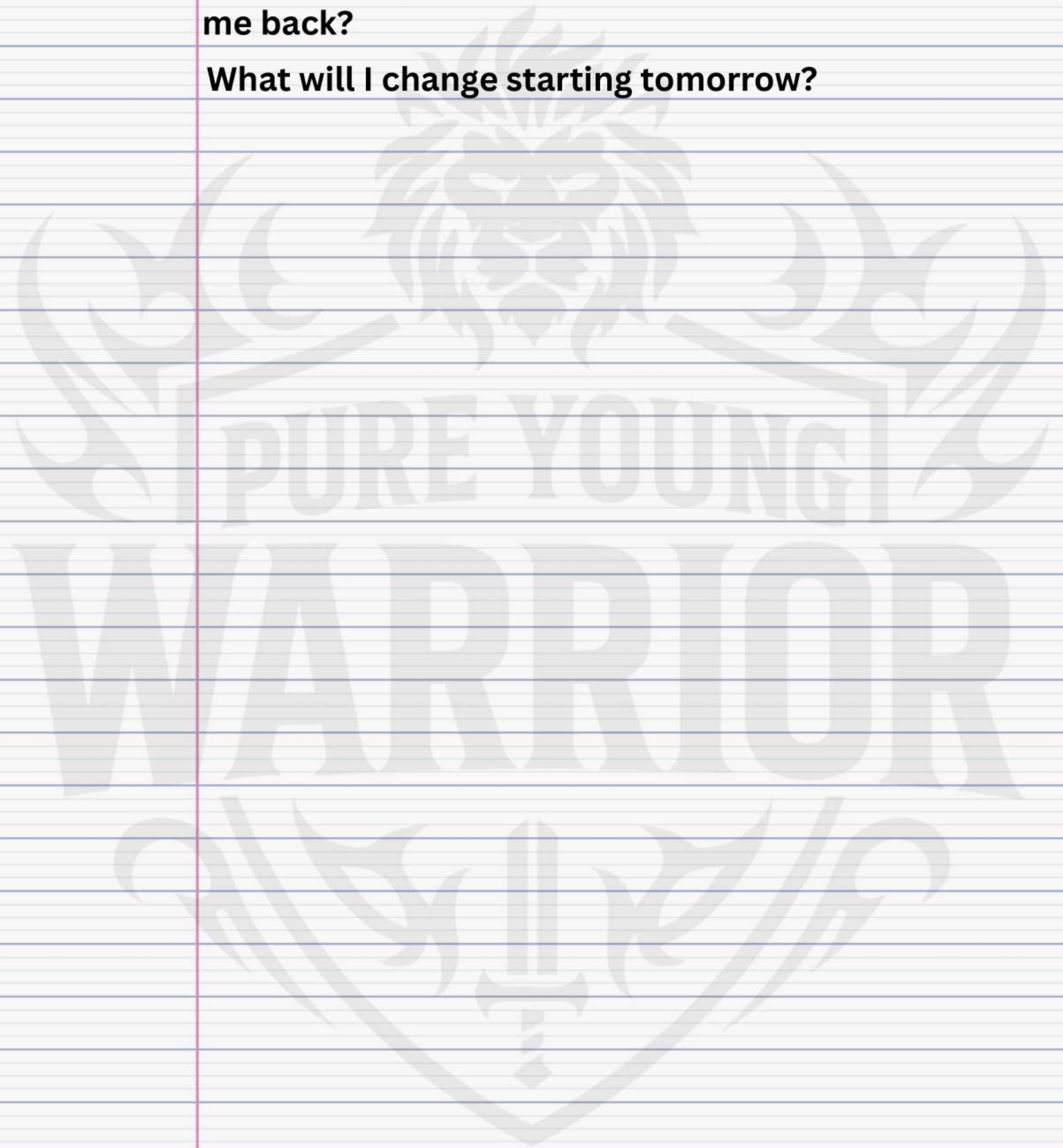


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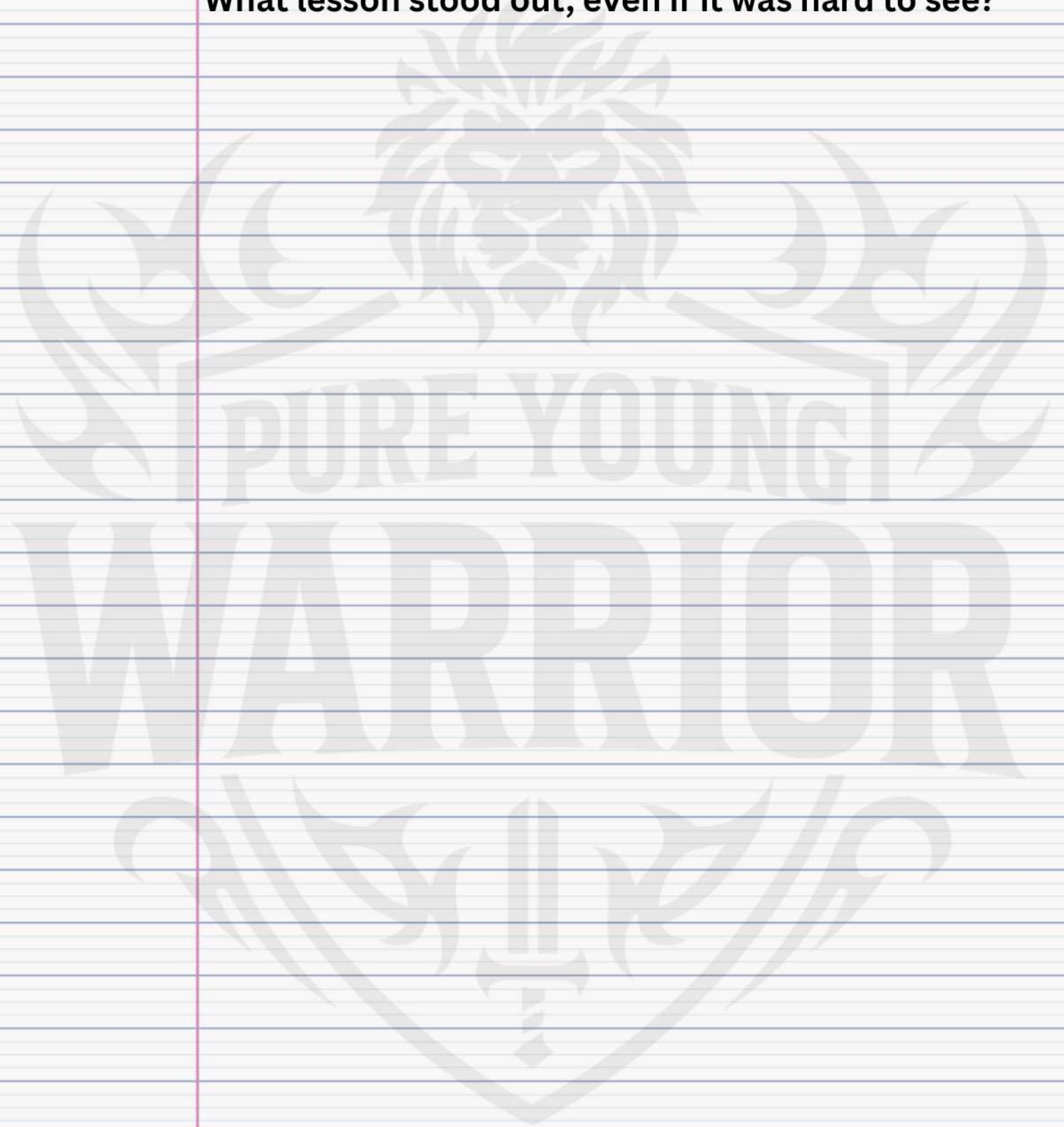


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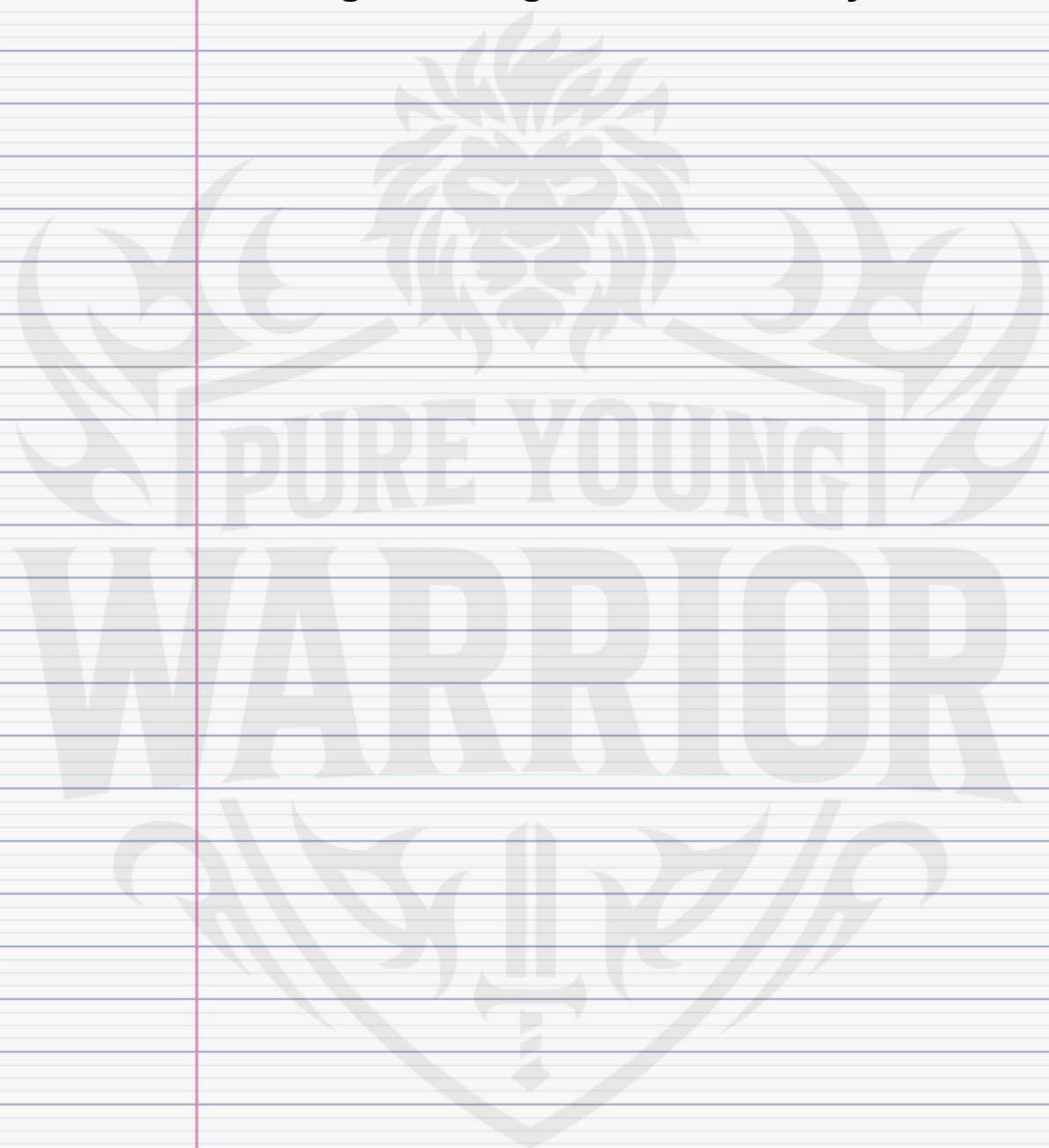
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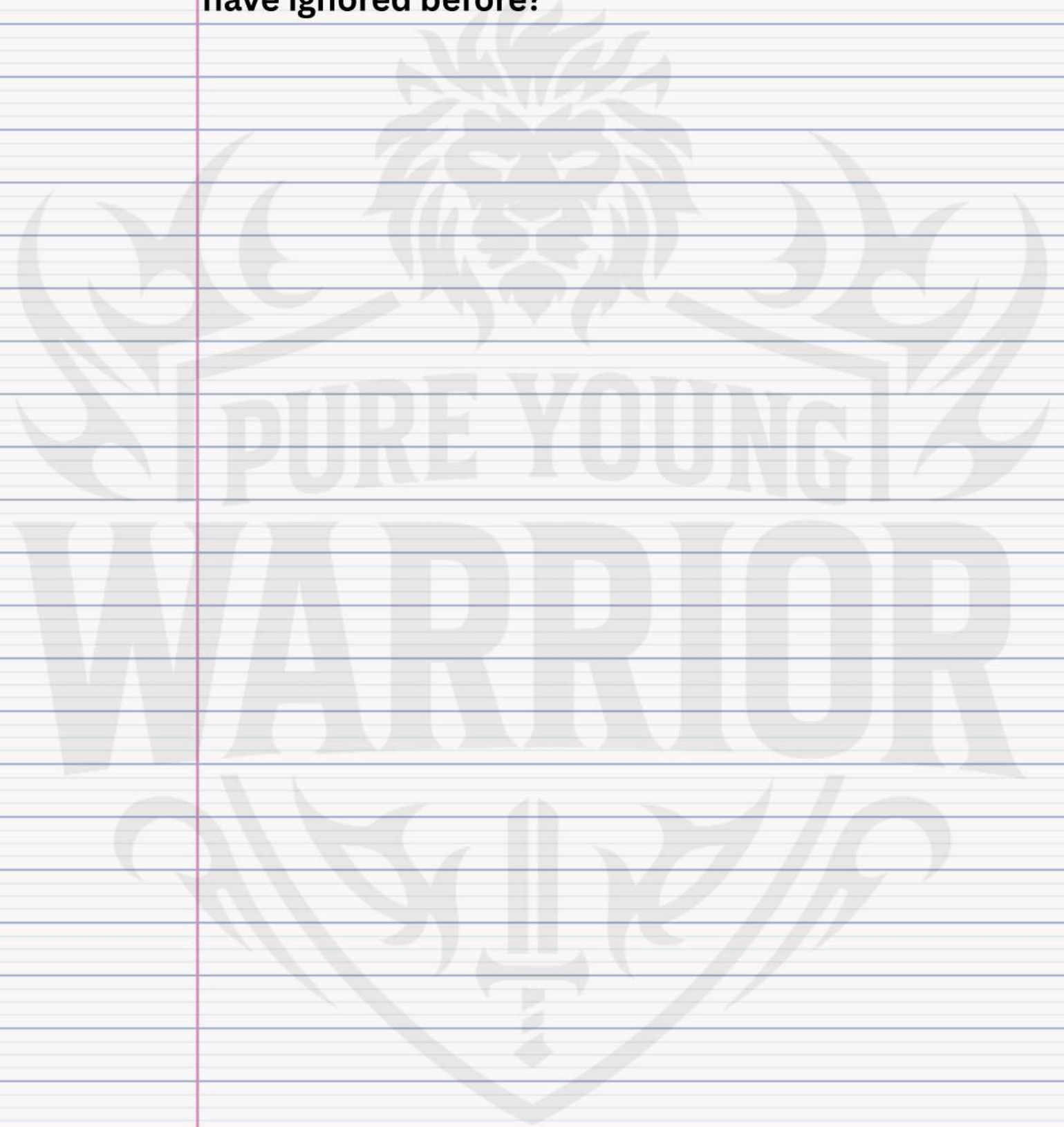
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wk 6

Gratitude Check

What am I grateful for right now, something I might have ignored before?



MIDPOINT CHECK

45 days down. You've felt the grind, the resistance and the small wins.

The first half tested your will.

The second half will test your identity.

The next page is where you get honesty, no ego, and no pretending.

Look back at your goals, your contract, and the version of you who started.

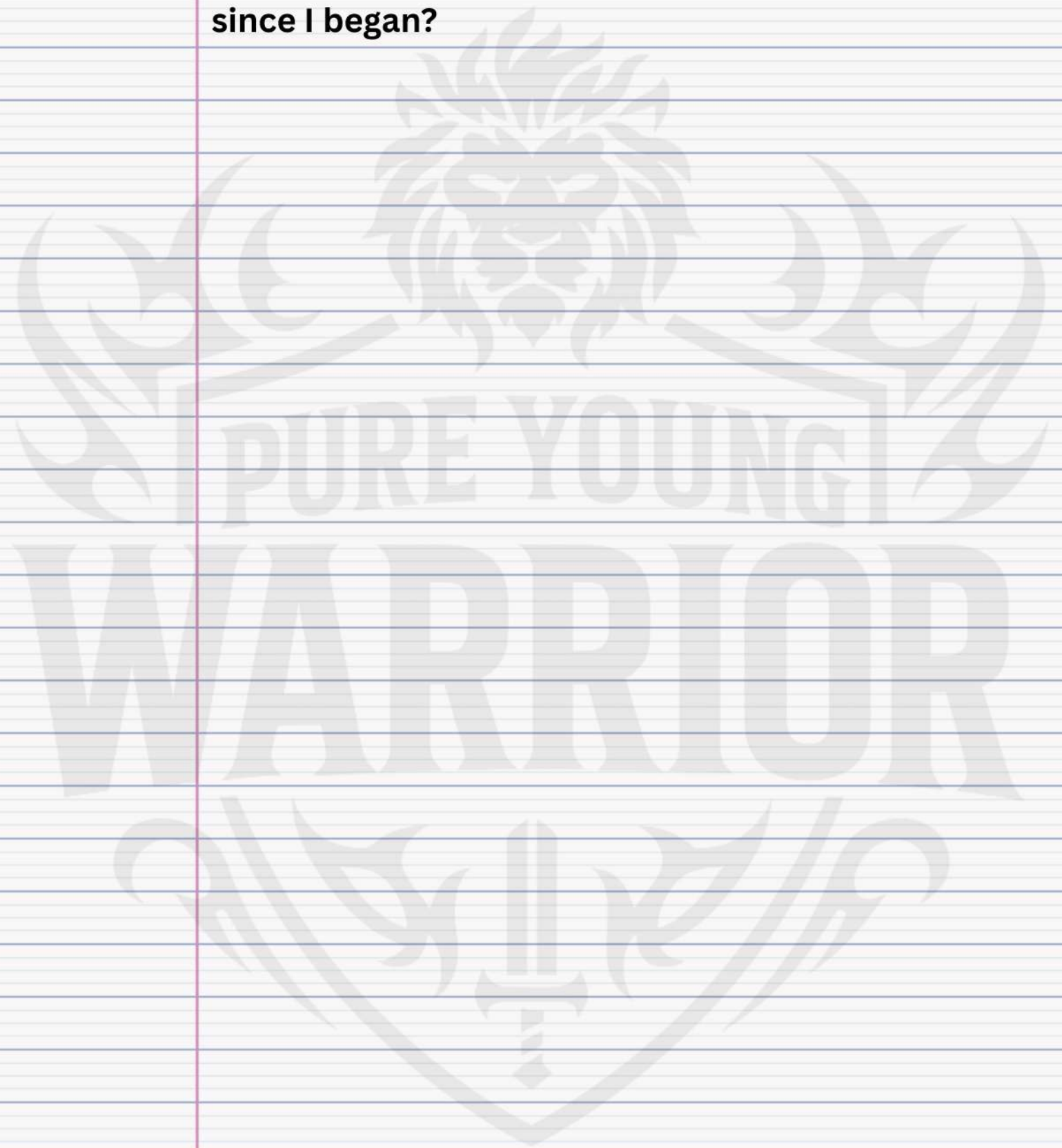
Ask yourself one question:

Am I living like the person I said I'd become?



What's Changed Since Day 1

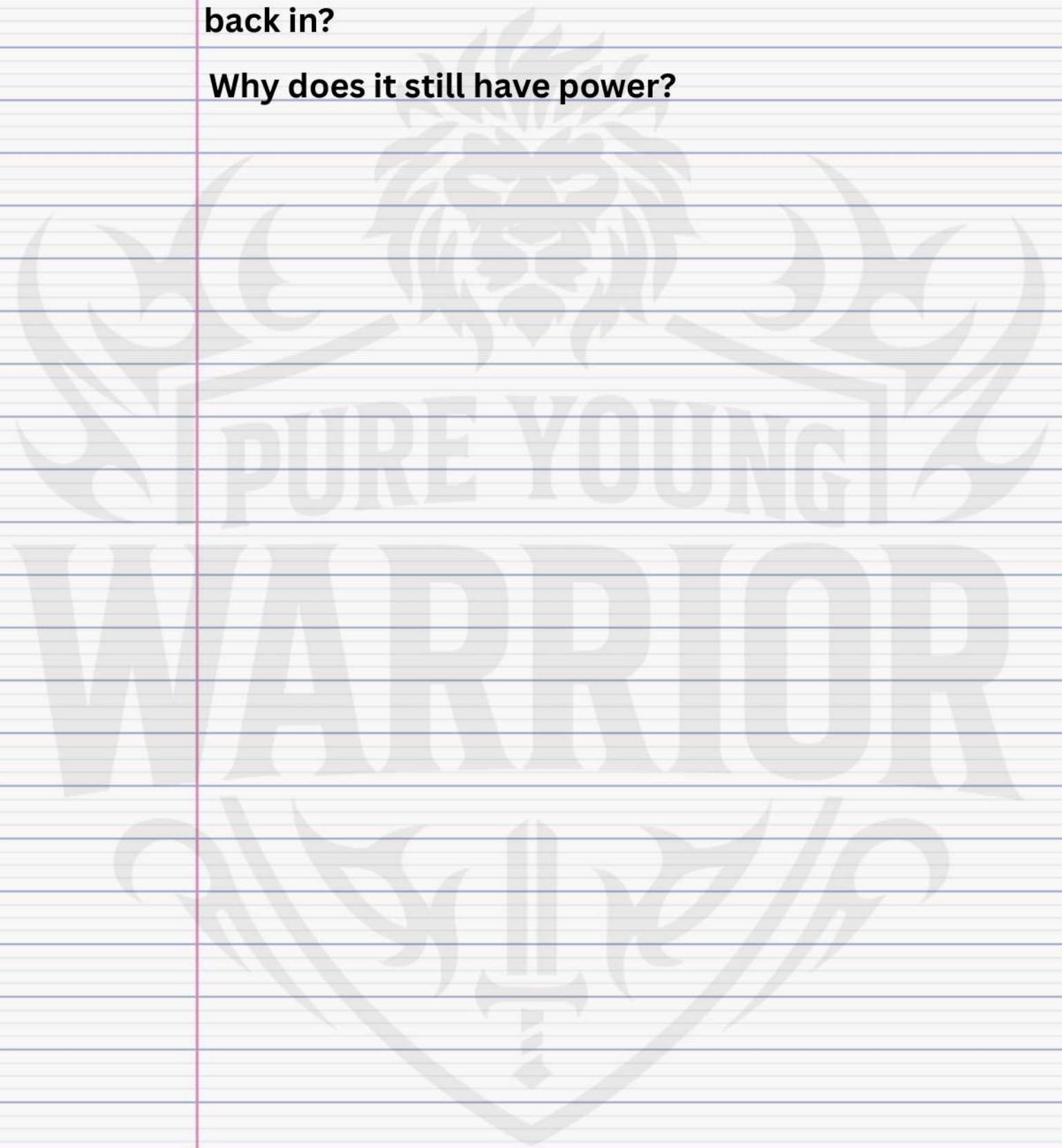
How have my mindset, habits, or confidence shifted since I began?



What Weakness Still Owns Me

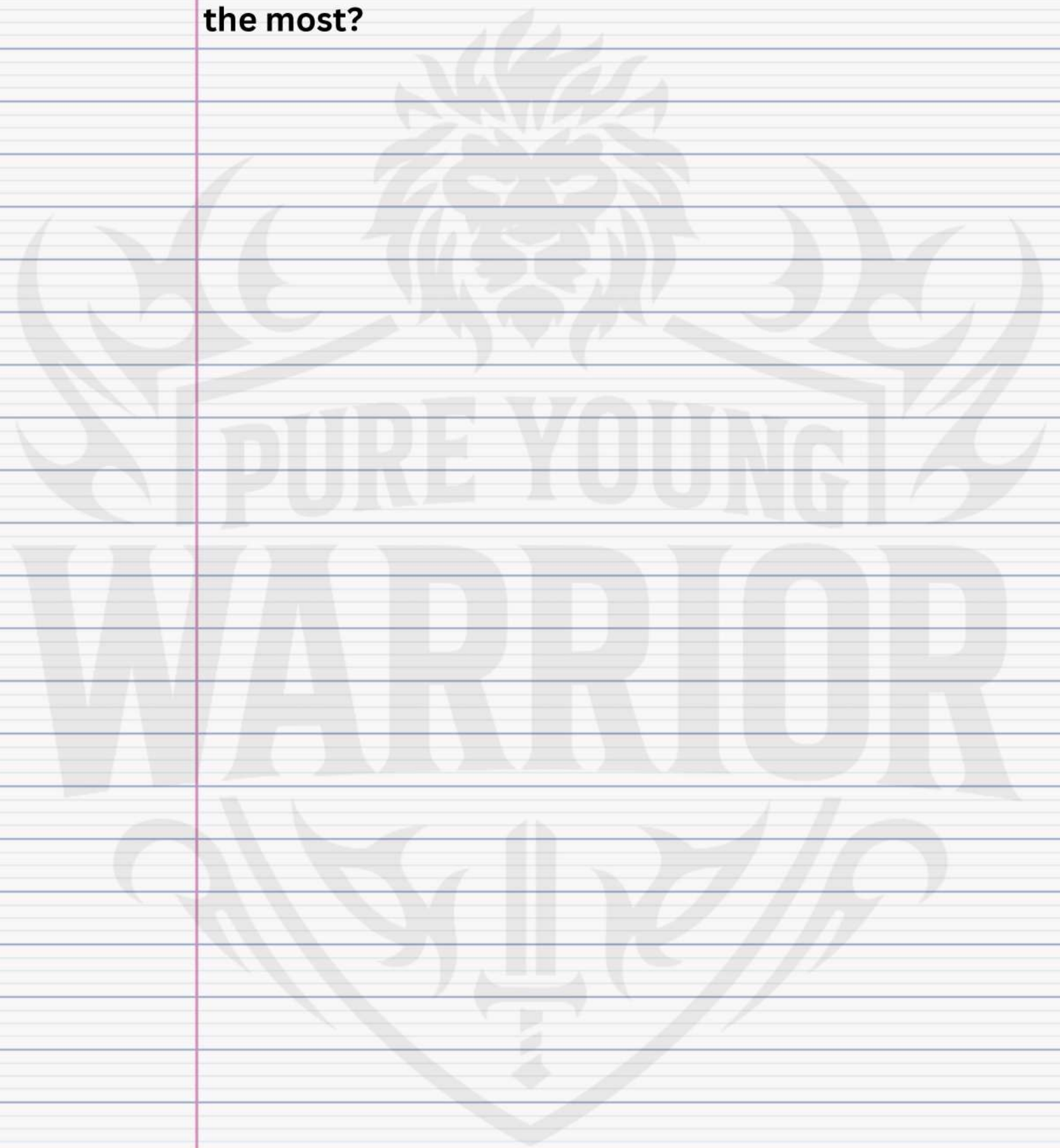
What thought, habit, or distraction keeps slipping back in?

Why does it still have power?



What Am I Most Proud Of

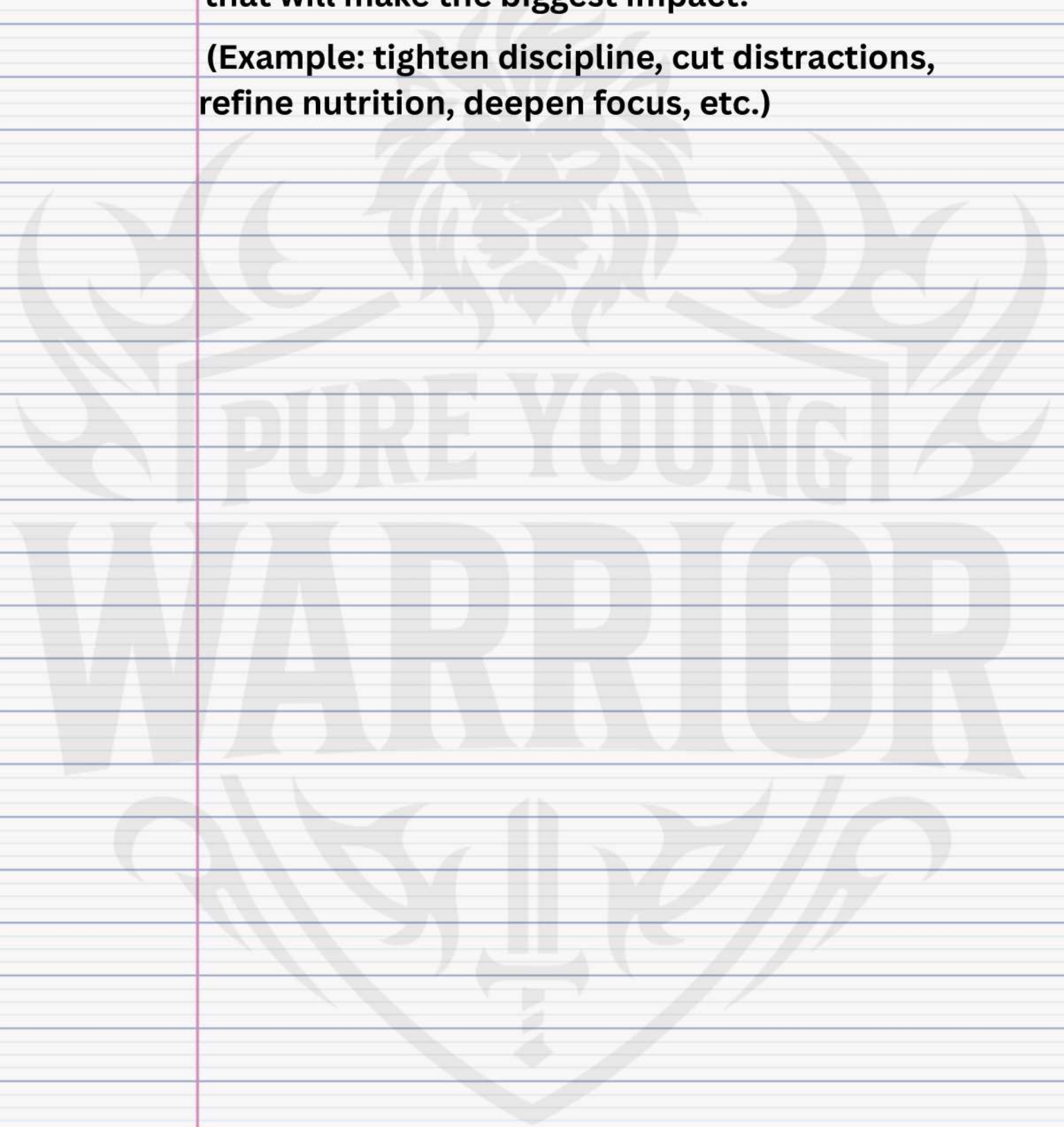
Which promise have I kept that's changed me the most?



My Focus for the Next 45 Days

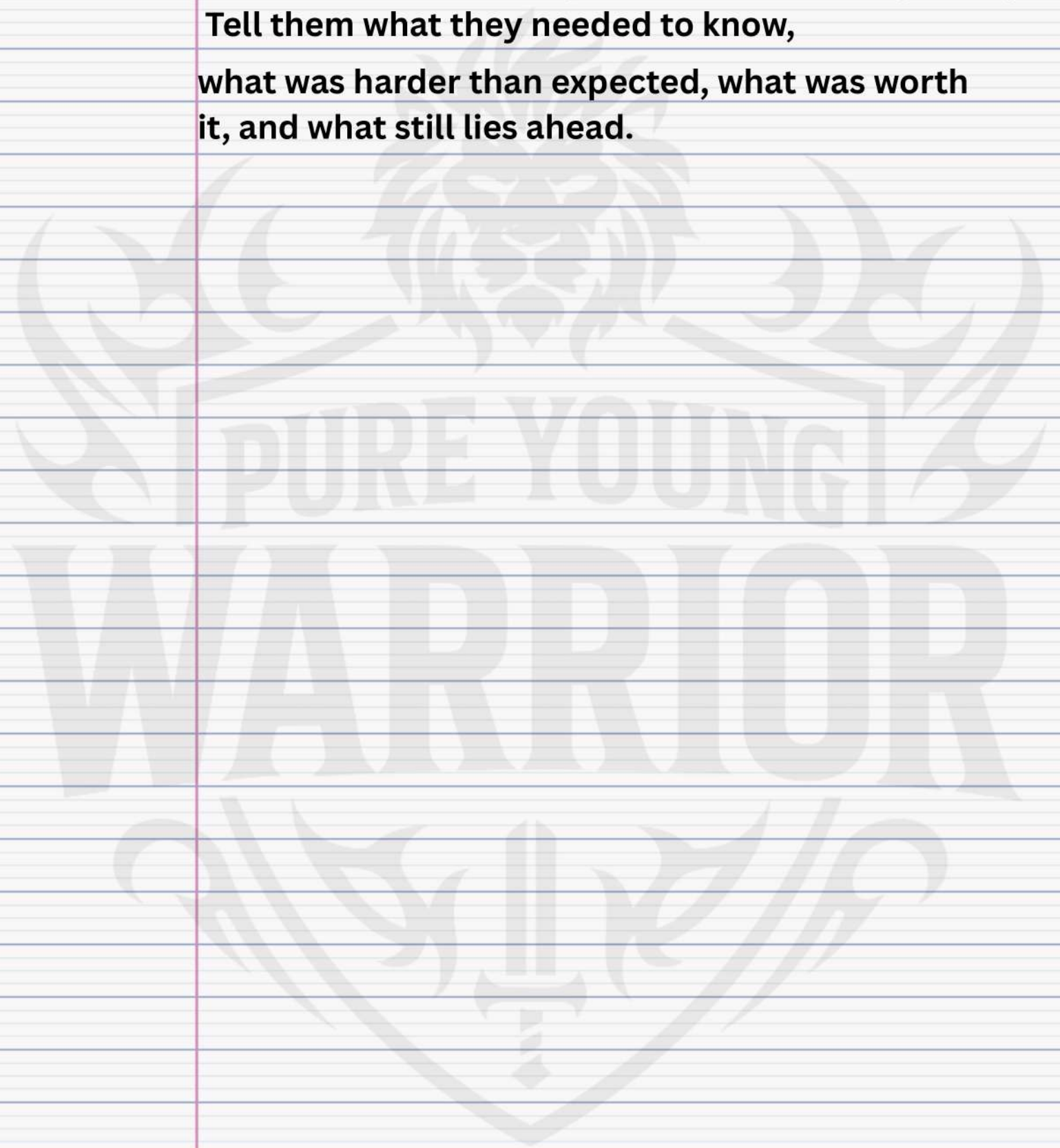
Choose one clear target for the second half, the thing that will make the biggest impact.

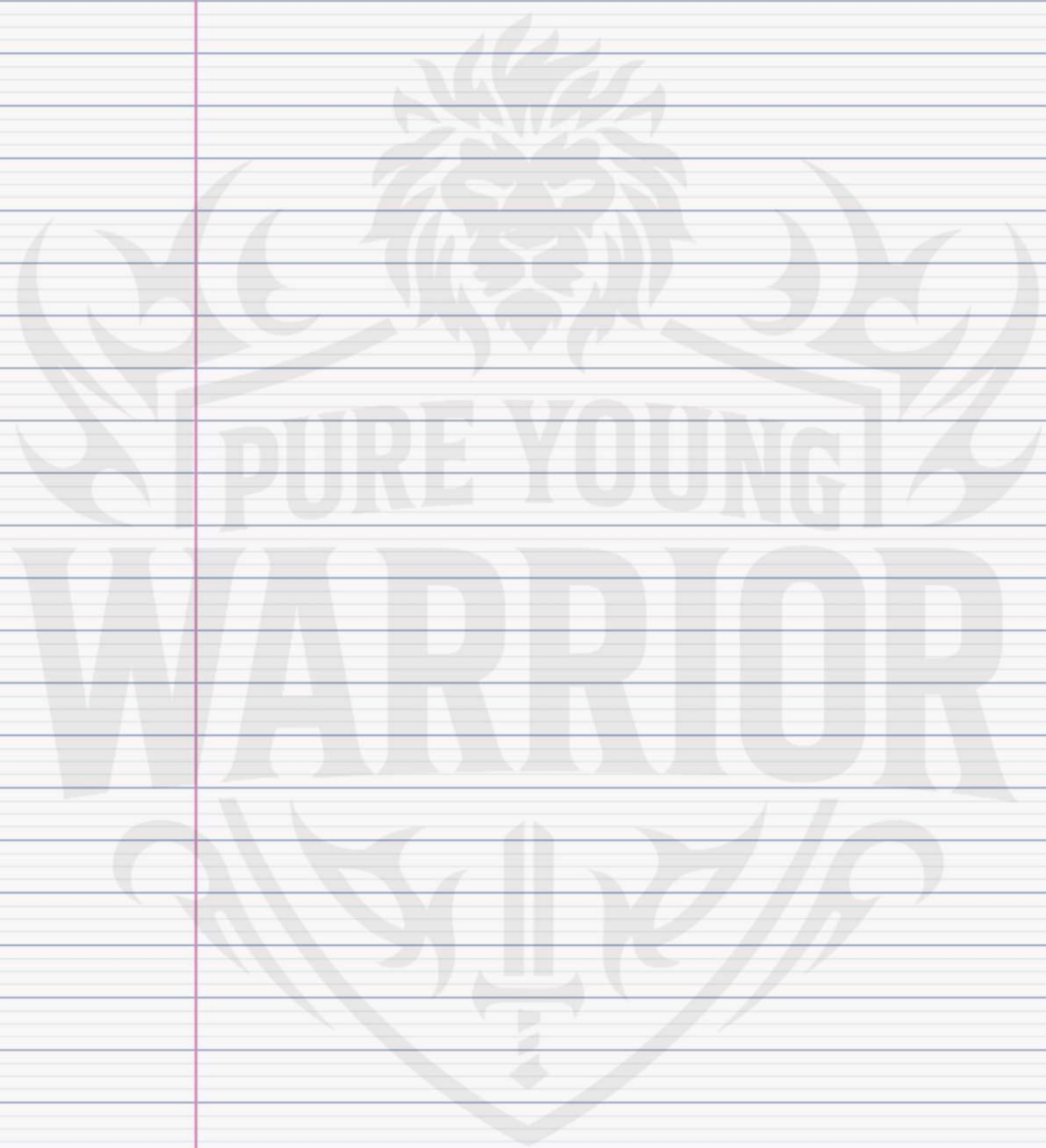
(Example: tighten discipline, cut distractions, refine nutrition, deepen focus, etc.)



Message to My Day-1 Self

Write to the version of you that started this journey.
Tell them what they needed to know,
what was harder than expected, what was worth
it, and what still lies ahead.



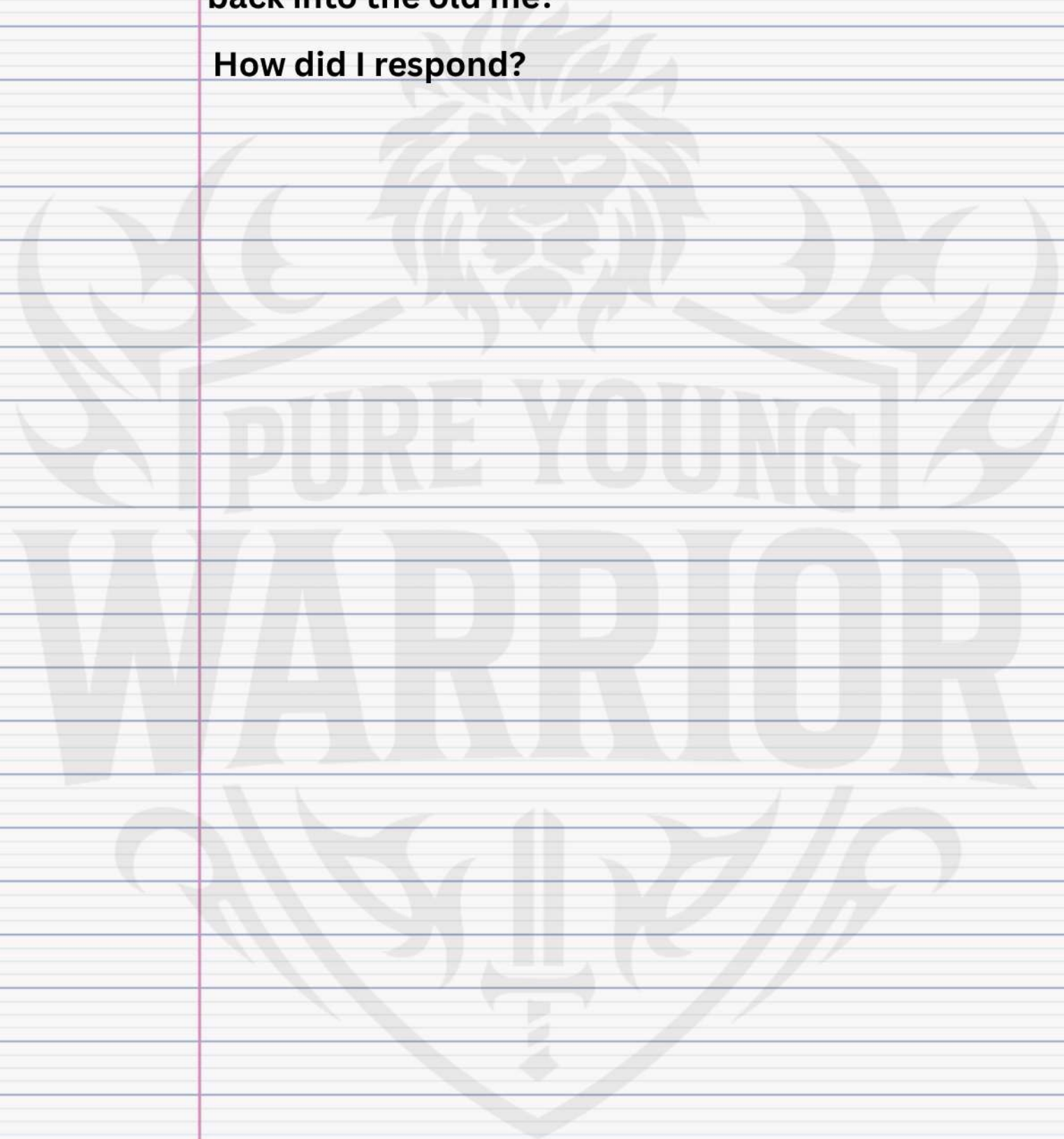


wk 7

What Tested Me This Week

What moments, thoughts, or habits tried to pull me back into the old me?

How did I respond?

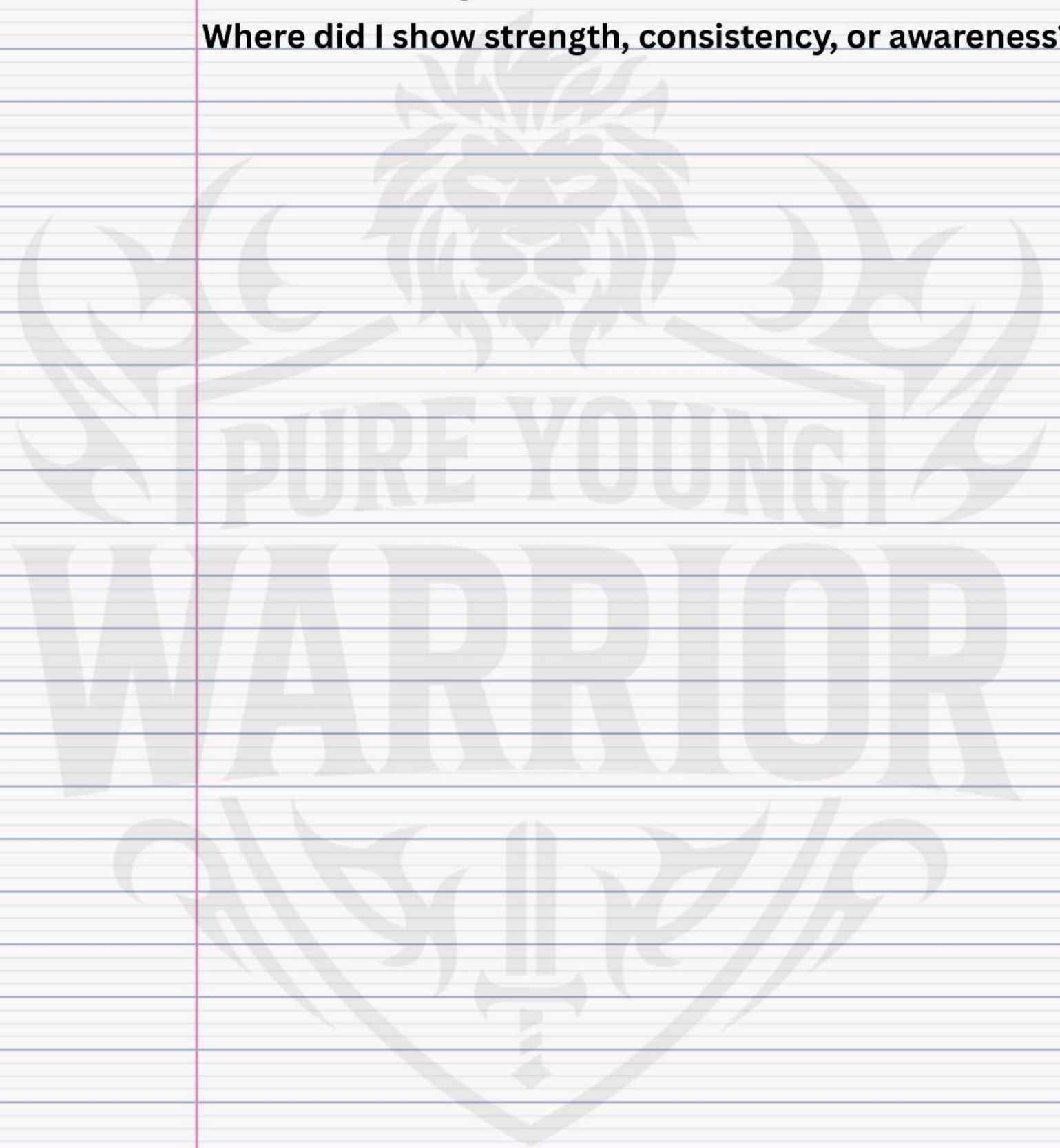


wk 7

What I'm Proud Of

What did I do right this week?

Where did I show strength, consistency, or awareness?

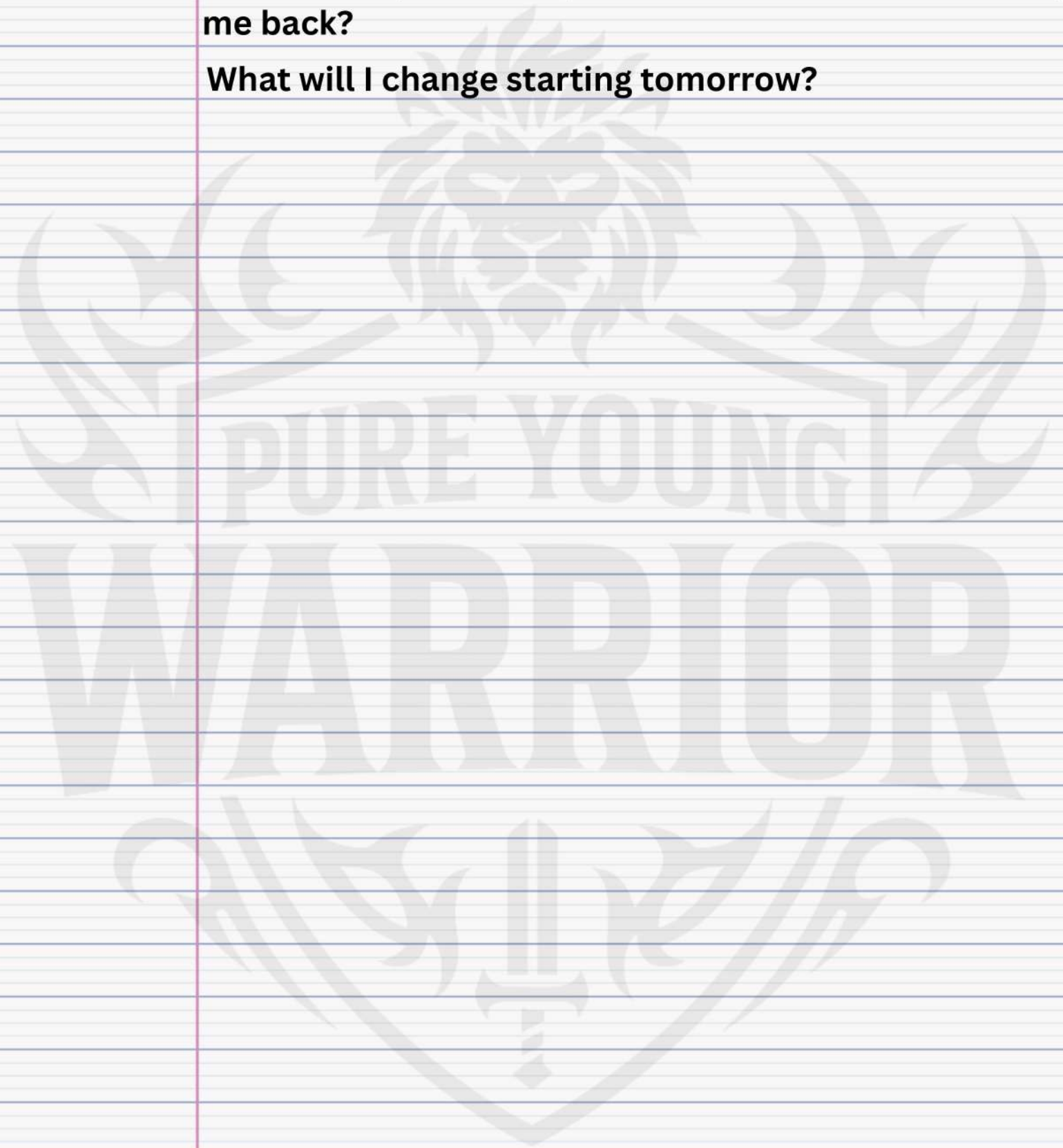


wk 7

What Needs Improvement

What habits, reactions, or distractions are still holding me back?

What will I change starting tomorrow?

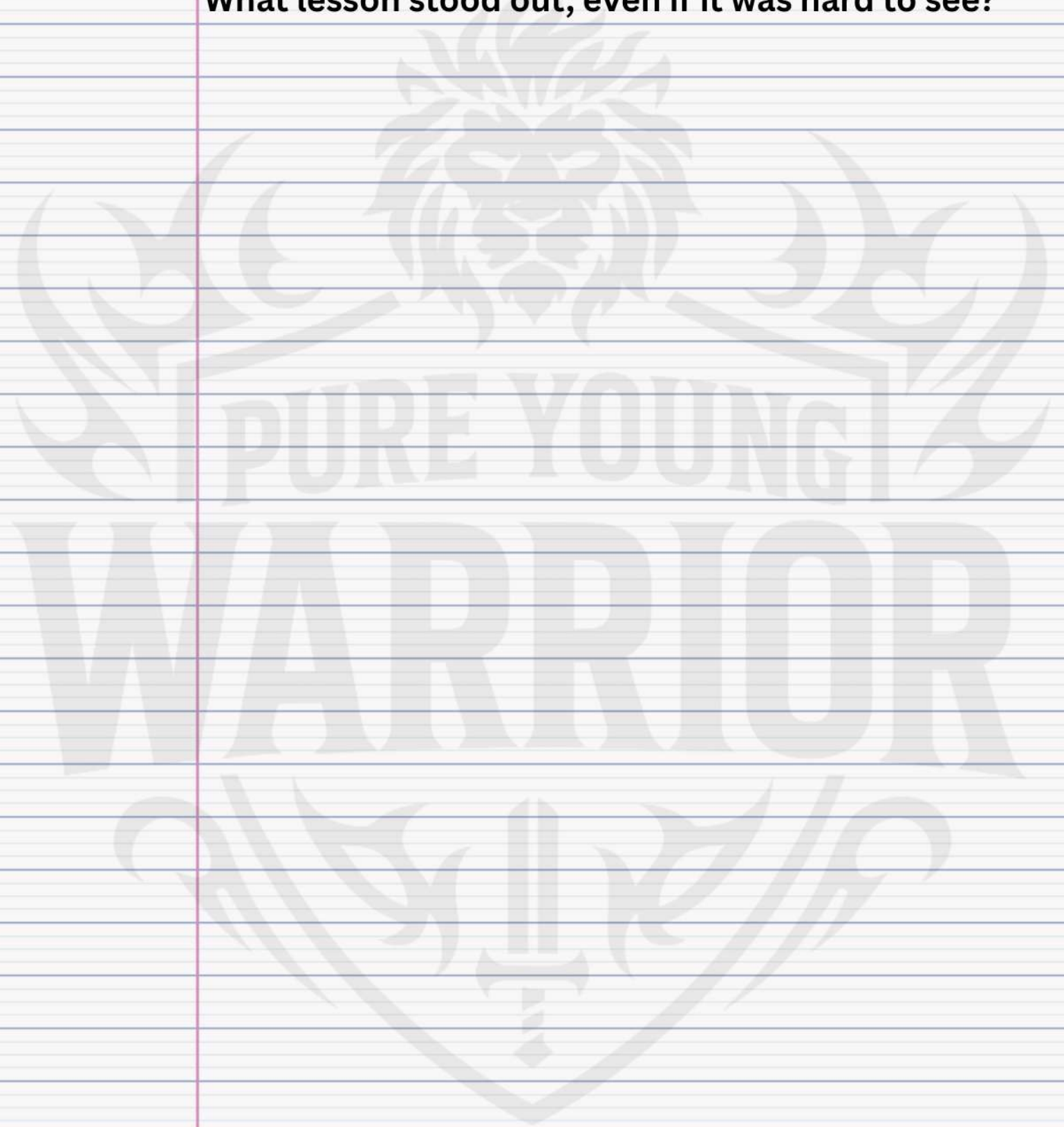


wk 7

What I Learned About Myself

Every week teaches you something.

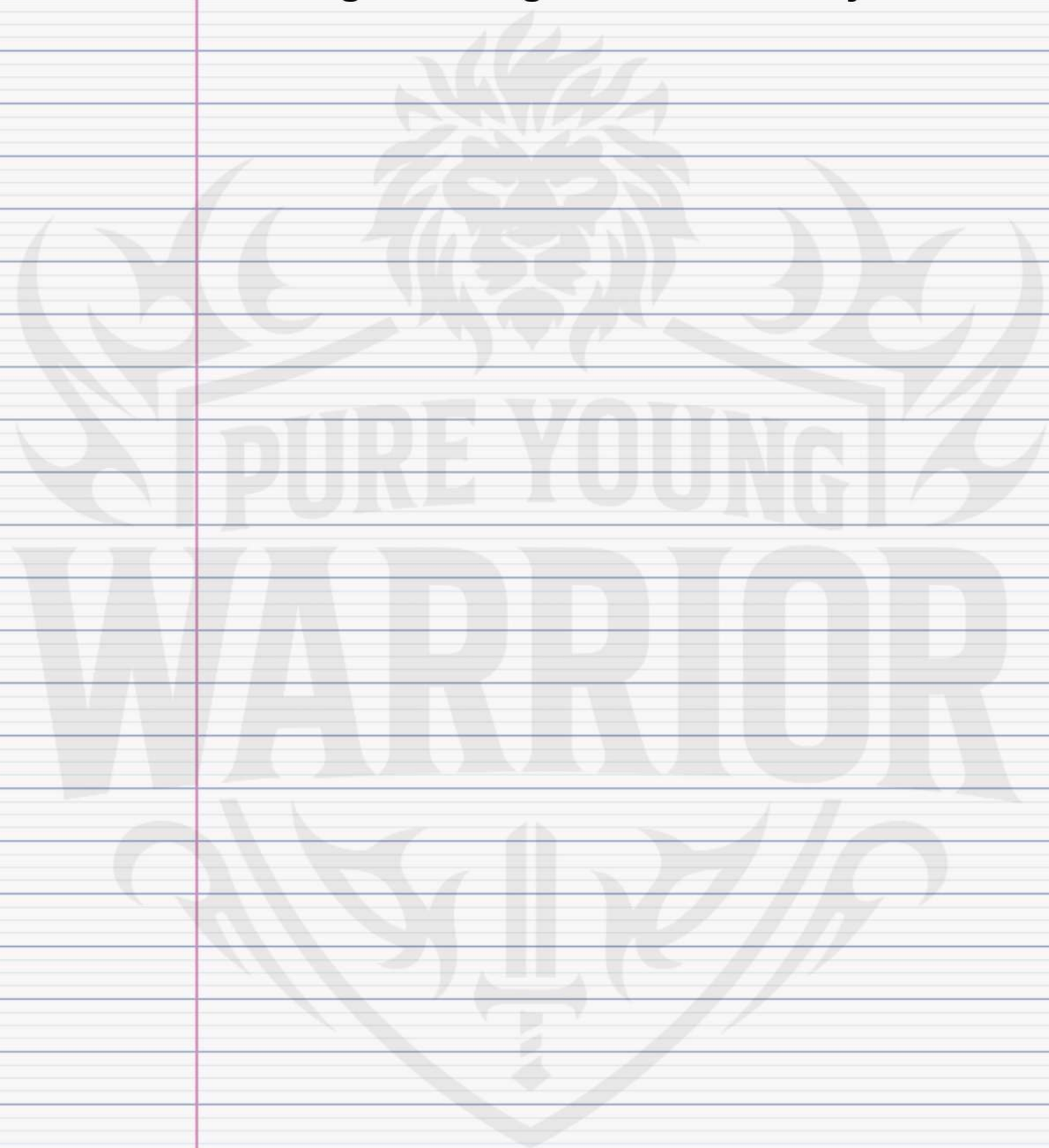
What lesson stood out, even if it was hard to see?



wk 7

My Focus for Next Week

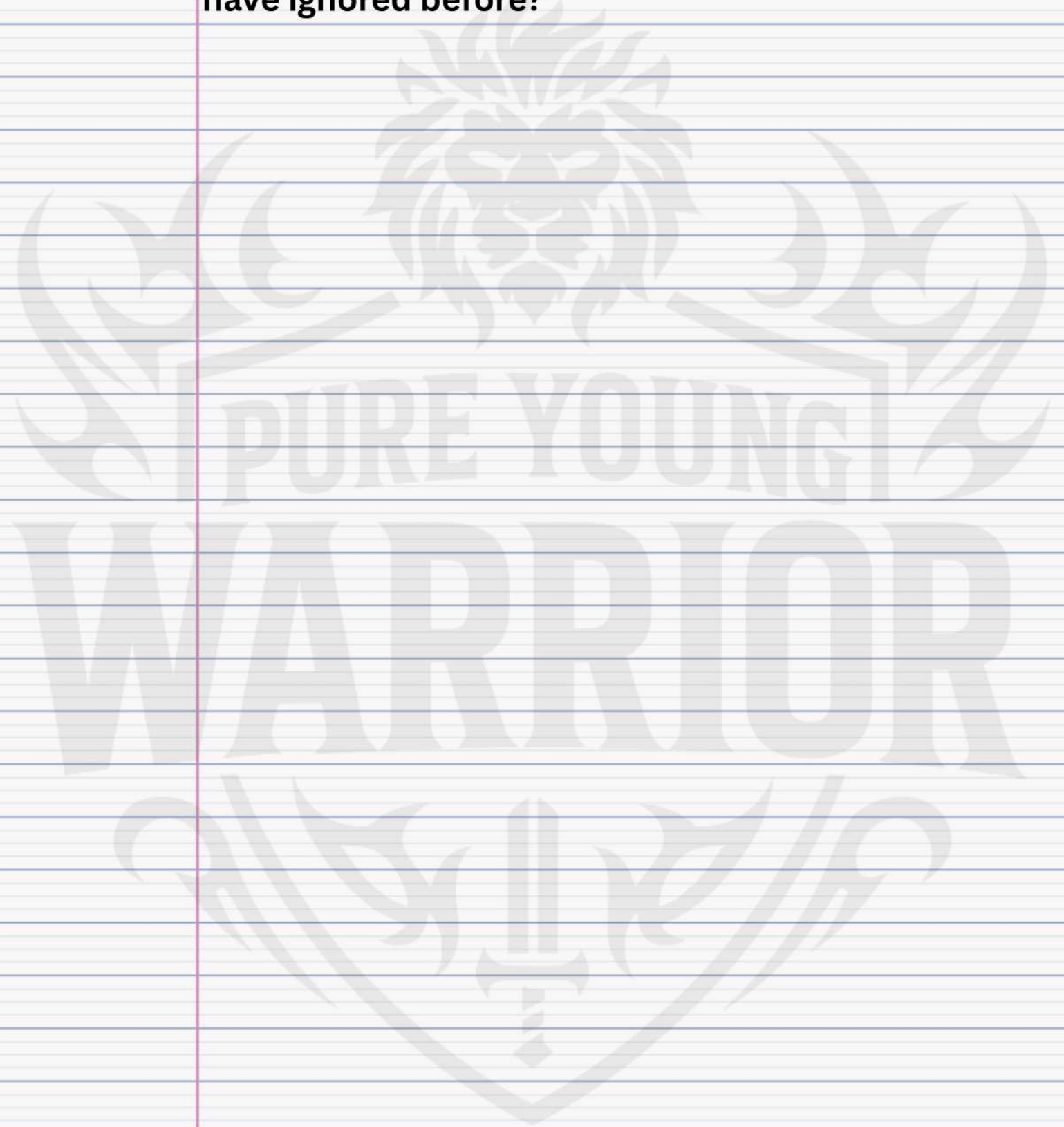
One thing I'm locking in for the next 7 days.



wk 7

Gratitude Check

What am I grateful for right now, something I might have ignored before?

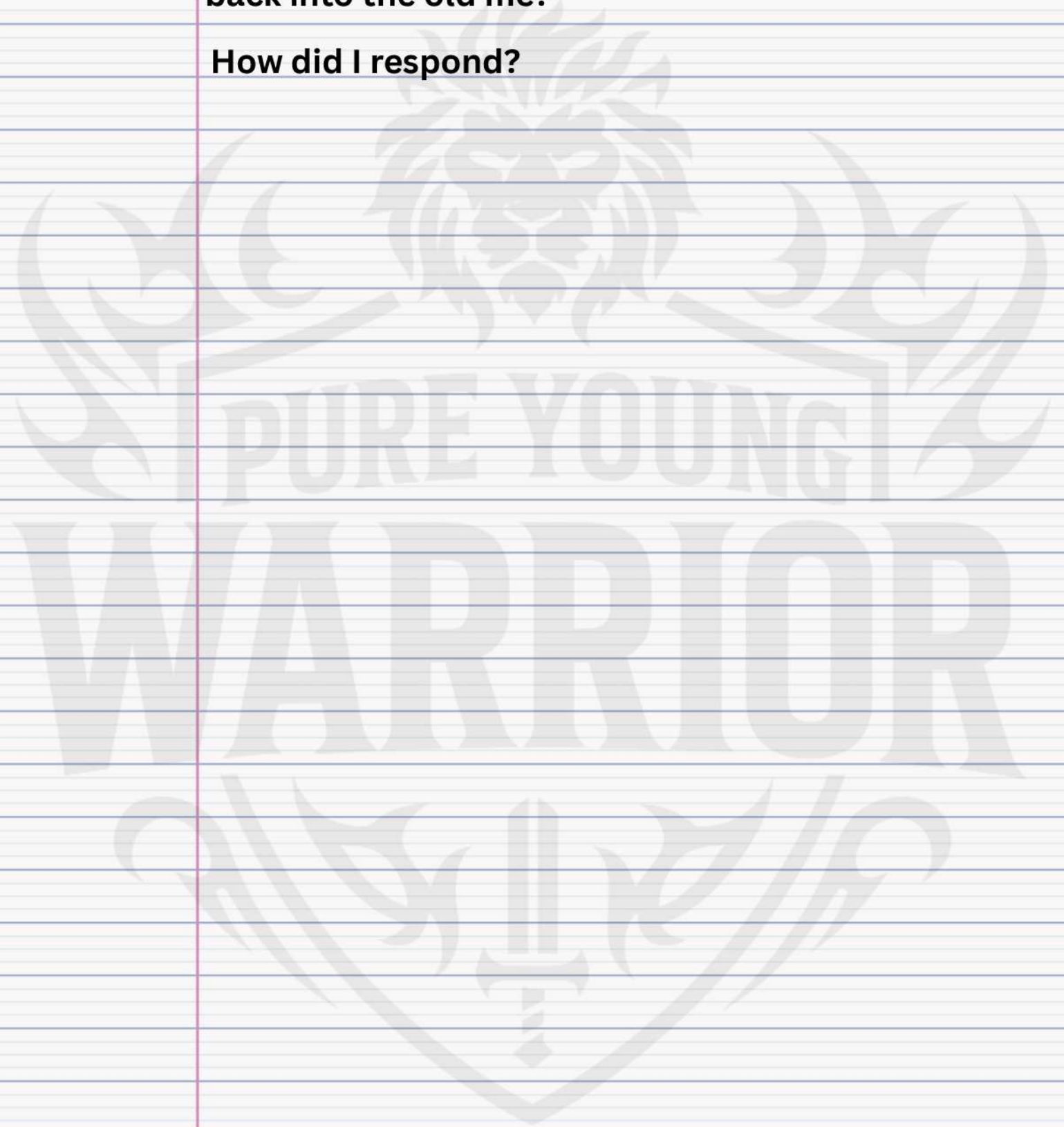


wk 8

What Tested Me This Week

What moments, thoughts, or habits tried to pull me back into the old me?

How did I respond?

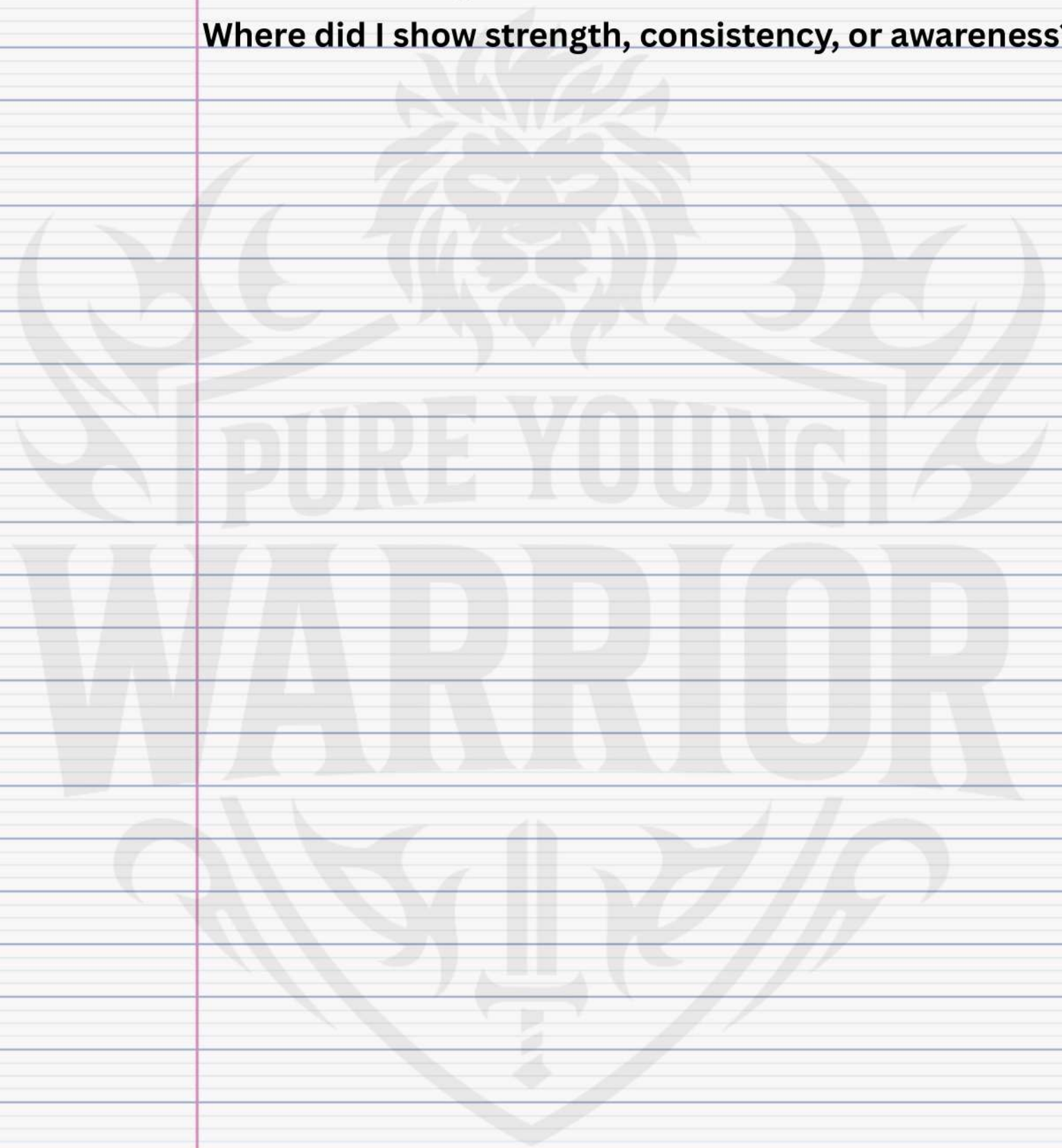


wk 8

What I'm Proud Of

What did I do right this week?

Where did I show strength, consistency, or awareness?

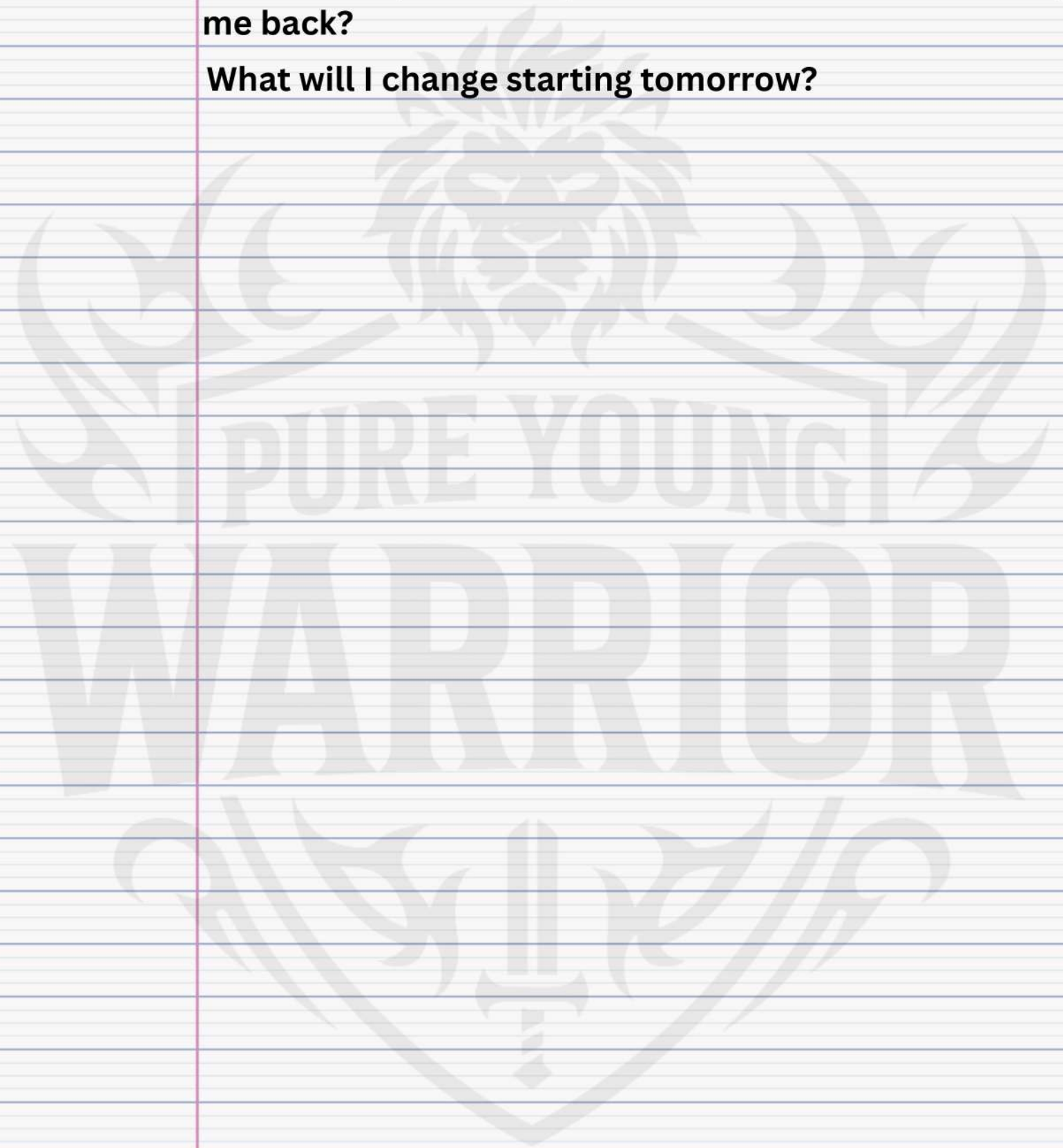


wk 8

What Needs Improvement

What habits, reactions, or distractions are still holding me back?

What will I change starting tomorrow?

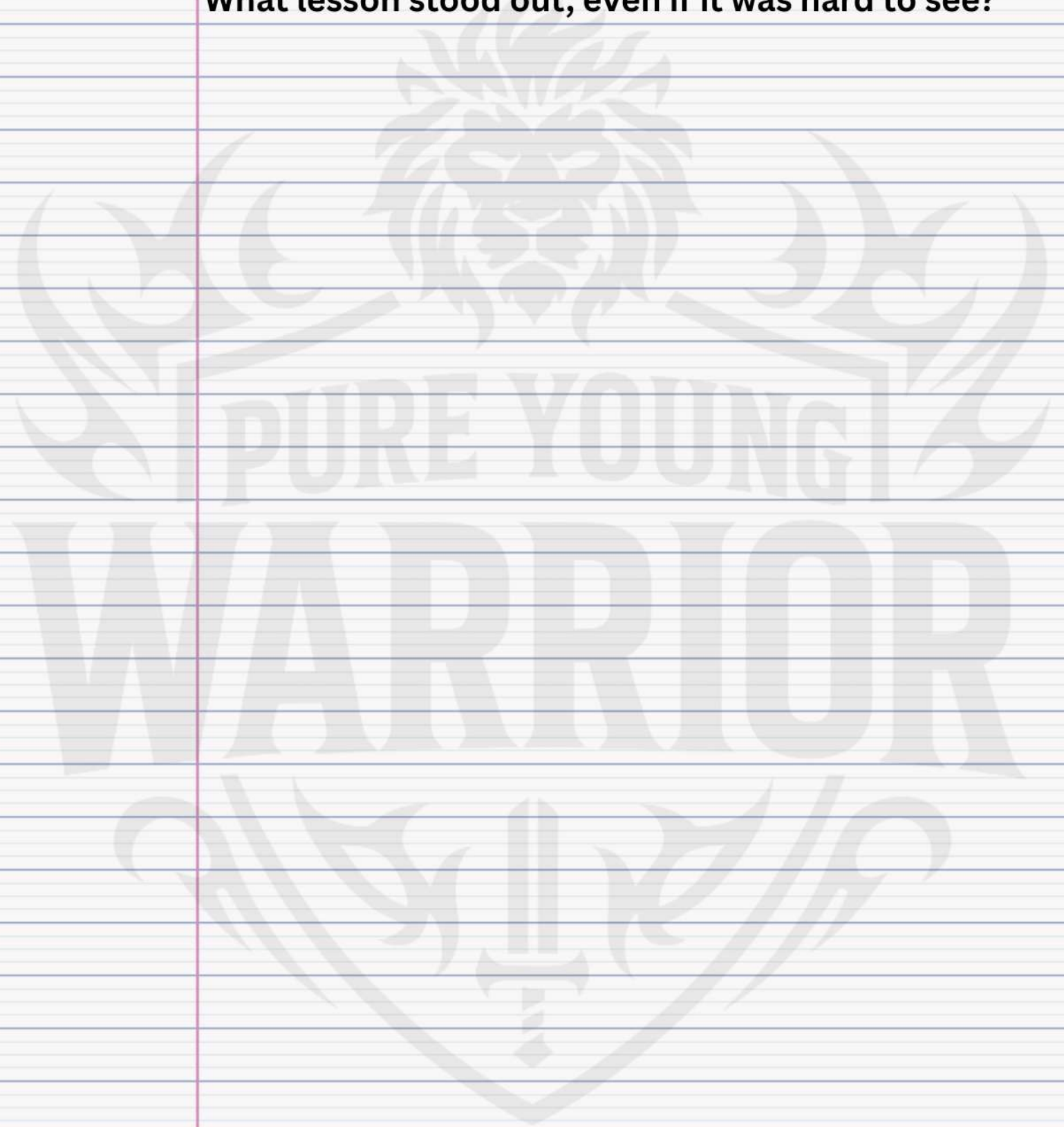


wk 8

What I Learned About Myself

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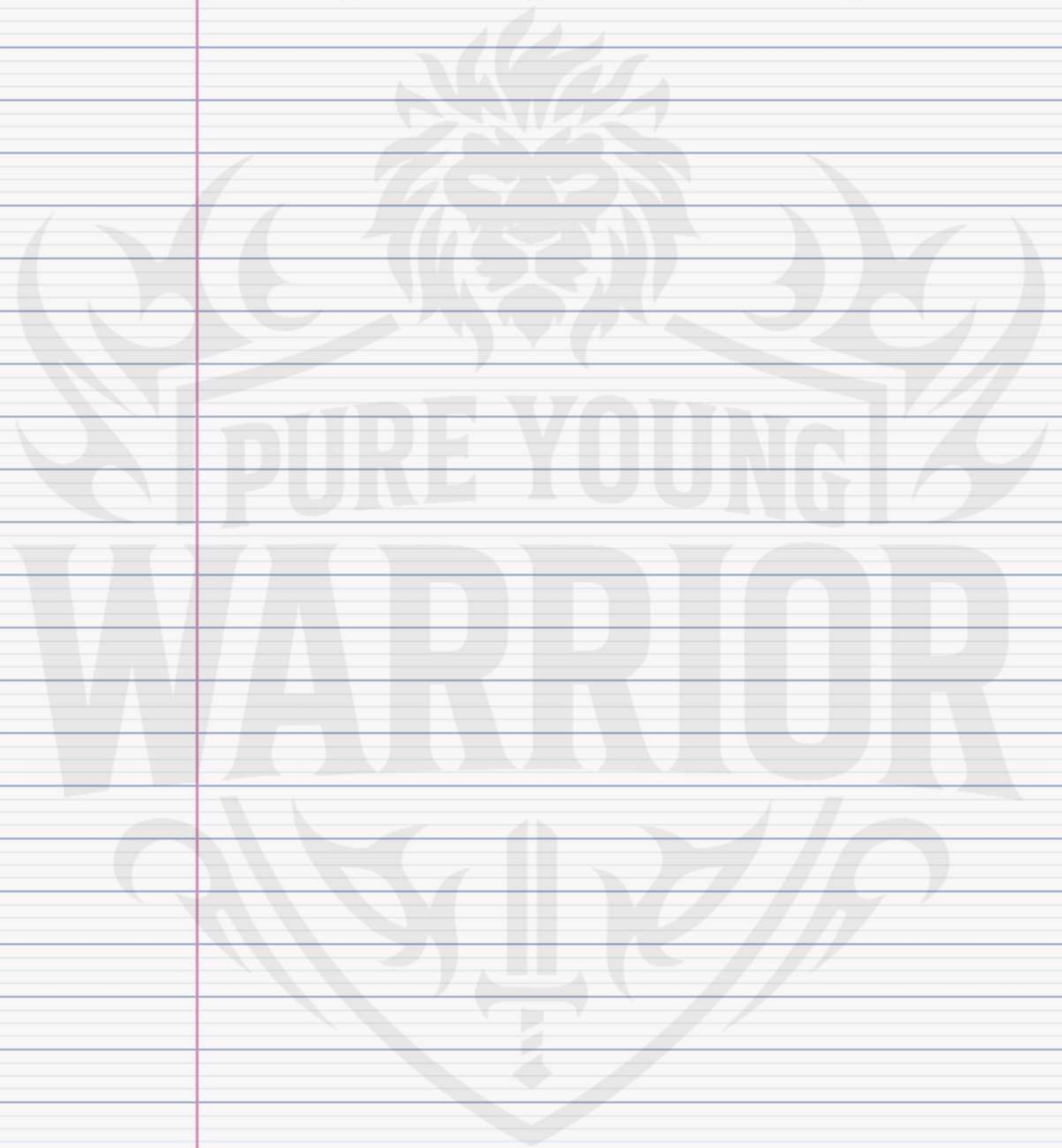
What lesson stood out, even if it was hard to see?



wk 8

My Focus for Next Week

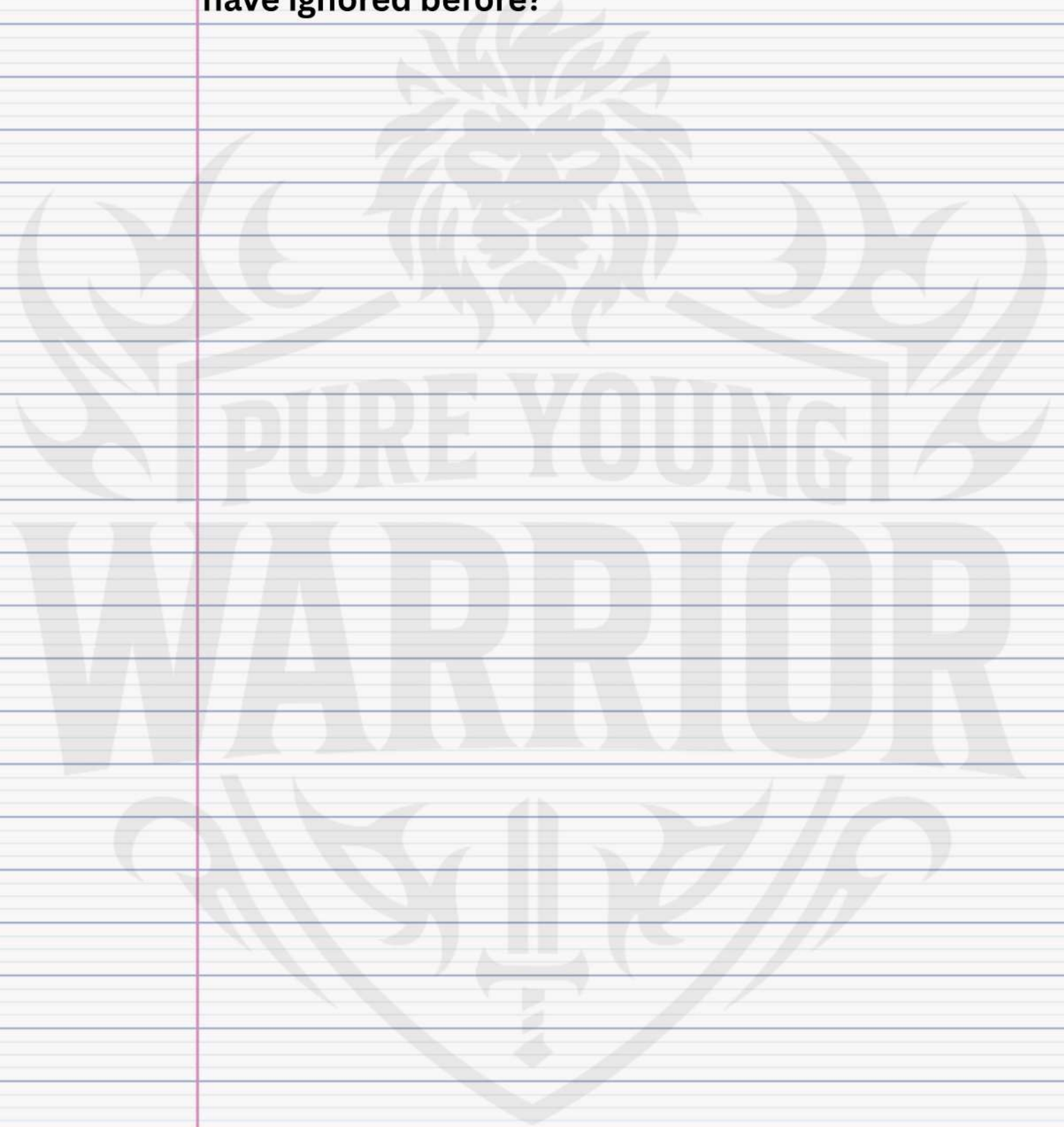
One thing I'm locking in for the next 7 days.



wk 8

Gratitude Check

What am I grateful for right now, something I might have ignored before?

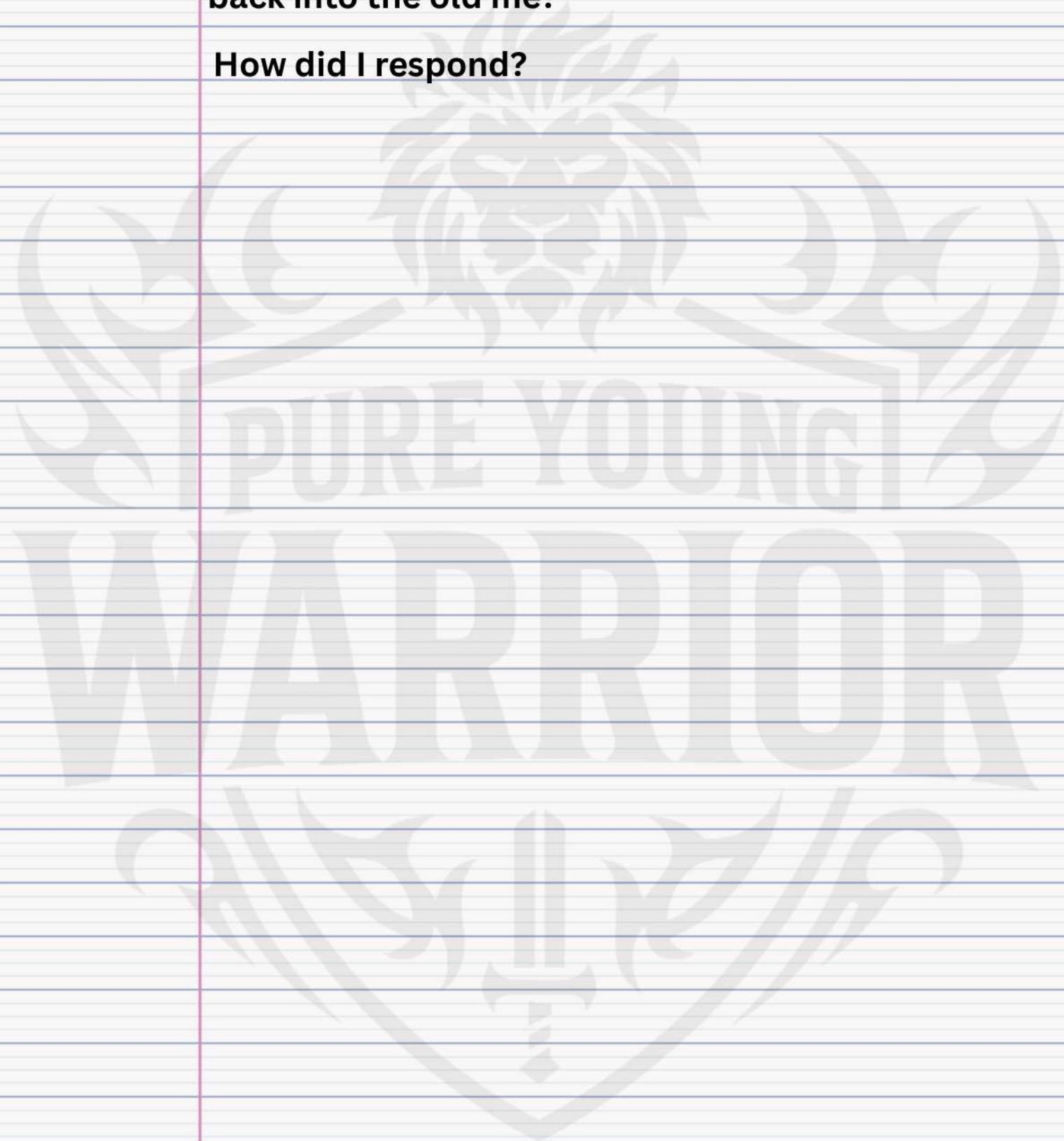


wk 9

What Tested Me This Week

What moments, thoughts, or habits tried to pull me back into the old me?

How did I respond?

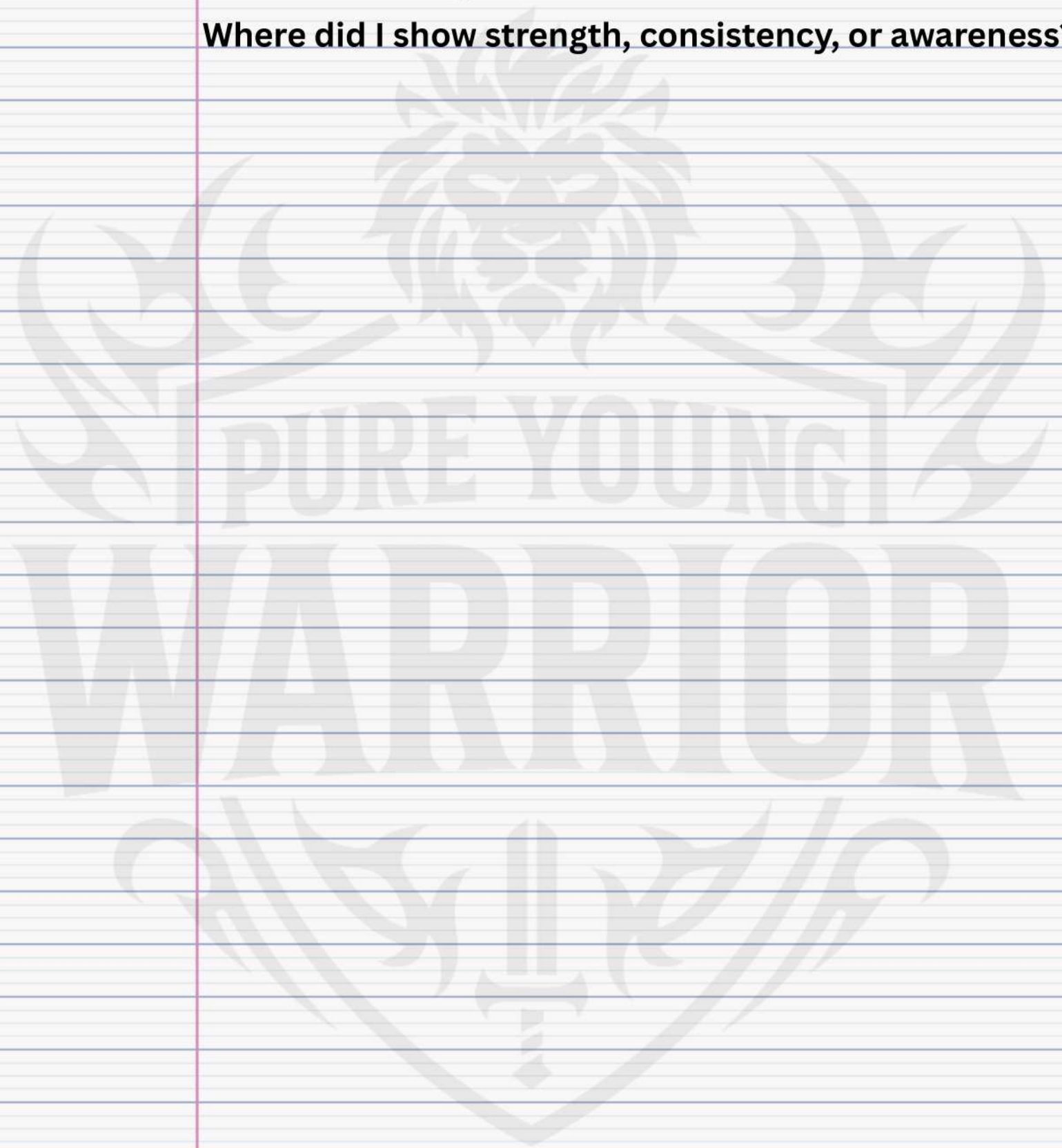


wk 9

What I'm Proud Of

What did I do right this week?

Where did I show strength, consistency, or awareness?

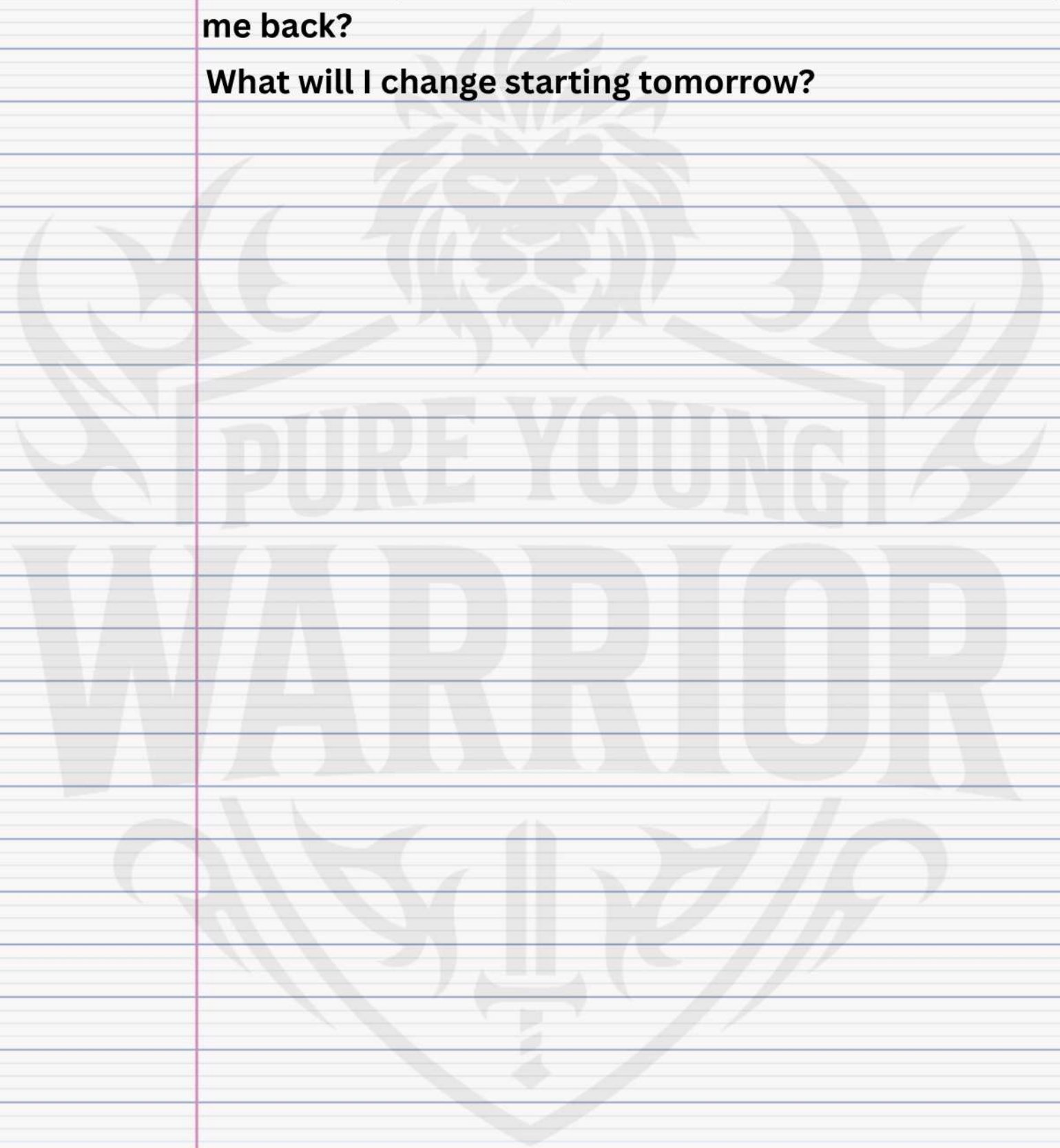


wk 9

What Needs Improvement

What habits, reactions, or distractions are still holding me back?

What will I change starting tomorrow?

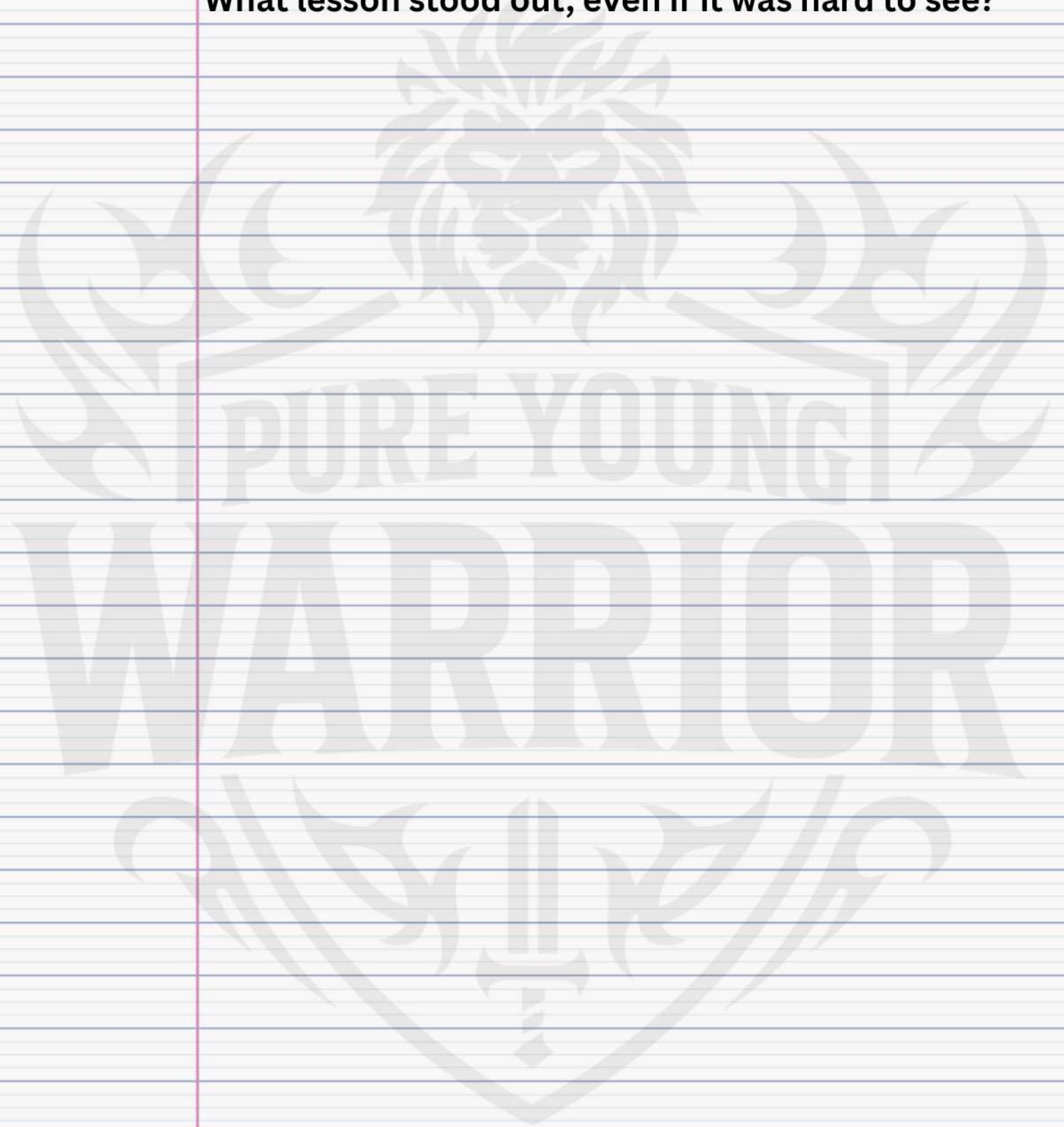


wk 9

What I Learned About Myself

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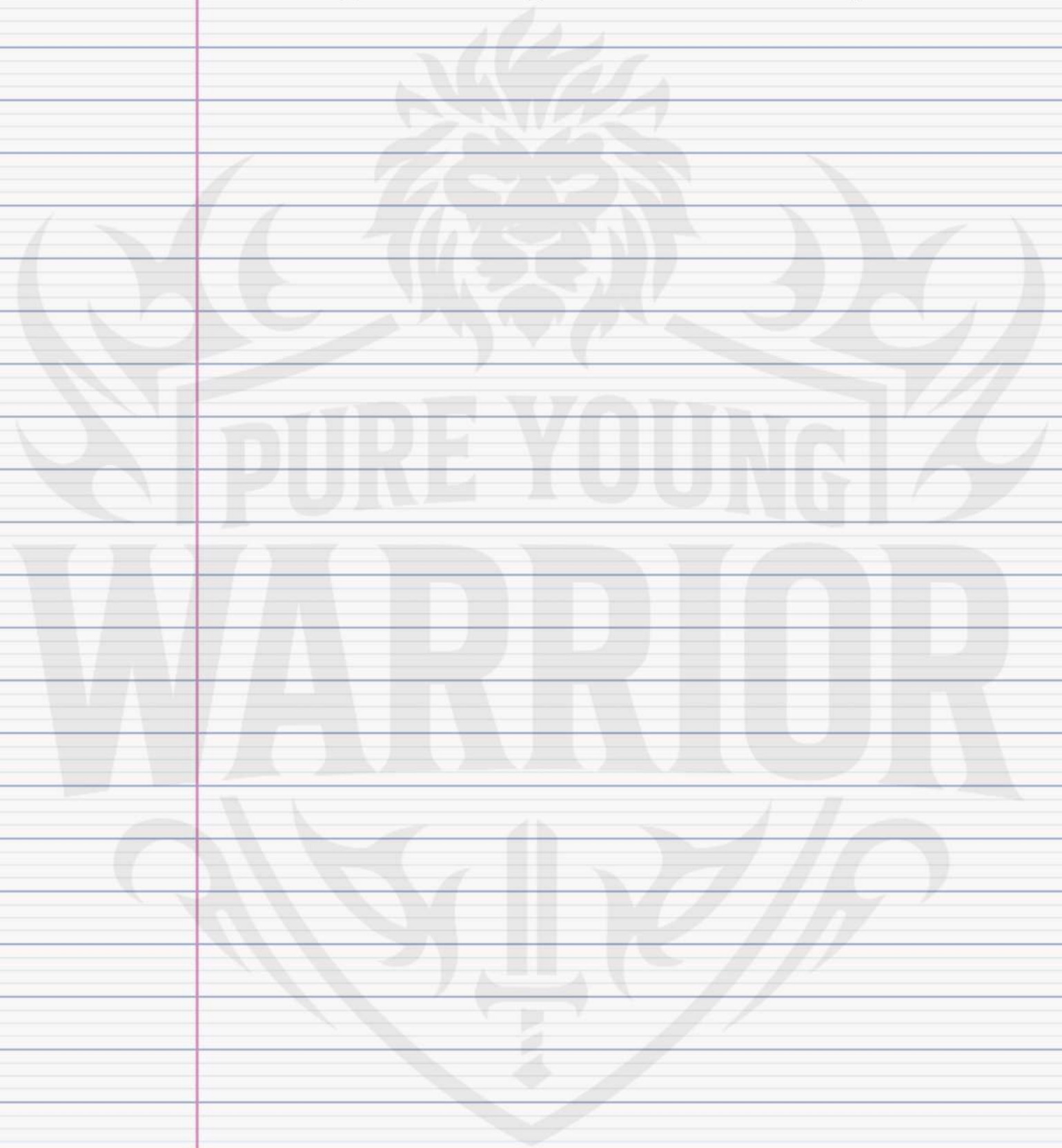
What lesson stood out, even if it was hard to see?



wk 9

My Focus for Next Week

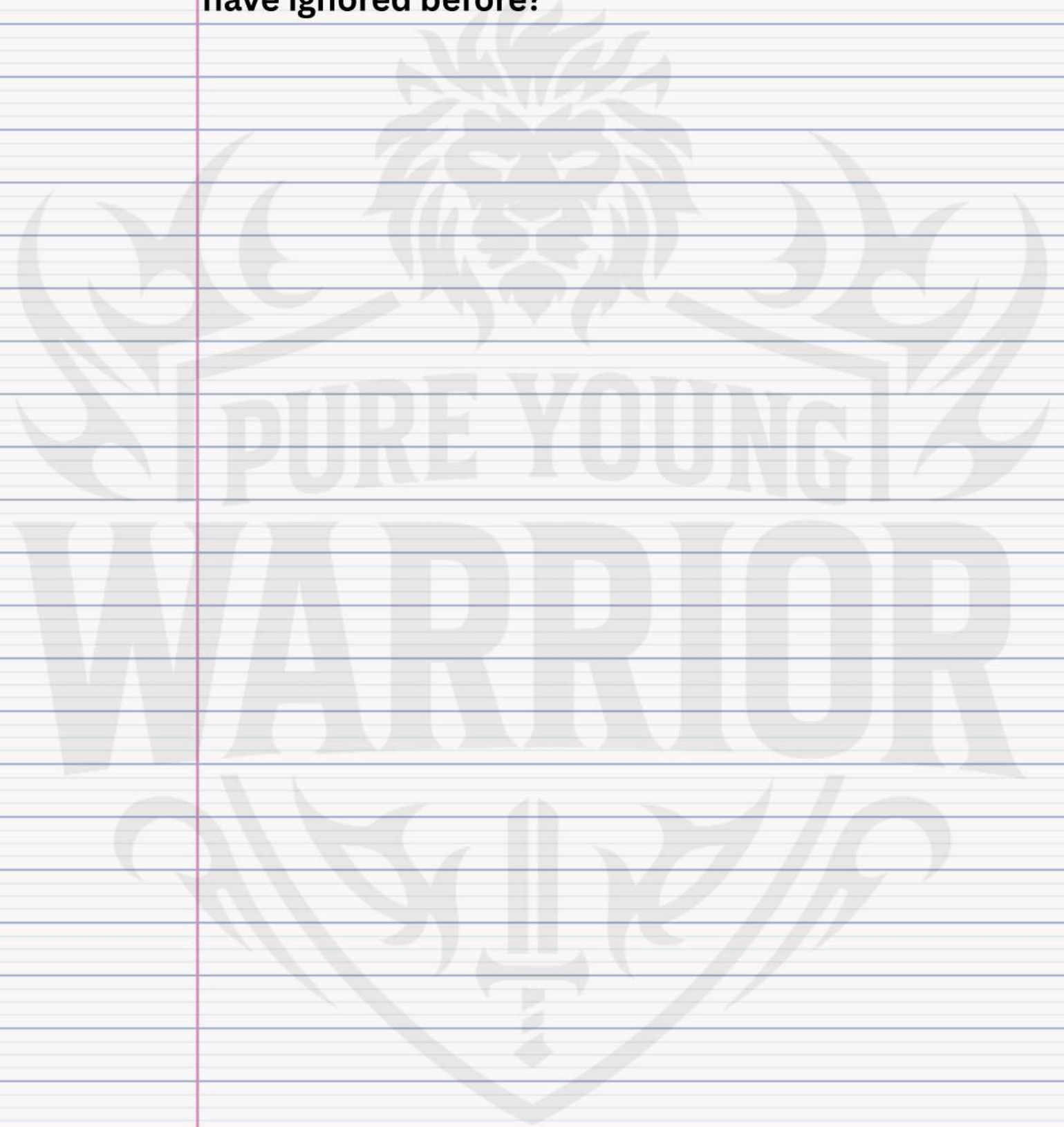
One thing I'm locking in for the next 7 days.



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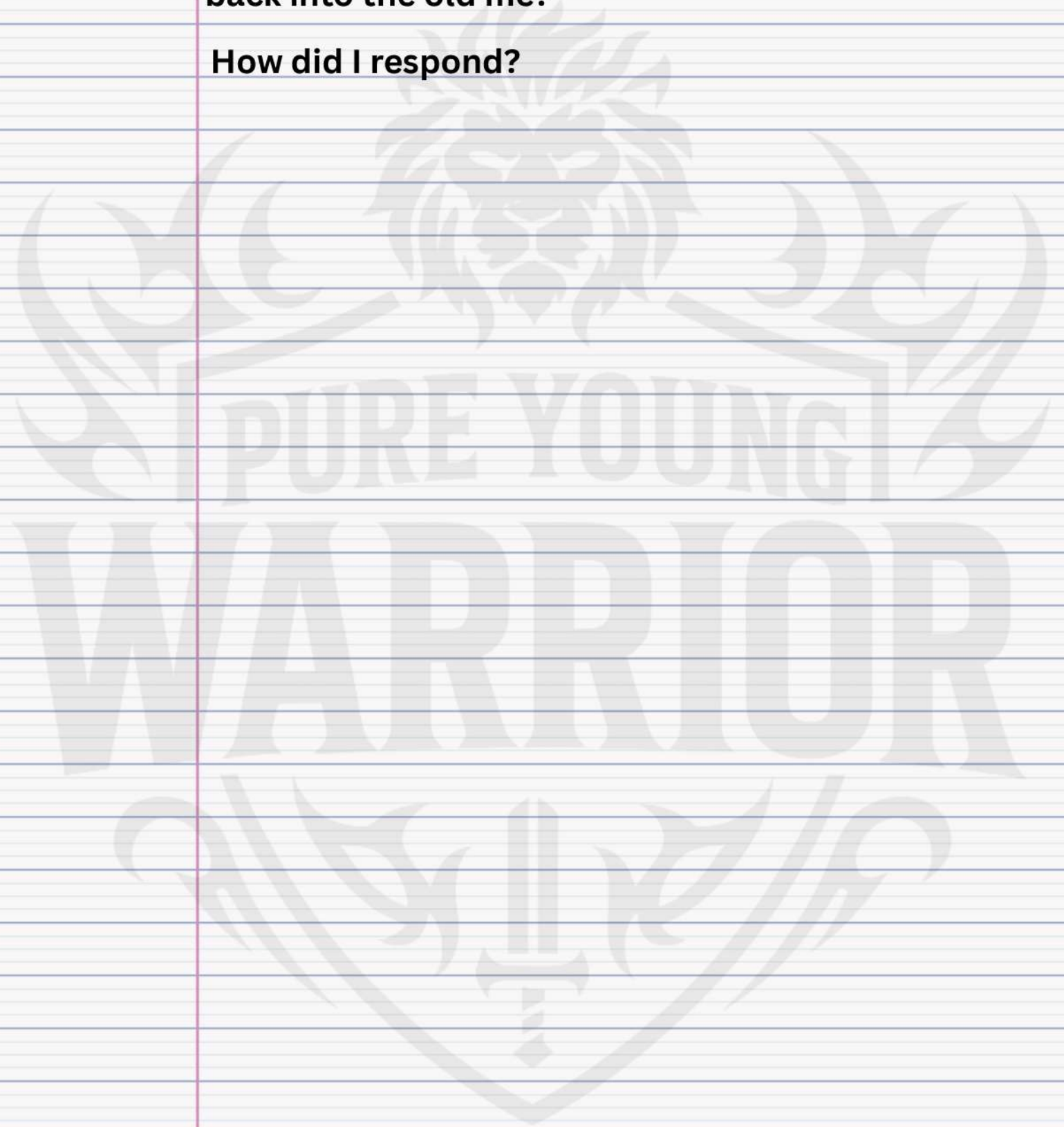


wk 10

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How did I respond?

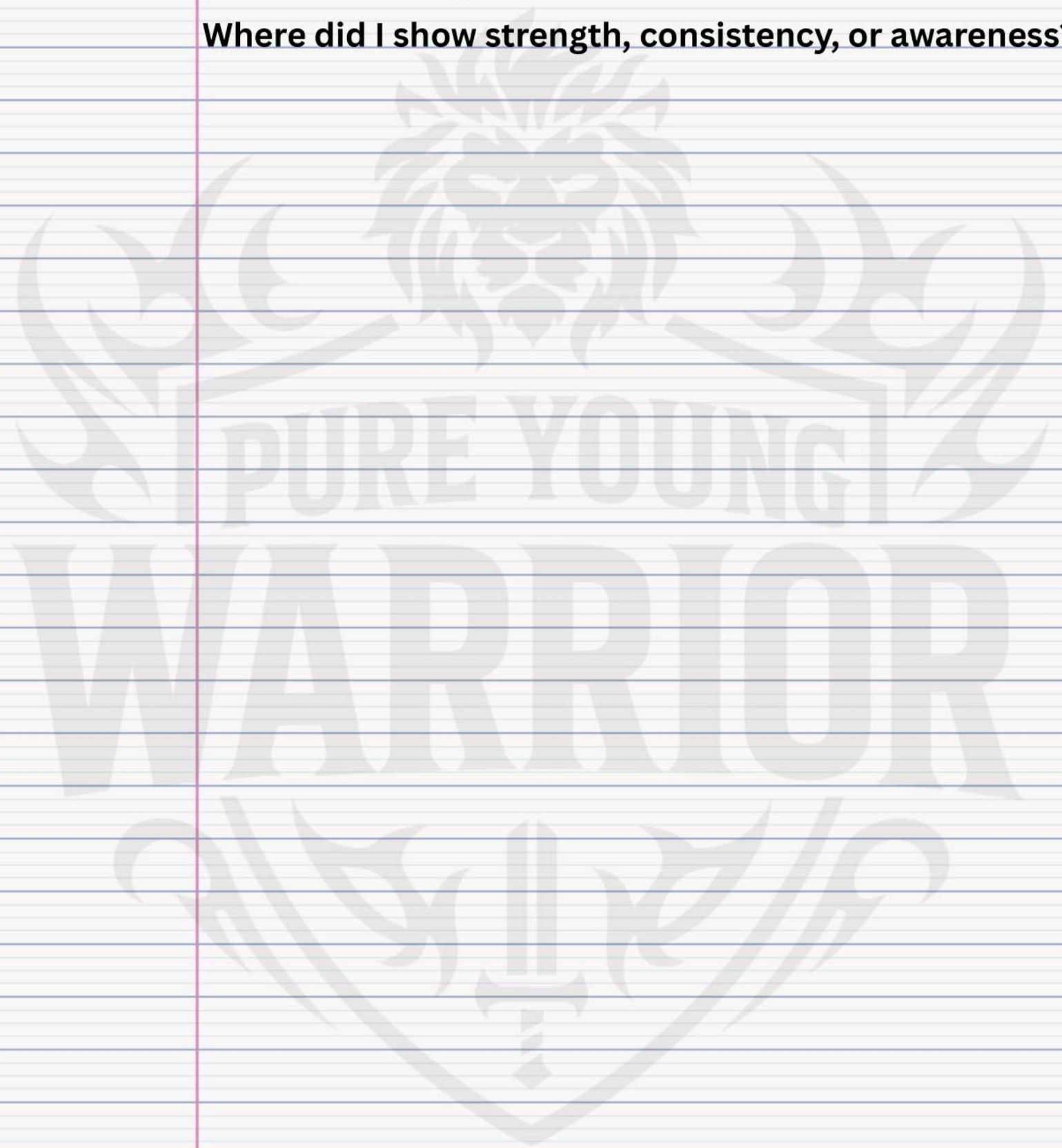


wk 10

What I'm Proud Of

What did I do right this week?

Where did I show strength, consistency, or awareness?

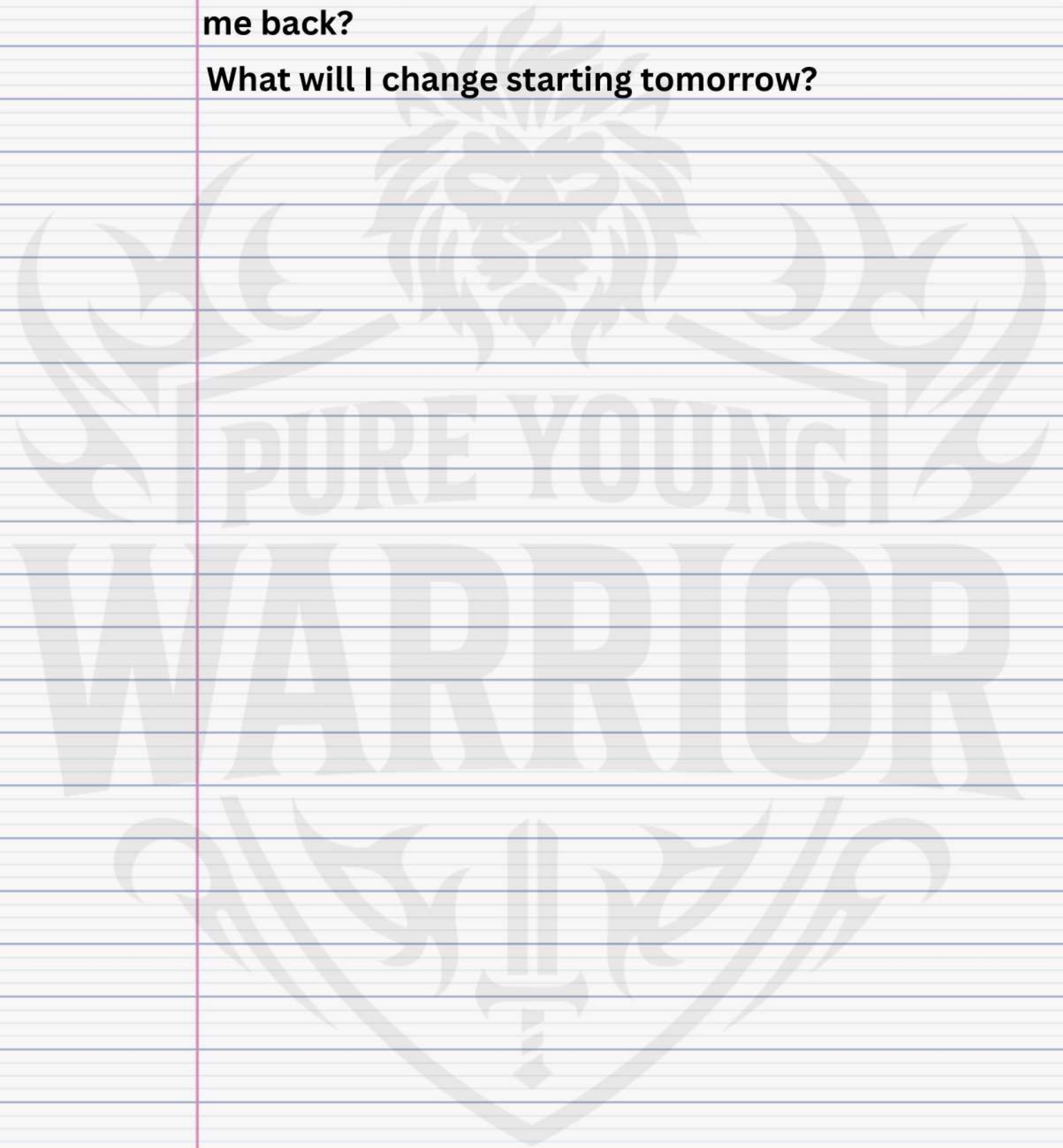


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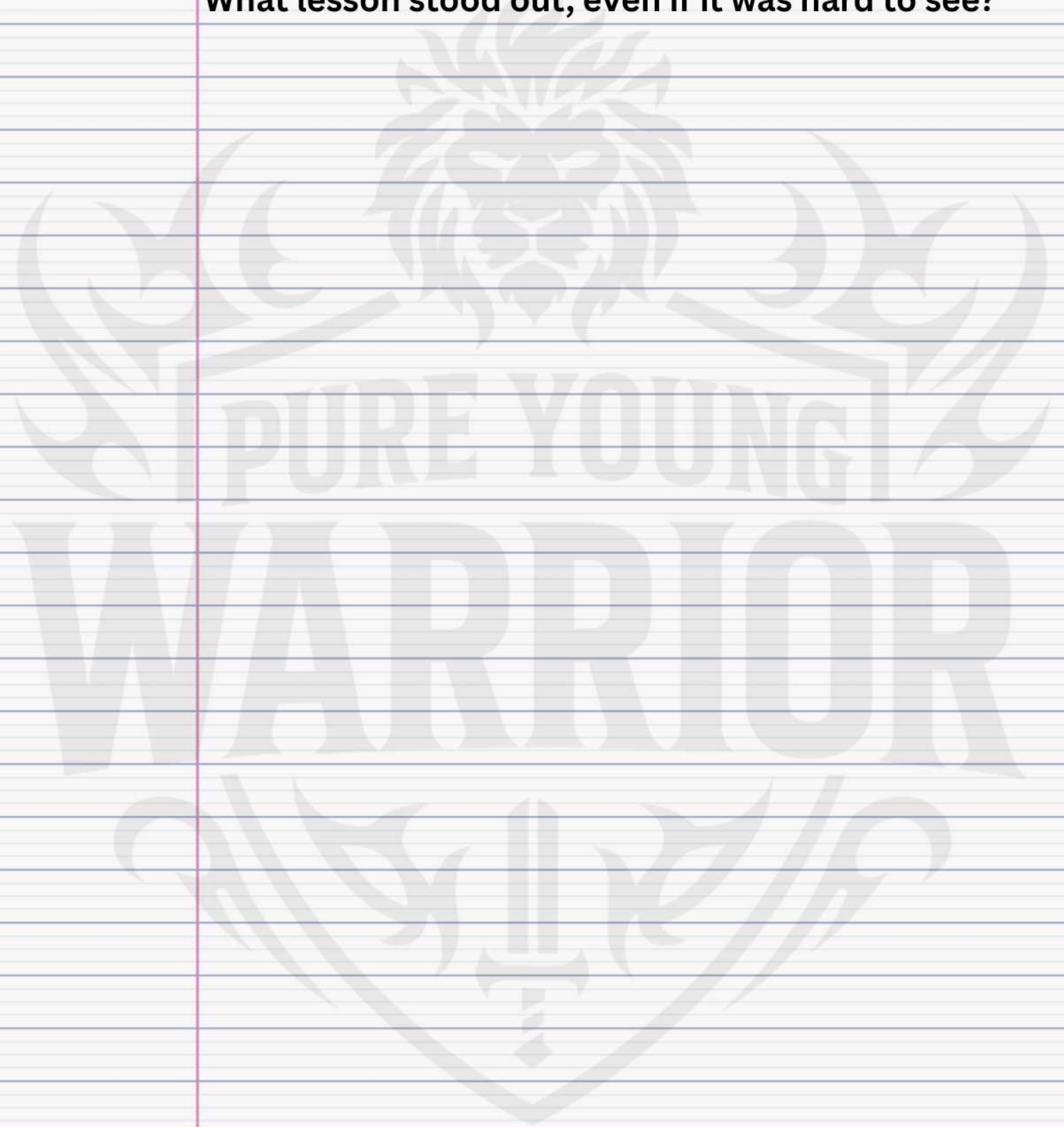


wk 10

What I Learned About Myself

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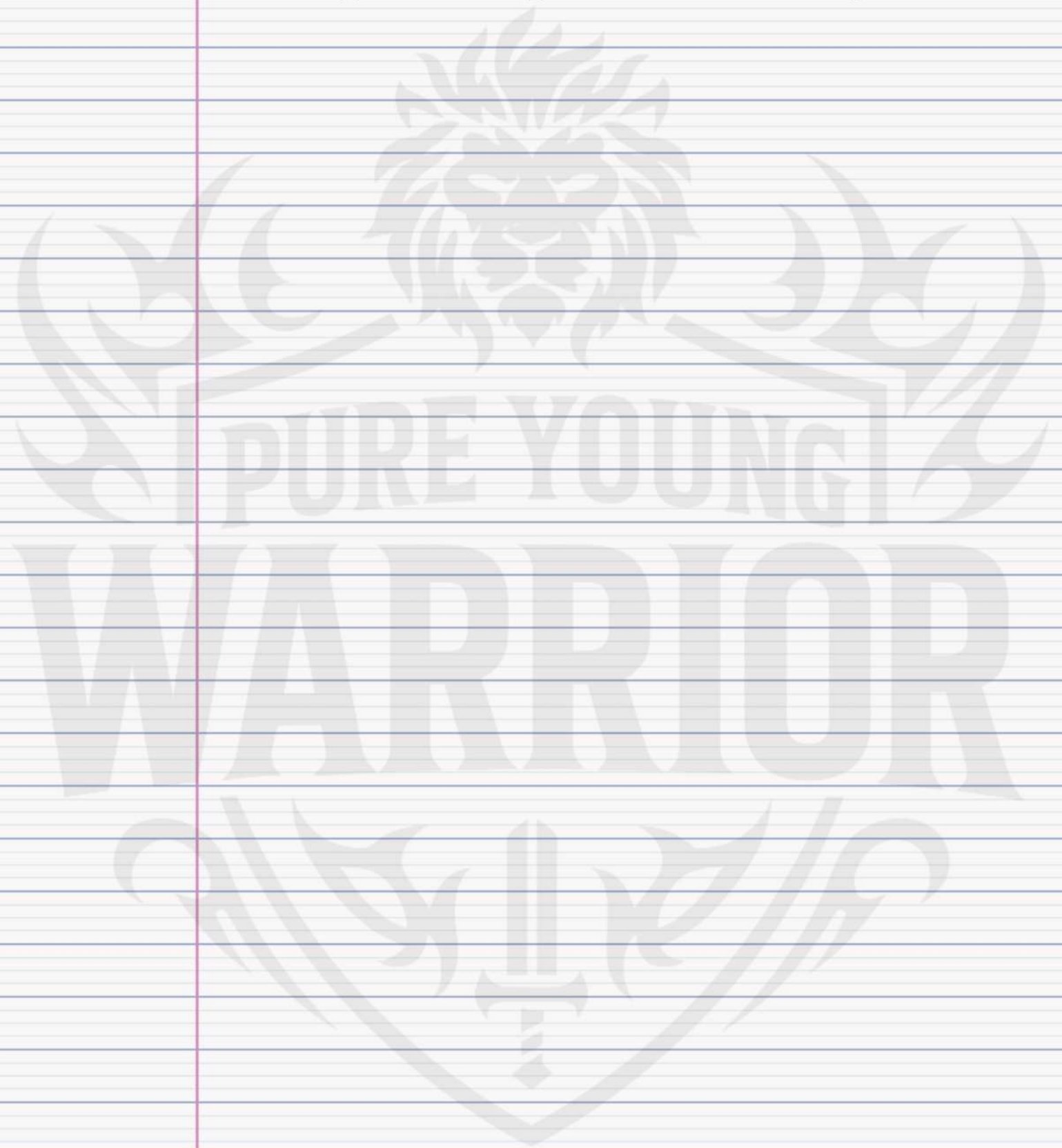
What lesson stood out, even if it was hard to see?



wk 10

My Focus for Next Week

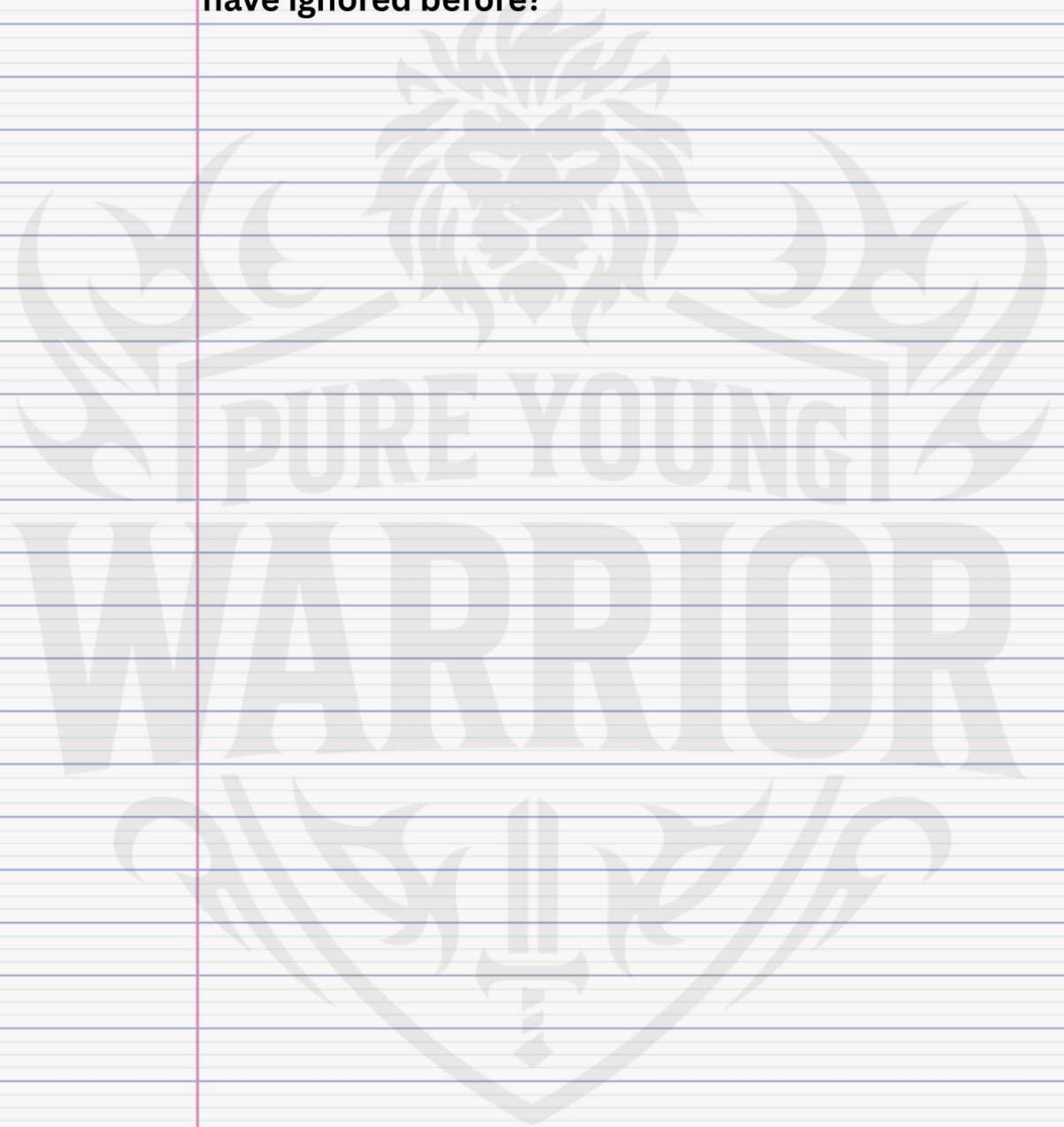
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wk 10

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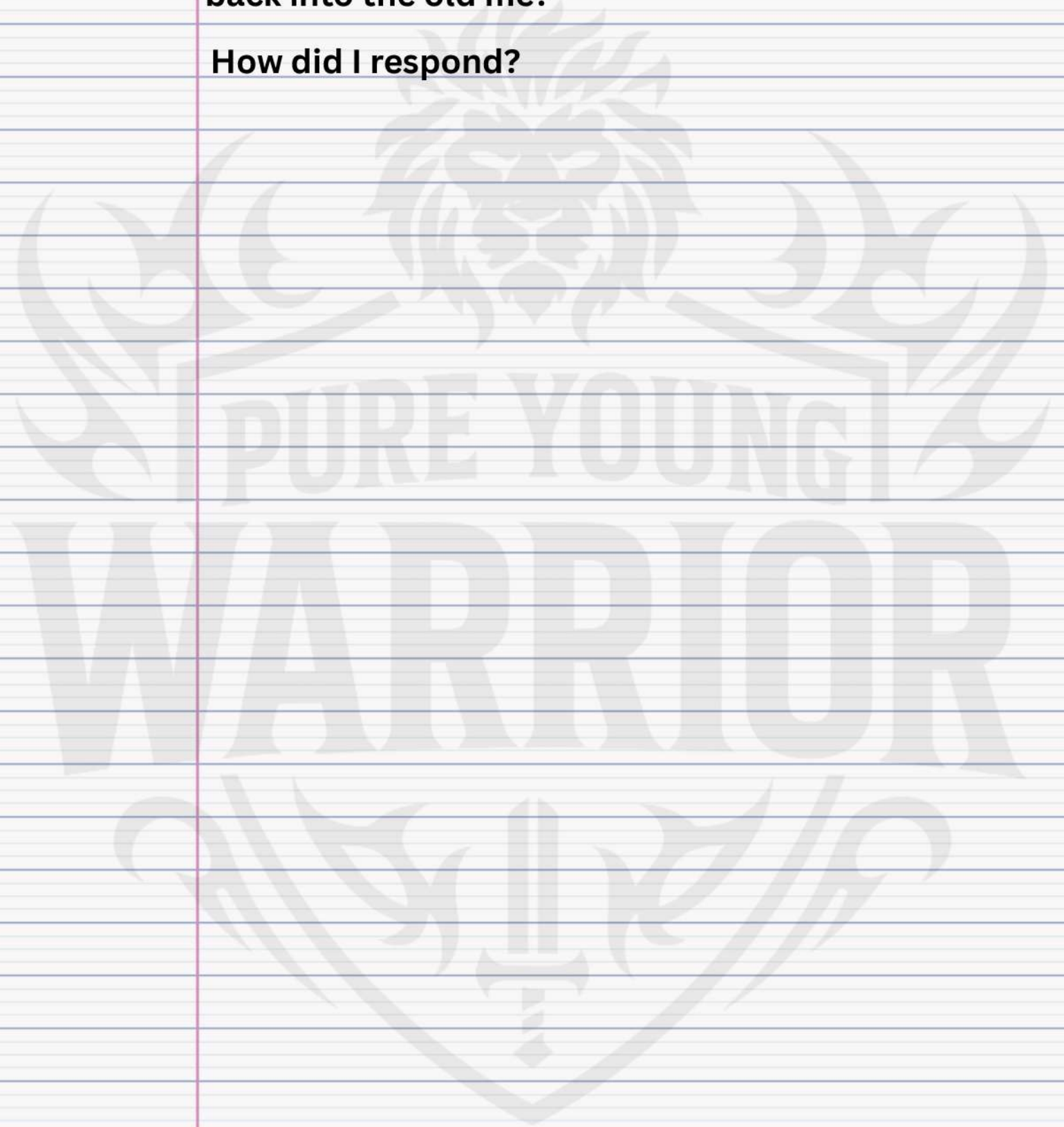


wk 11

What Tested Me This Week

What moments, thoughts, or habits tried to pull me back into the old me?

How did I respond?

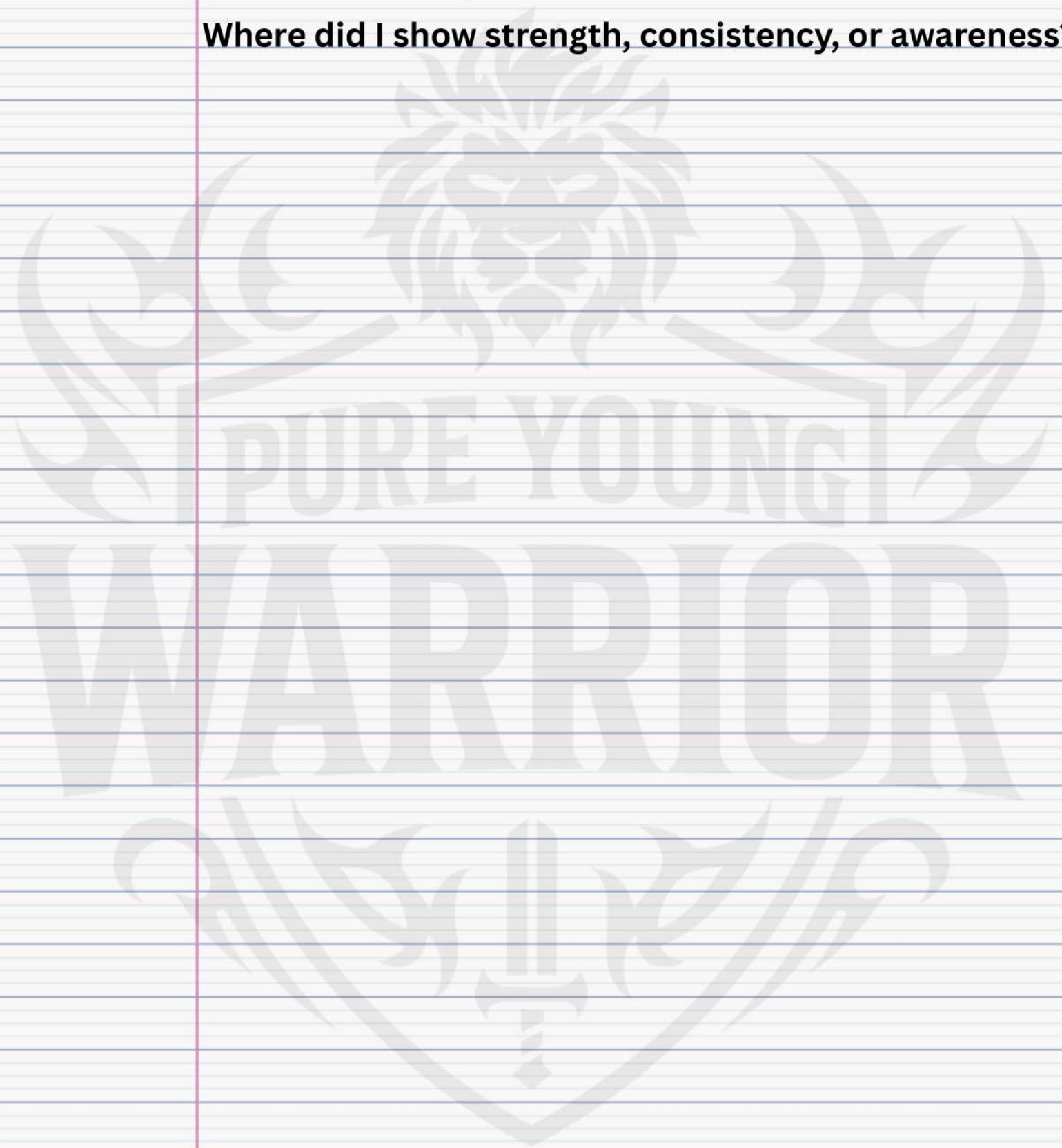


wk 11

What I'm Proud Of

What did I do right this week?

Where did I show strength, consistency, or awareness?

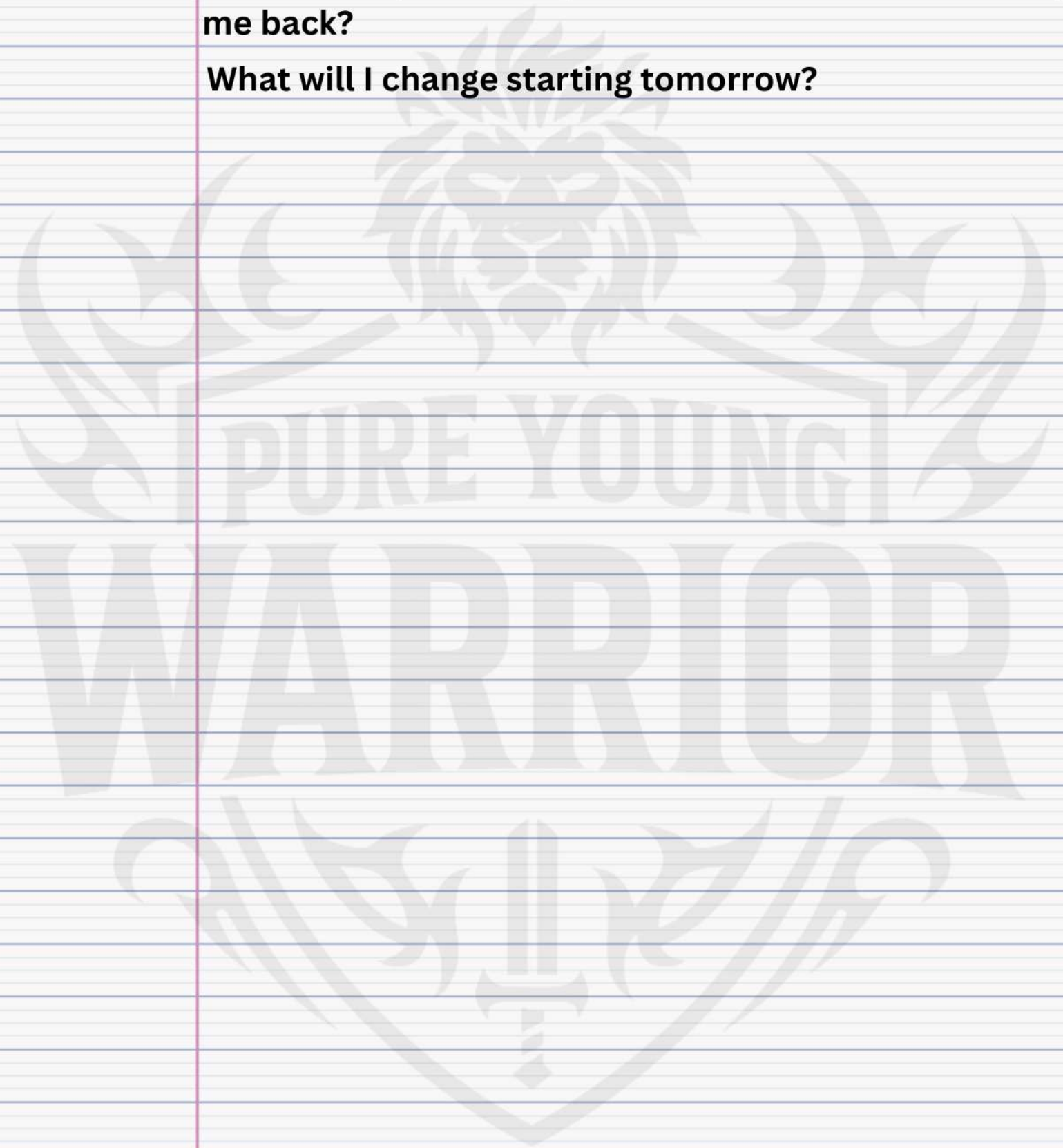


wk 11

What Needs Improvement

What habits, reactions, or distractions are still holding me back?

What will I change starting tomorrow?

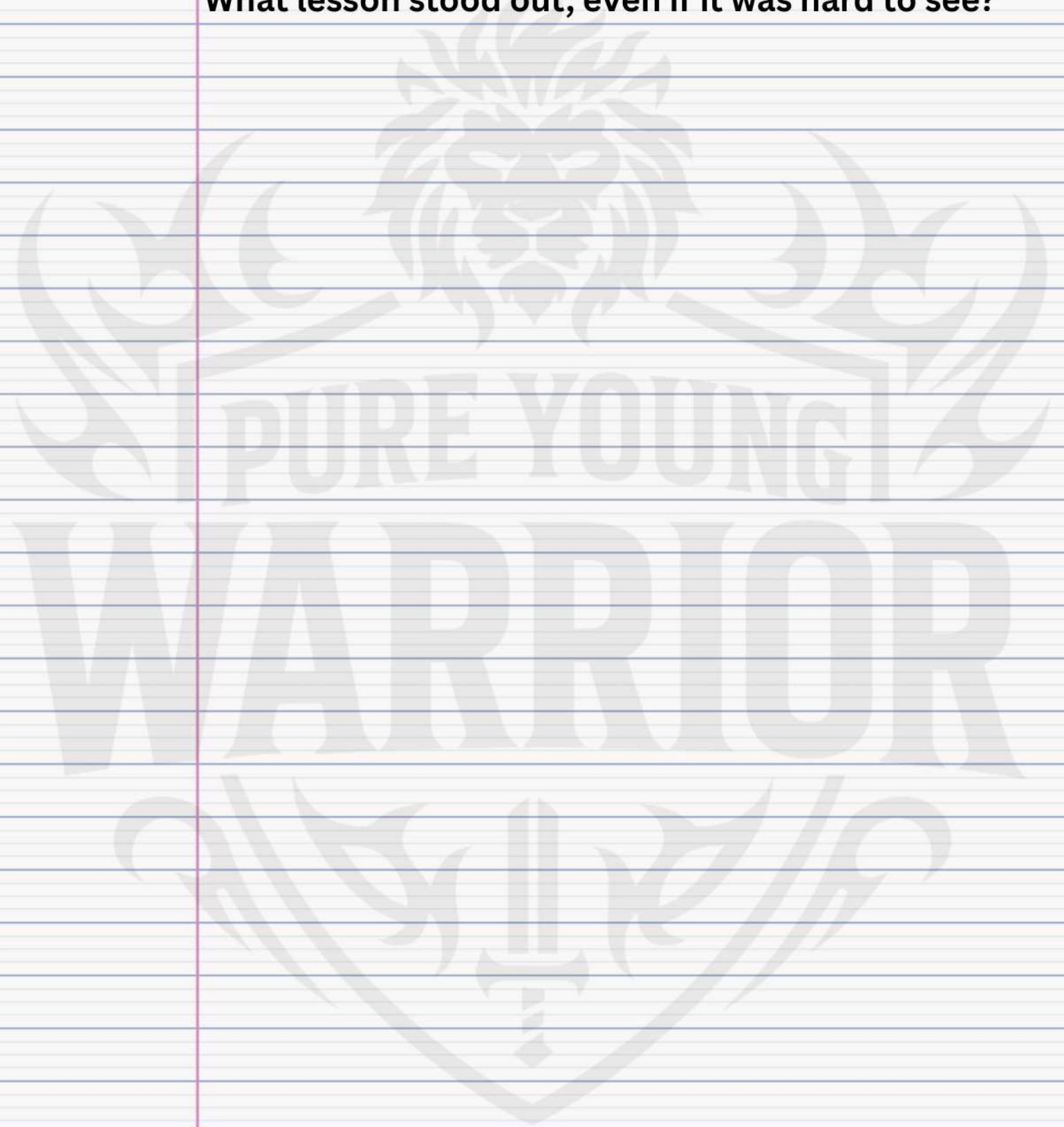


wk 11

What I Learned About Myself

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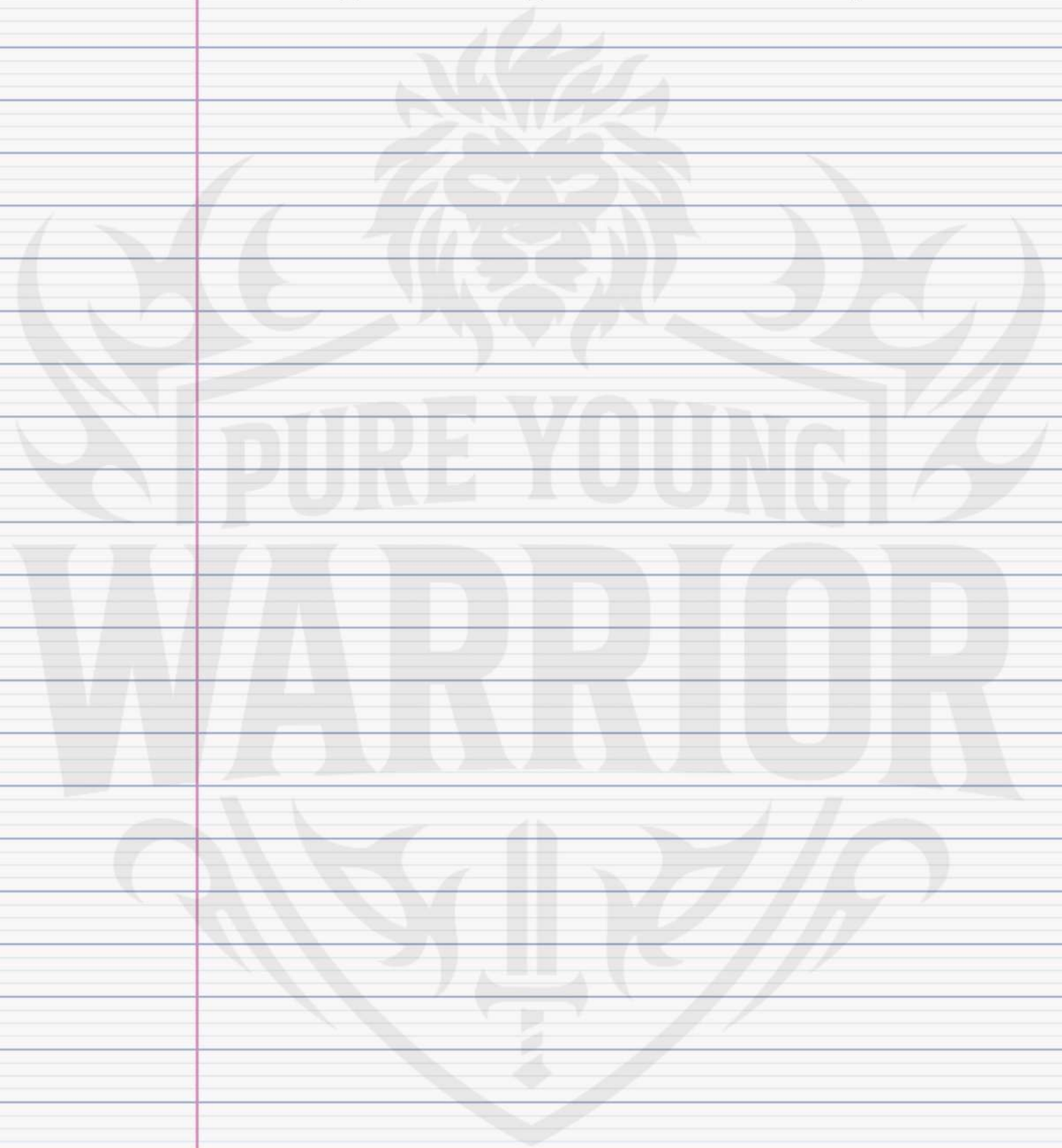
What lesson stood out, even if it was hard to see?



wk 11

My Focus for Next Week

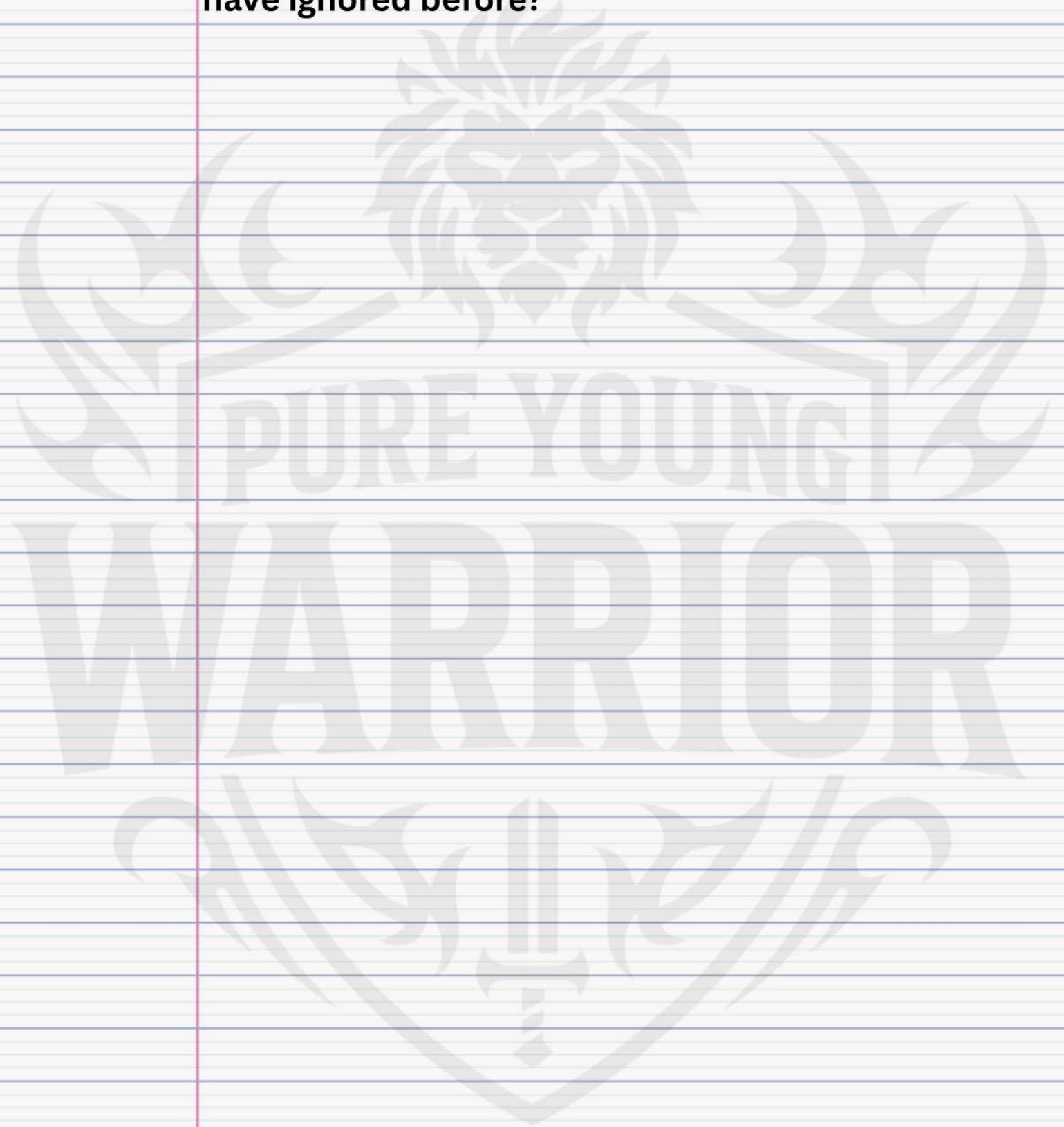
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wk 11

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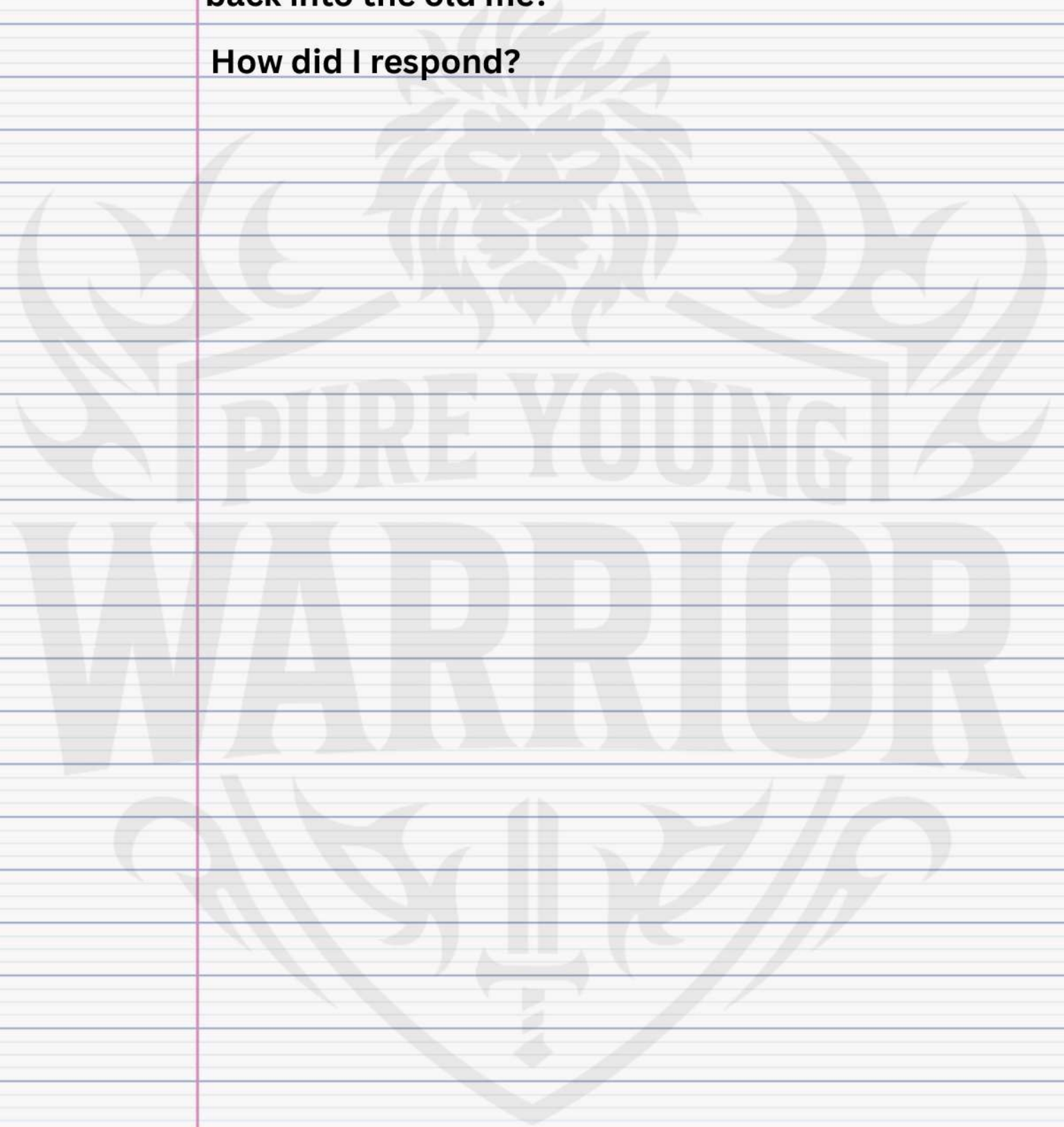


wk 12

What Tested Me This Week

What moments, thoughts, or habits tried to pull me back into the old me?

How did I respond?

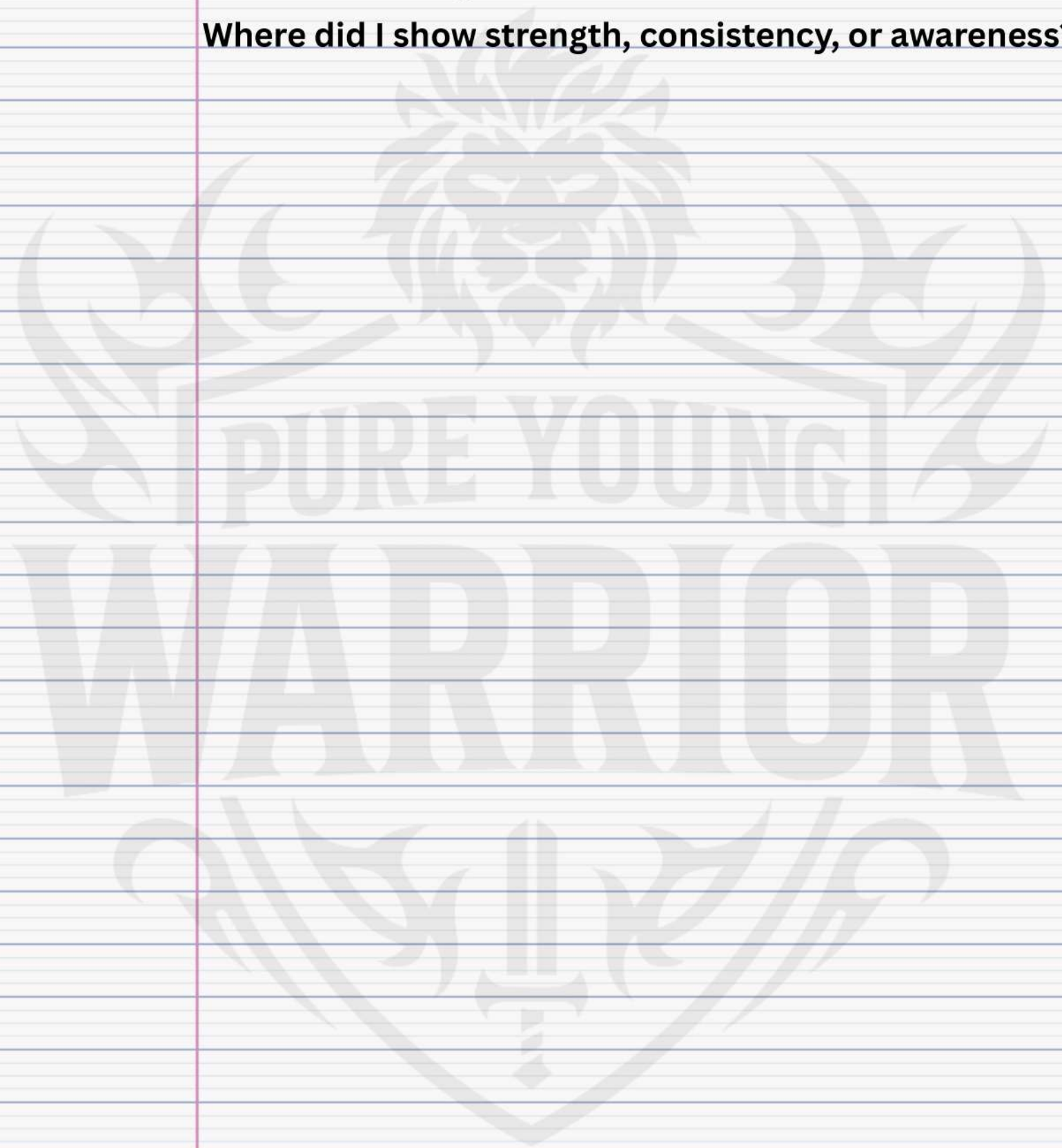


wk 12

What I'm Proud Of

What did I do right this week?

Where did I show strength, consistency, or awareness?

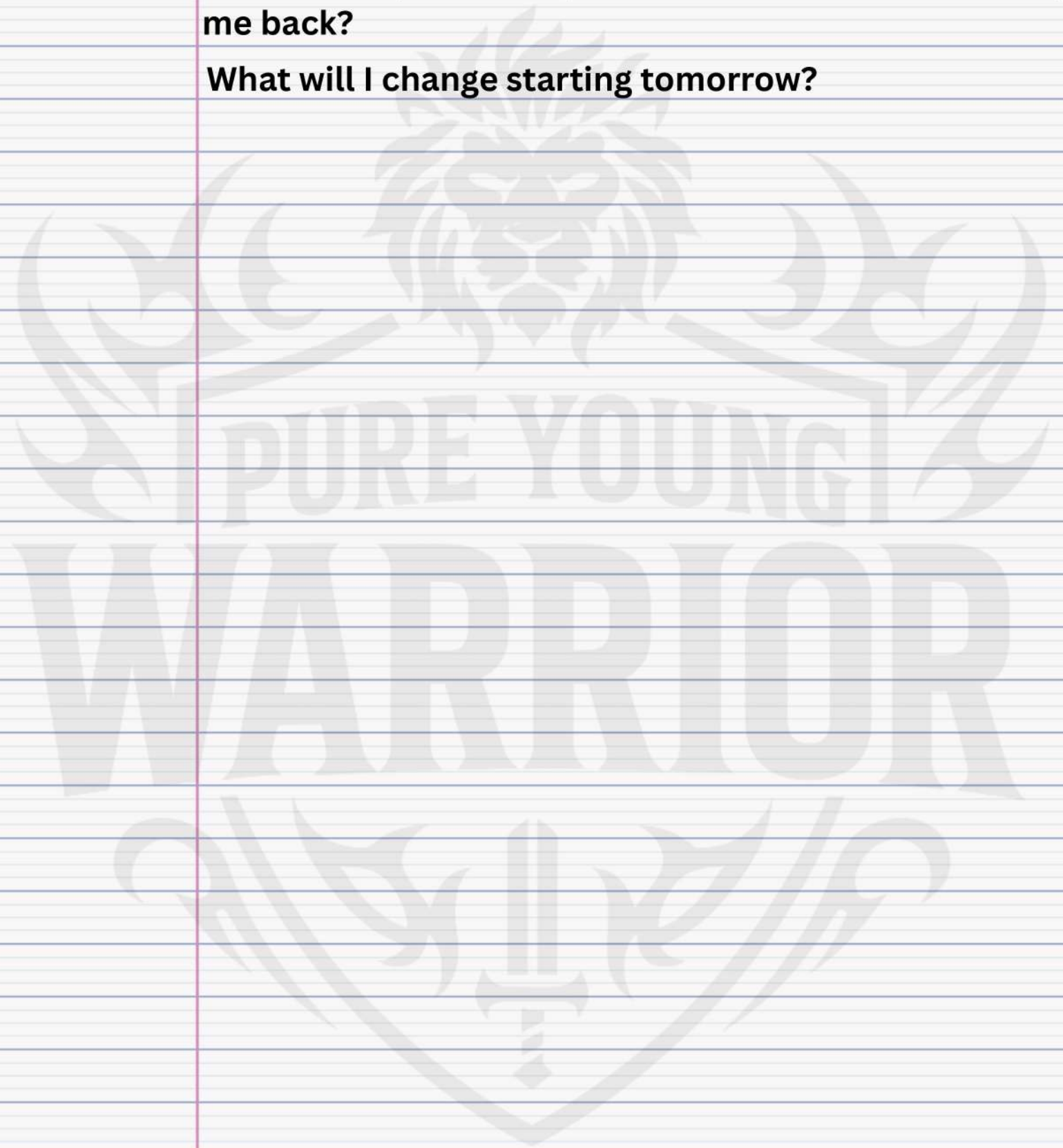


wk 12

What Needs Improvement

What habits, reactions, or distractions are still holding me back?

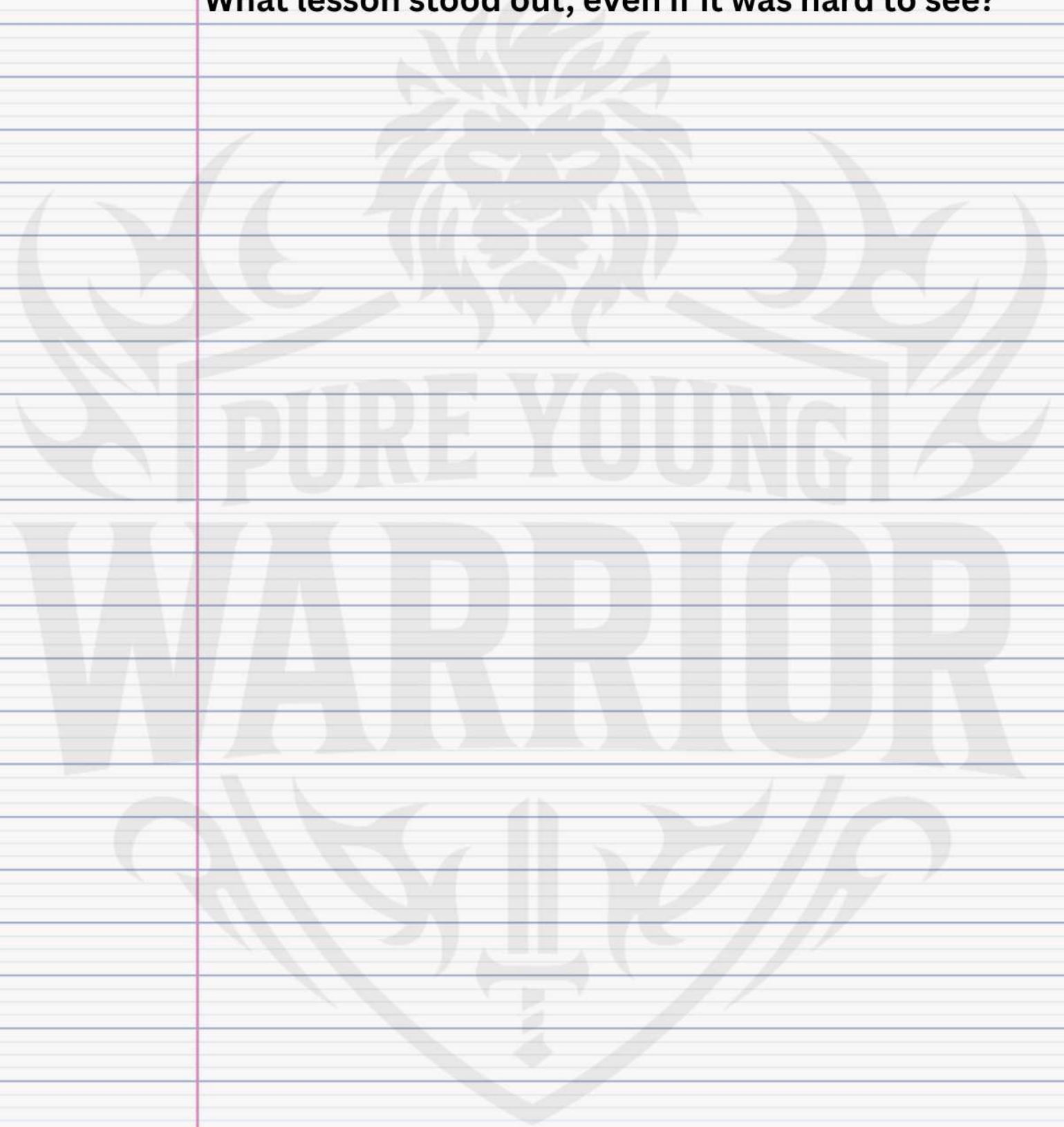
What will I change starting tomorrow?



wk 12 What I Learned About Myself

Every week teaches you something.

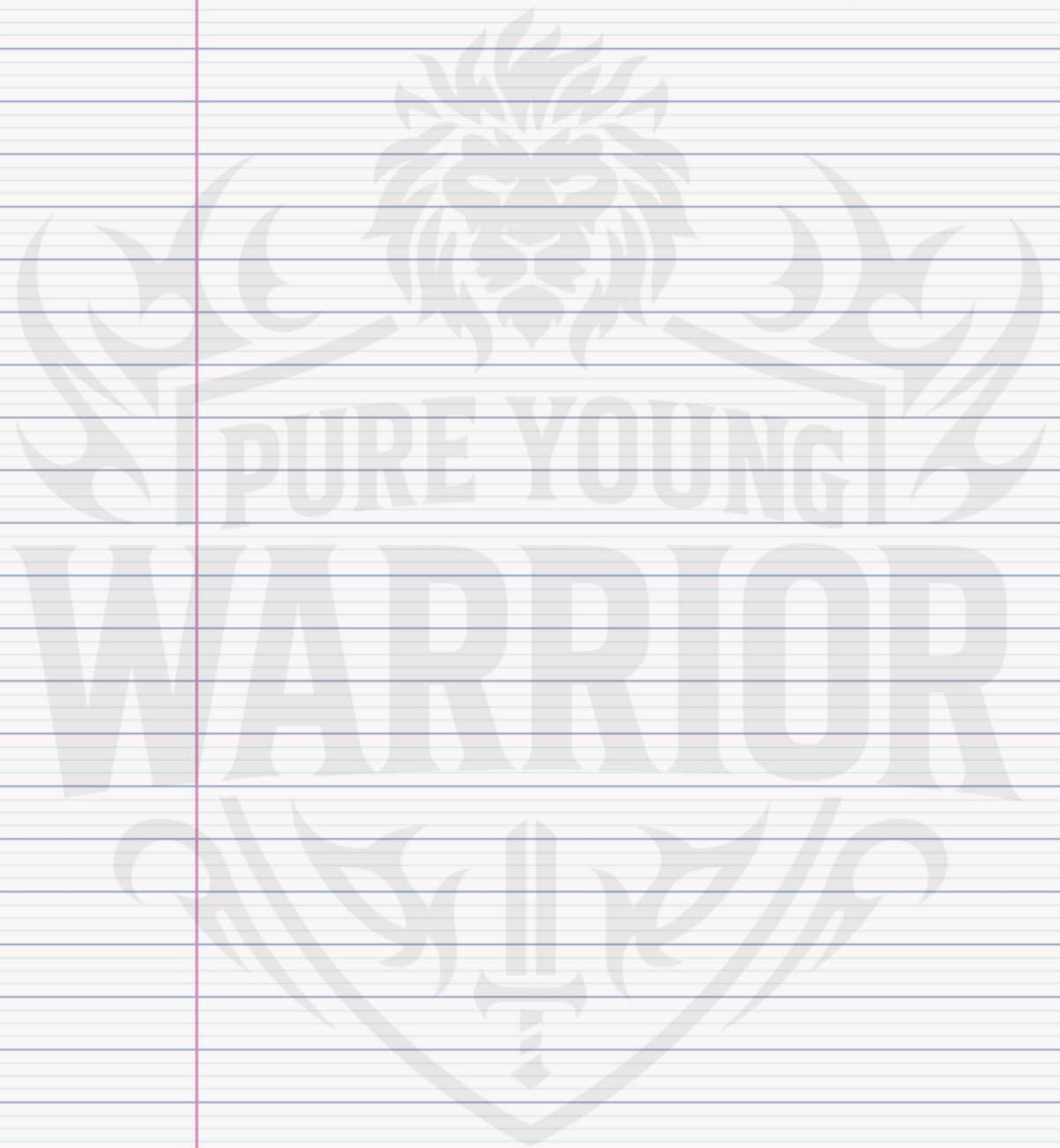
What lesson stood out, even if it was hard to see?



wk 12

My Focus for Next Week

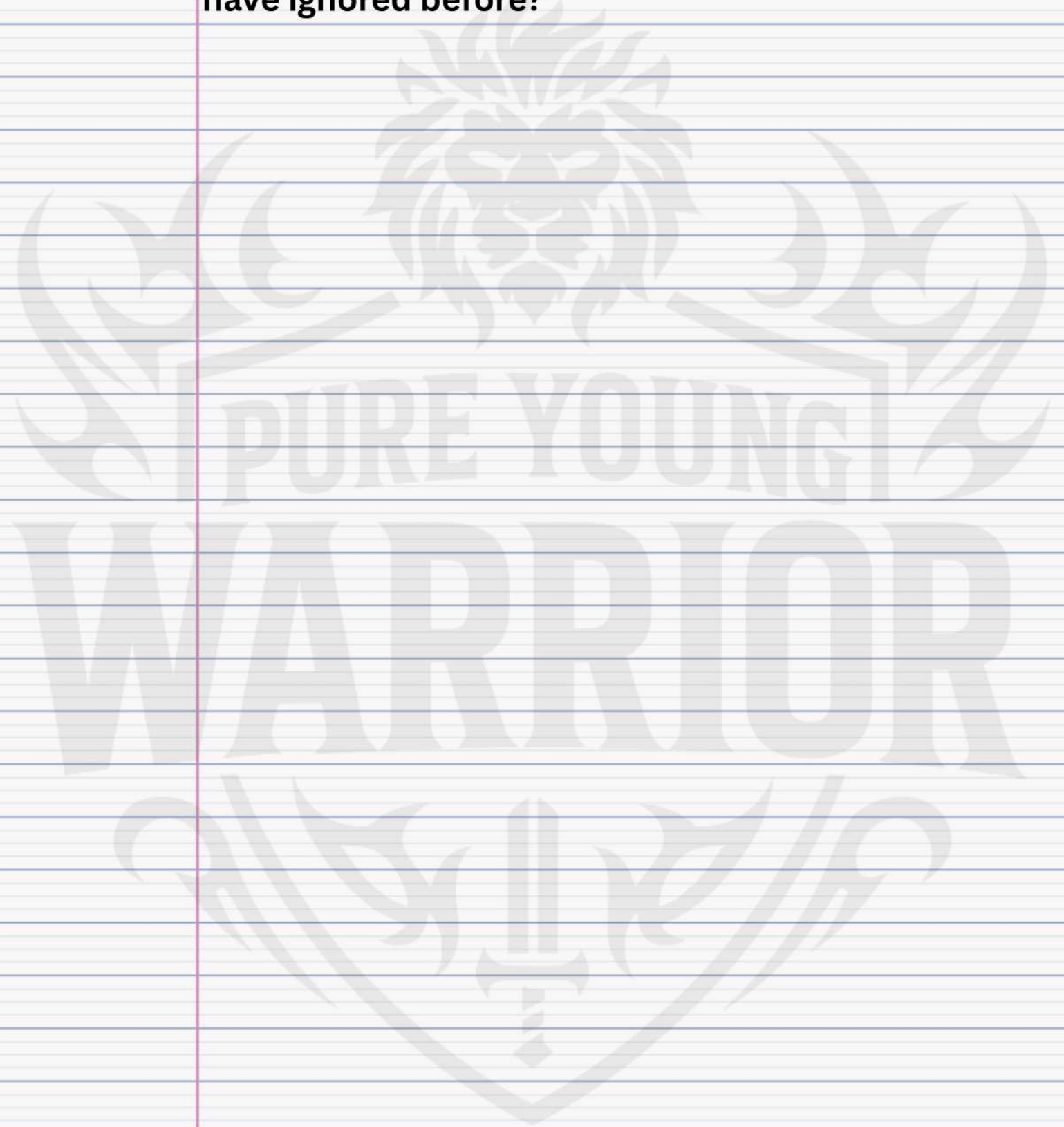
One thing I'm locking in for the next 7 days.



wk 12

Gratitude Check

What am I grateful for right now, something I might have ignored before?

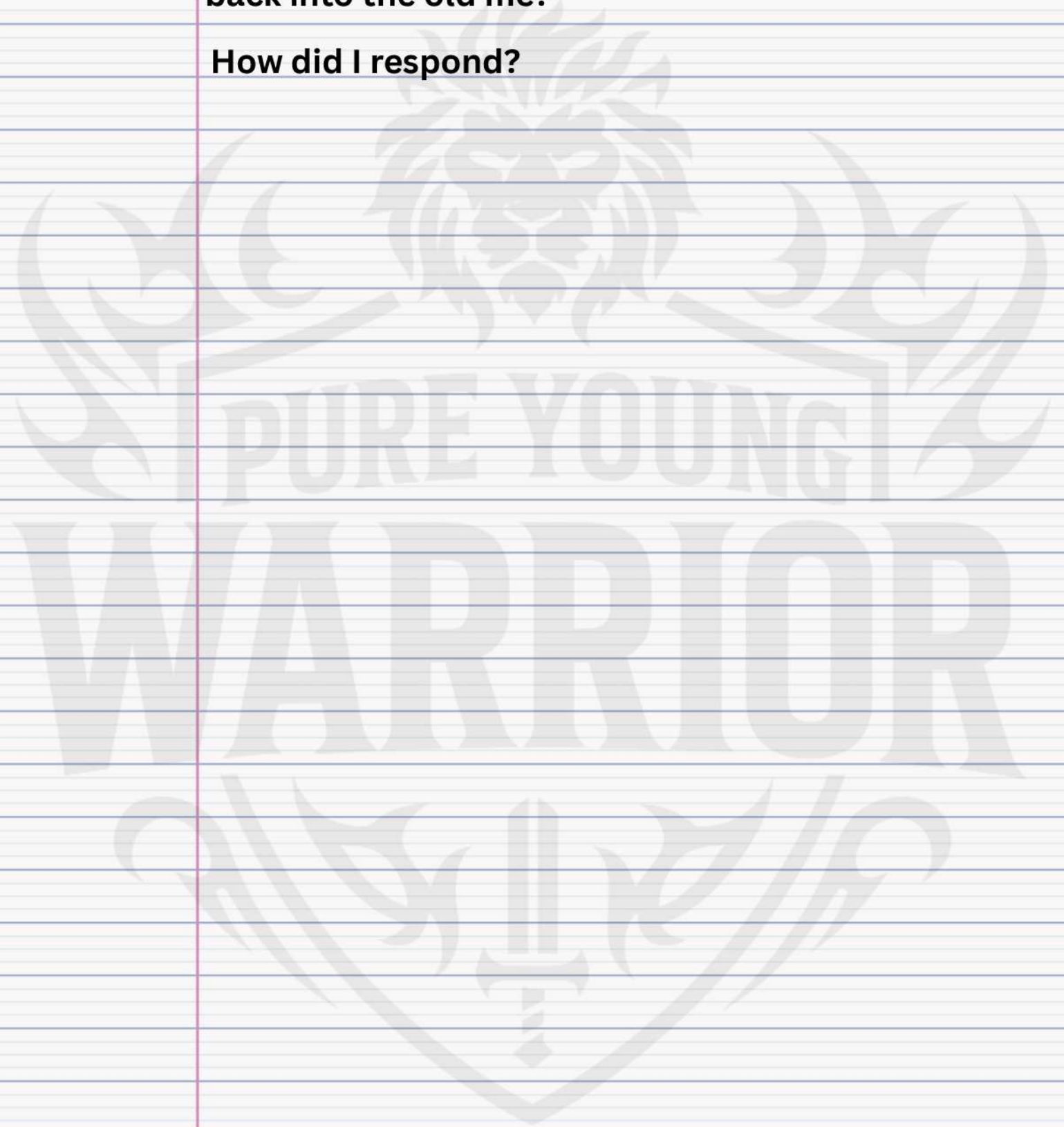


wk 13

What Tested Me This Week

What moments, thoughts, or habits tried to pull me back into the old me?

How did I respond?

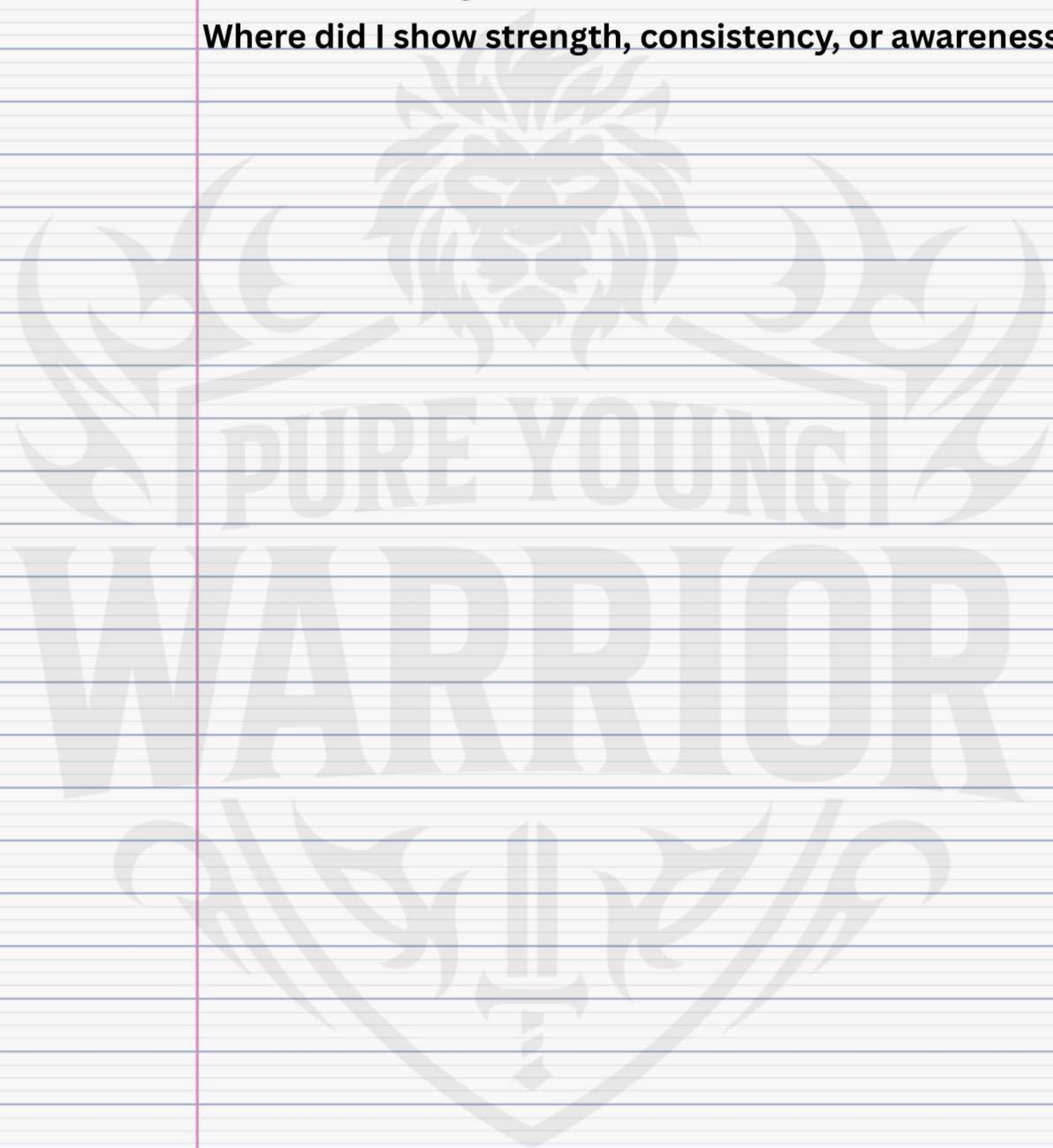


wk 13

What I'm Proud Of

What did I do right this week?

Where did I show strength, consistency, or awareness?

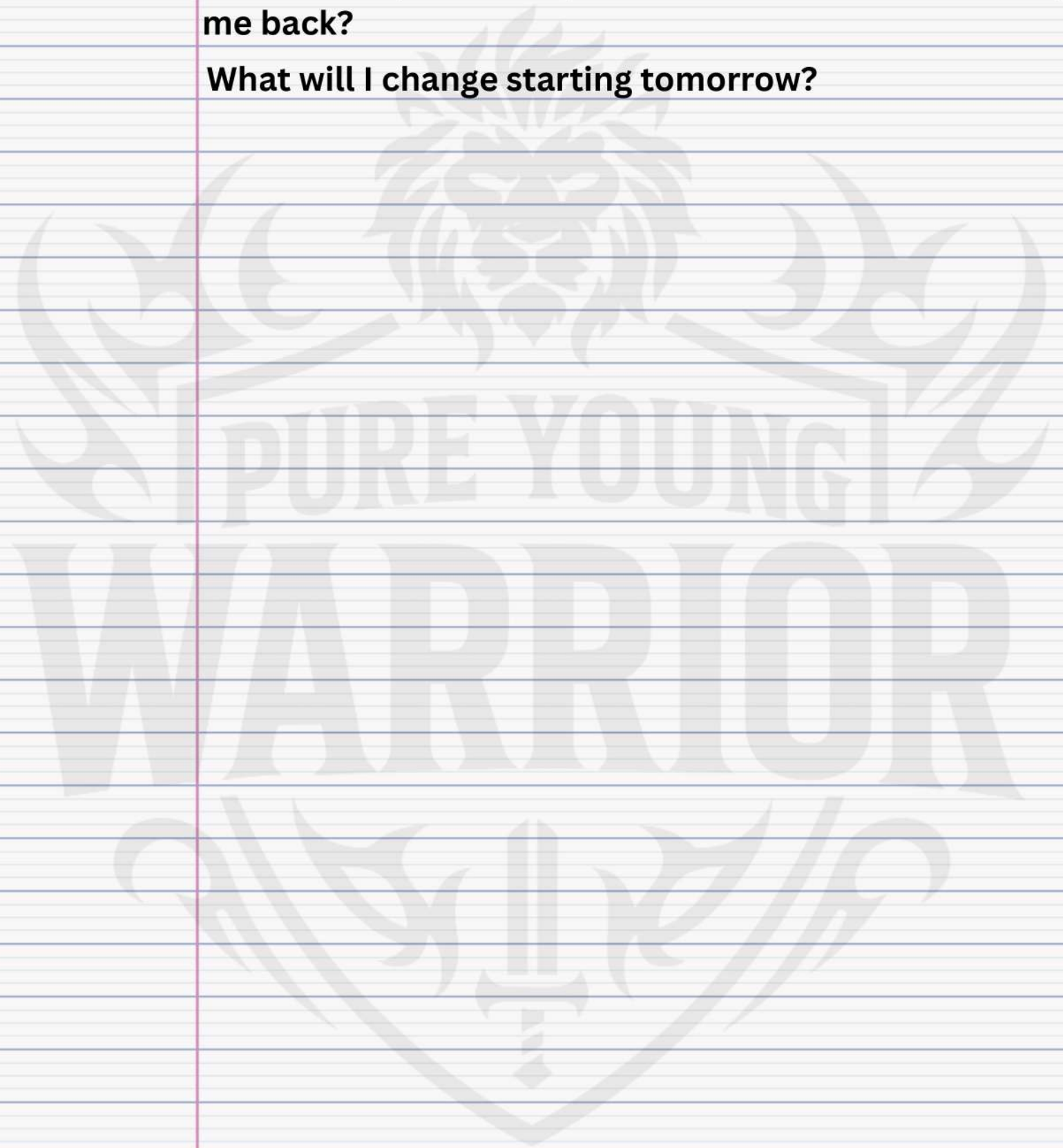


wk 13

What Needs Improvement

What habits, reactions, or distractions are still holding me back?

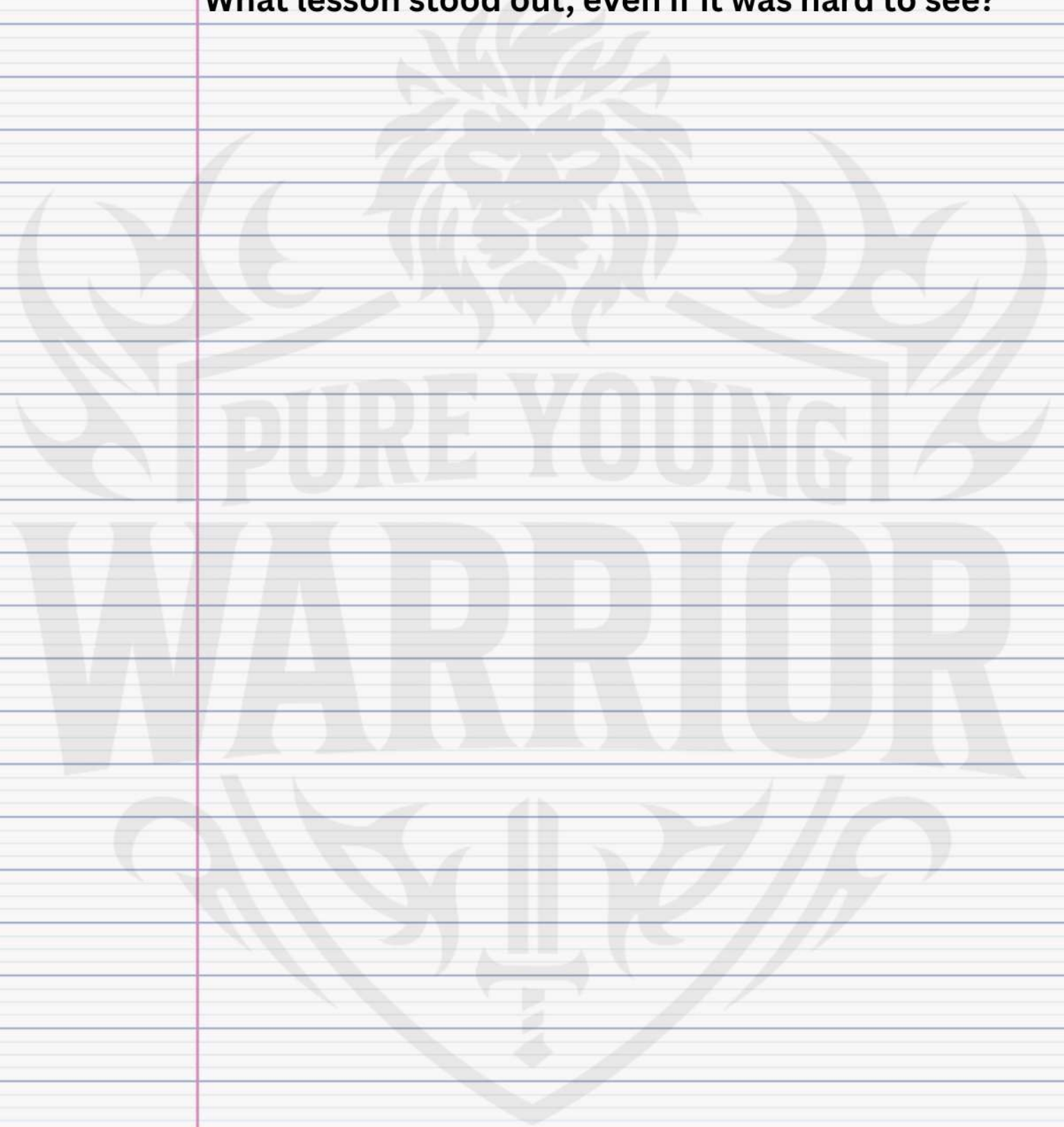
What will I change starting tomorrow?



wk 13 What I Learned About Myself

Every week teaches you something.

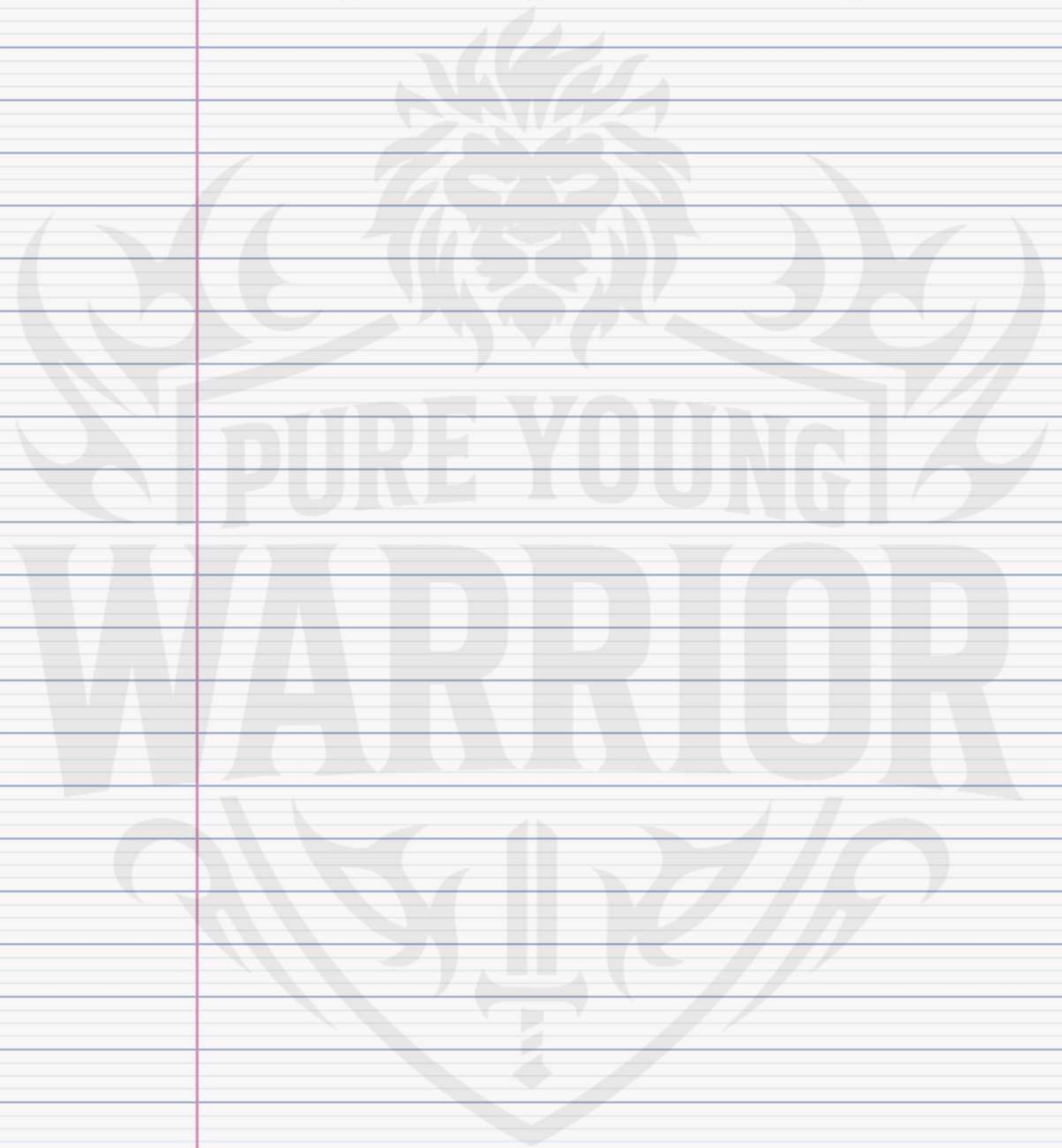
What lesson stood out, even if it was hard to see?



wk 13

My Focus for Next Week

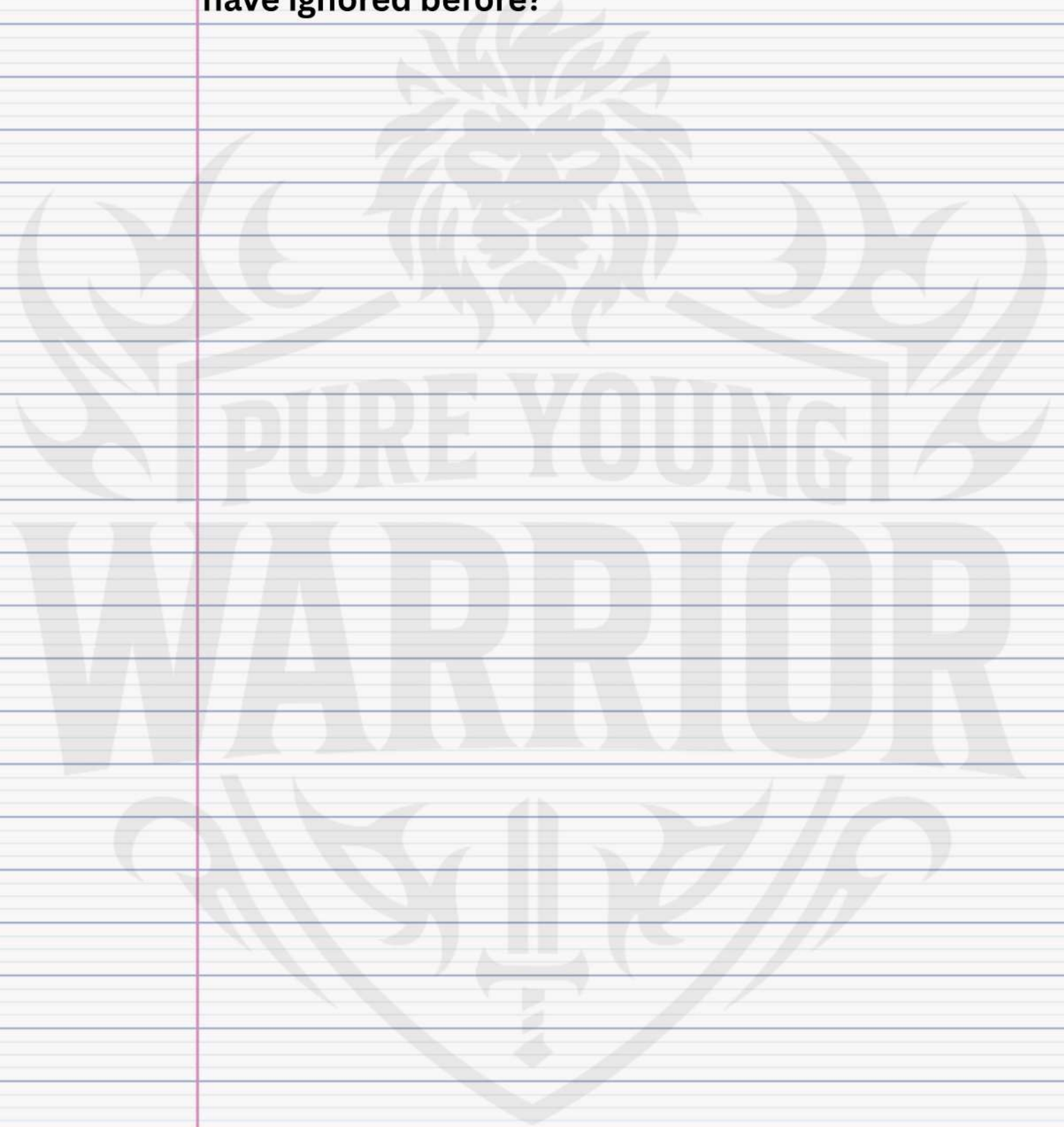
One thing I'm locking in for the next 7 days.



wk 13

Gratitude Check

What am I grateful for right now, something I might have ignored before?



COMPLETION (Day 90)

**You kept your word; that's what makes
you different now.**

**90 days ago, you made a promise to show up, to rebuild, and
to earn your own respect.**

**You fought through distraction, doubt, and days where no one
saw your effort.**

**You proved that discipline beats emotion and that self-
respect isn't given; it's built.**

This is the proof of who you've become.

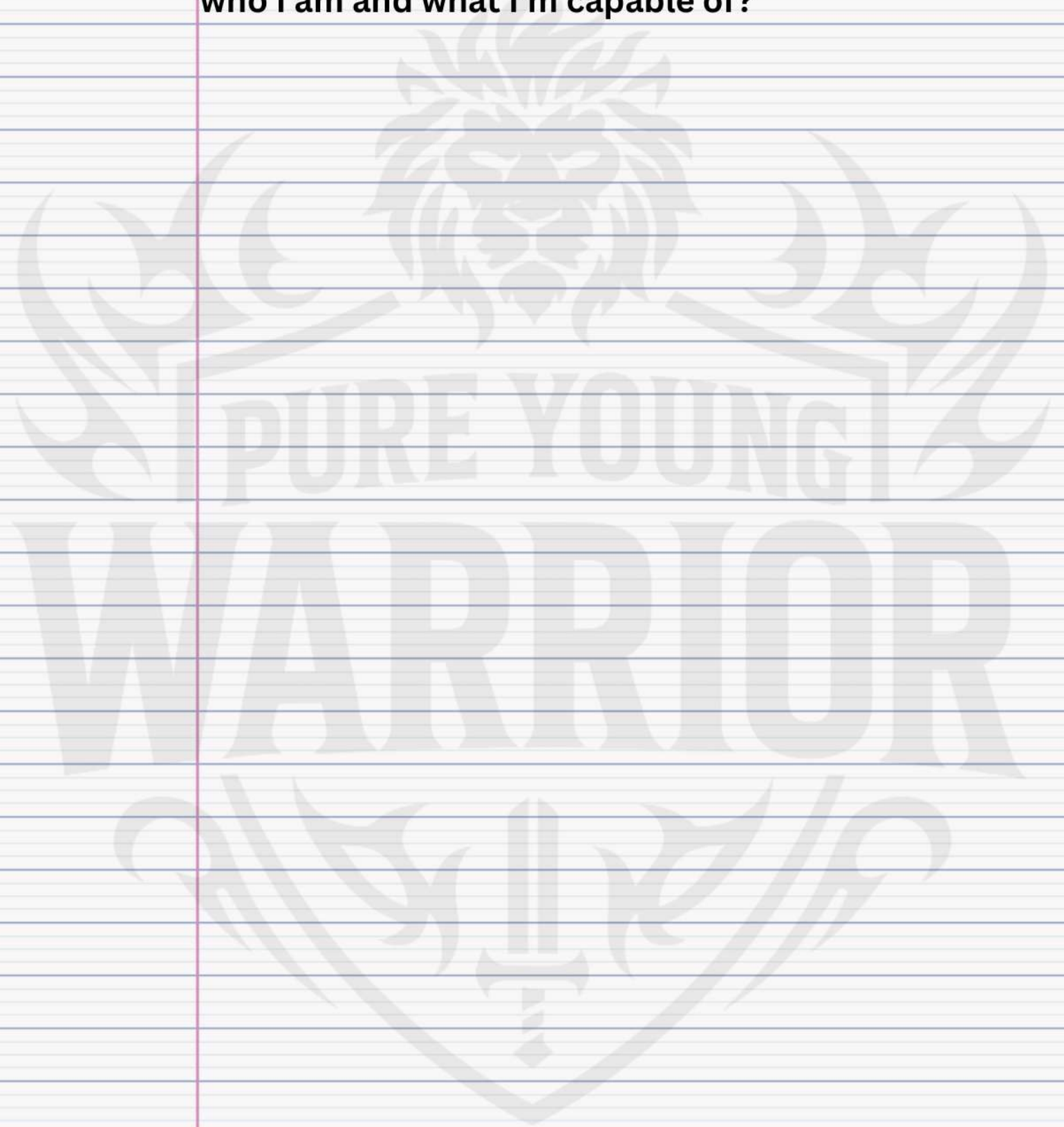
**The 90-Day Challenge ends here, but your Warrior Code
doesn't.**

You take it forward in how you train, think, and live.

I RISE

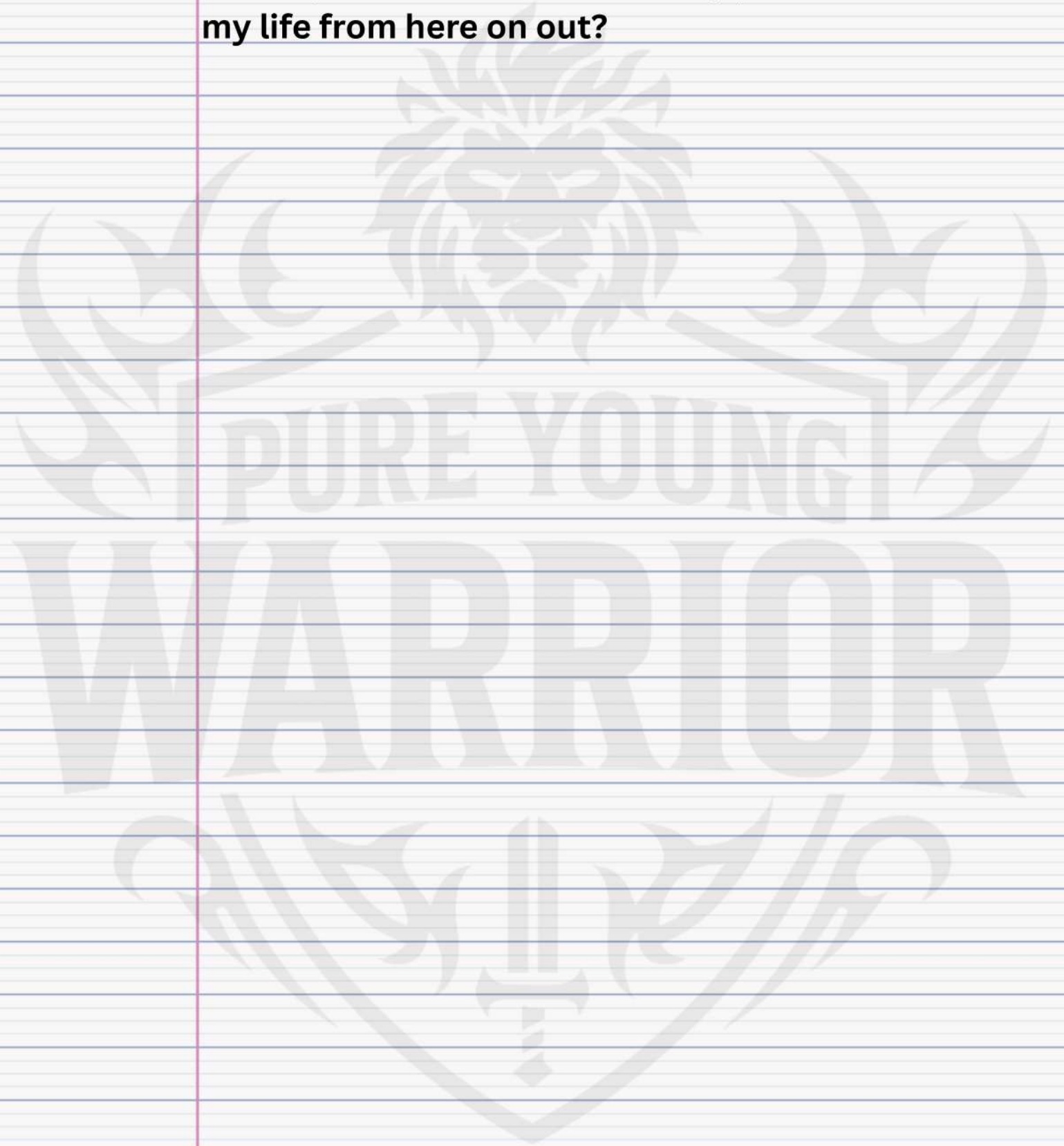
What I Learned About Myself

What truths did these 90 days teach me about who I am and what I'm capable of?



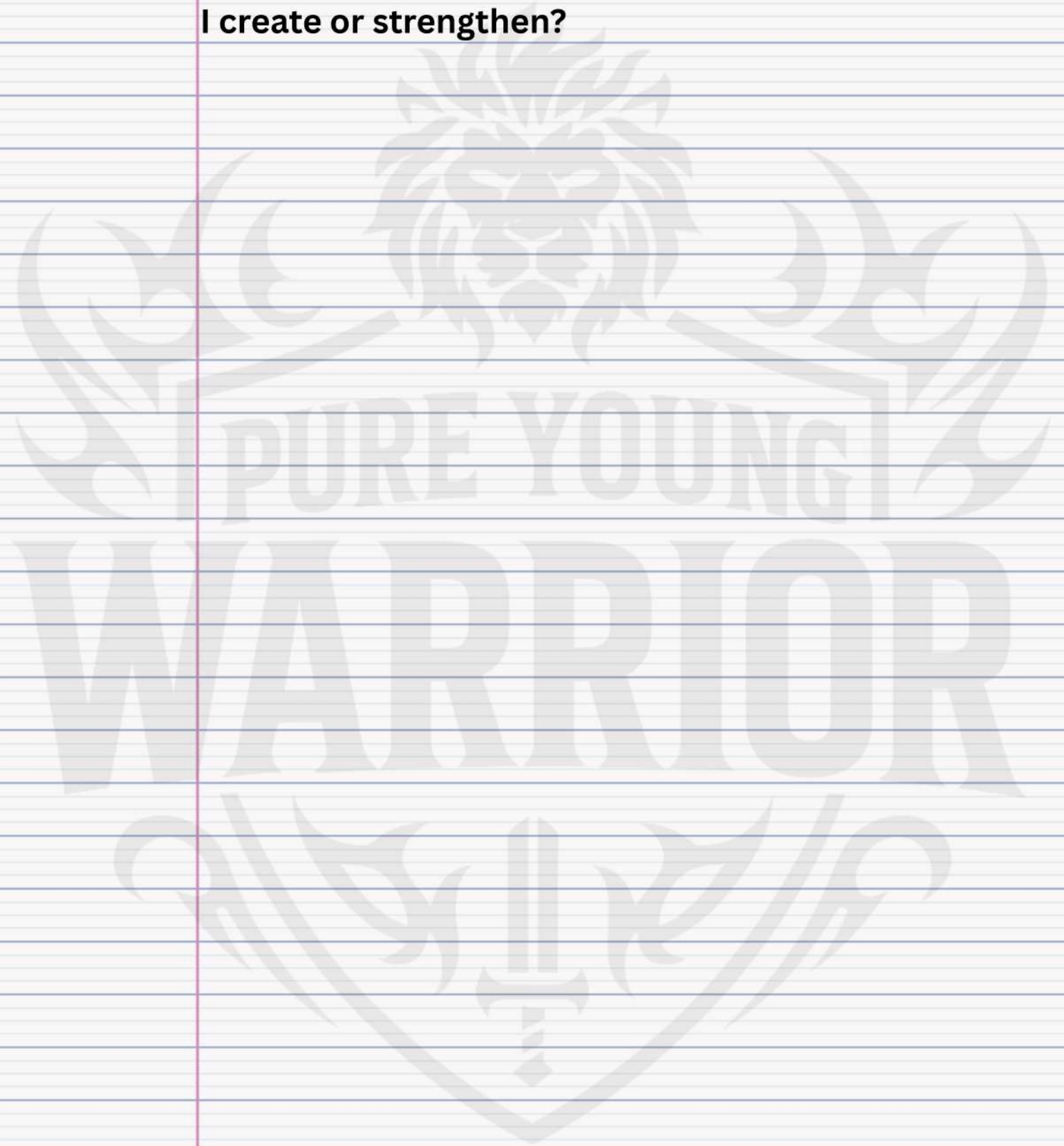
What Habits or Rules Will I Keep Going Forward

**Which parts of the code will stay part of
my life from here on out?**



What Did I Build in 90 Days

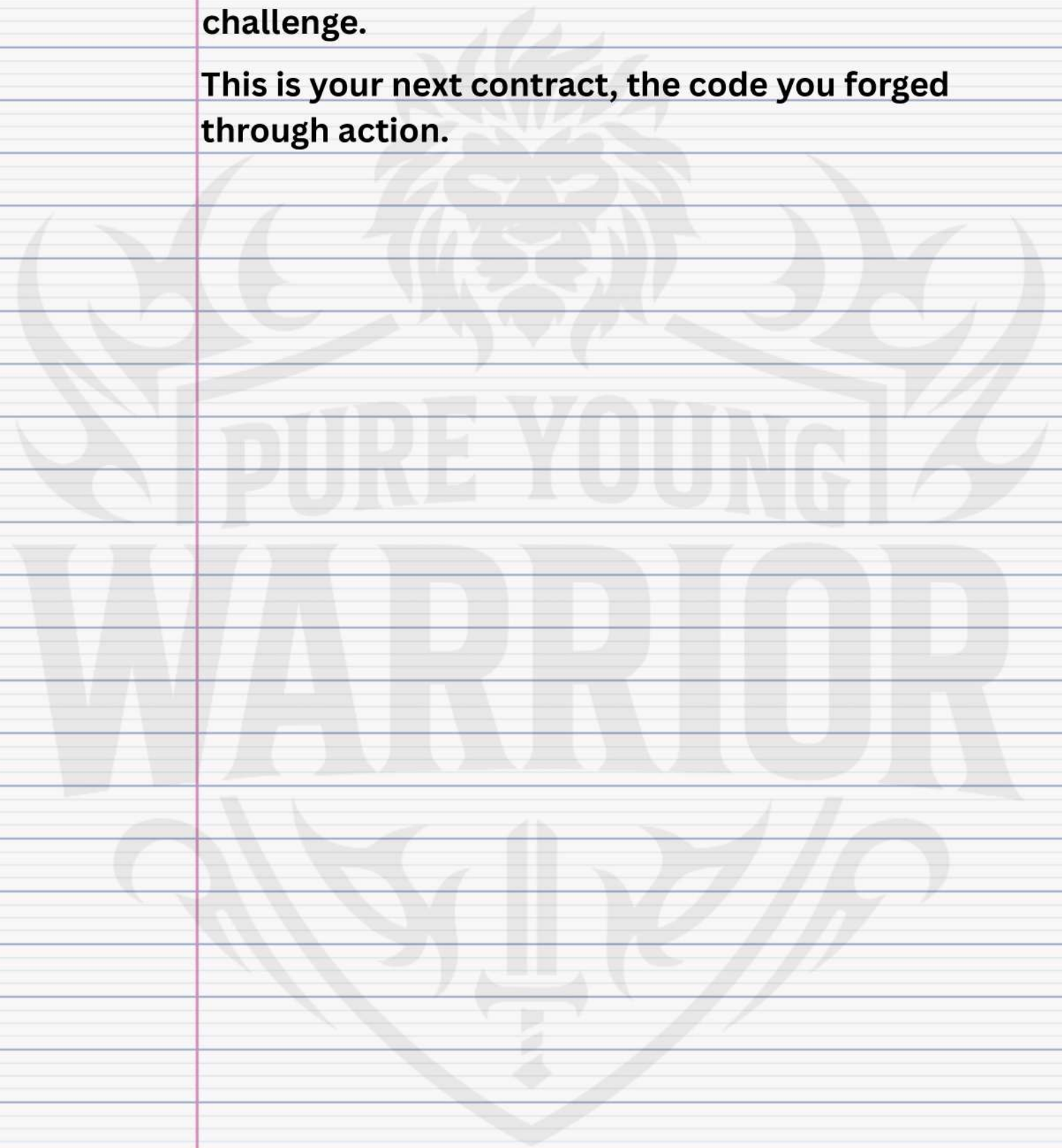
Physically, mentally, emotionally, spiritually, what did I create or strengthen?



My New Code

Write the rules or principles you'll live by after this challenge.

This is your next contract, the code you forged through action.





COMPLETION OATH

I, _____,

completed the 90-Day Pure Young Warrior Challenge.

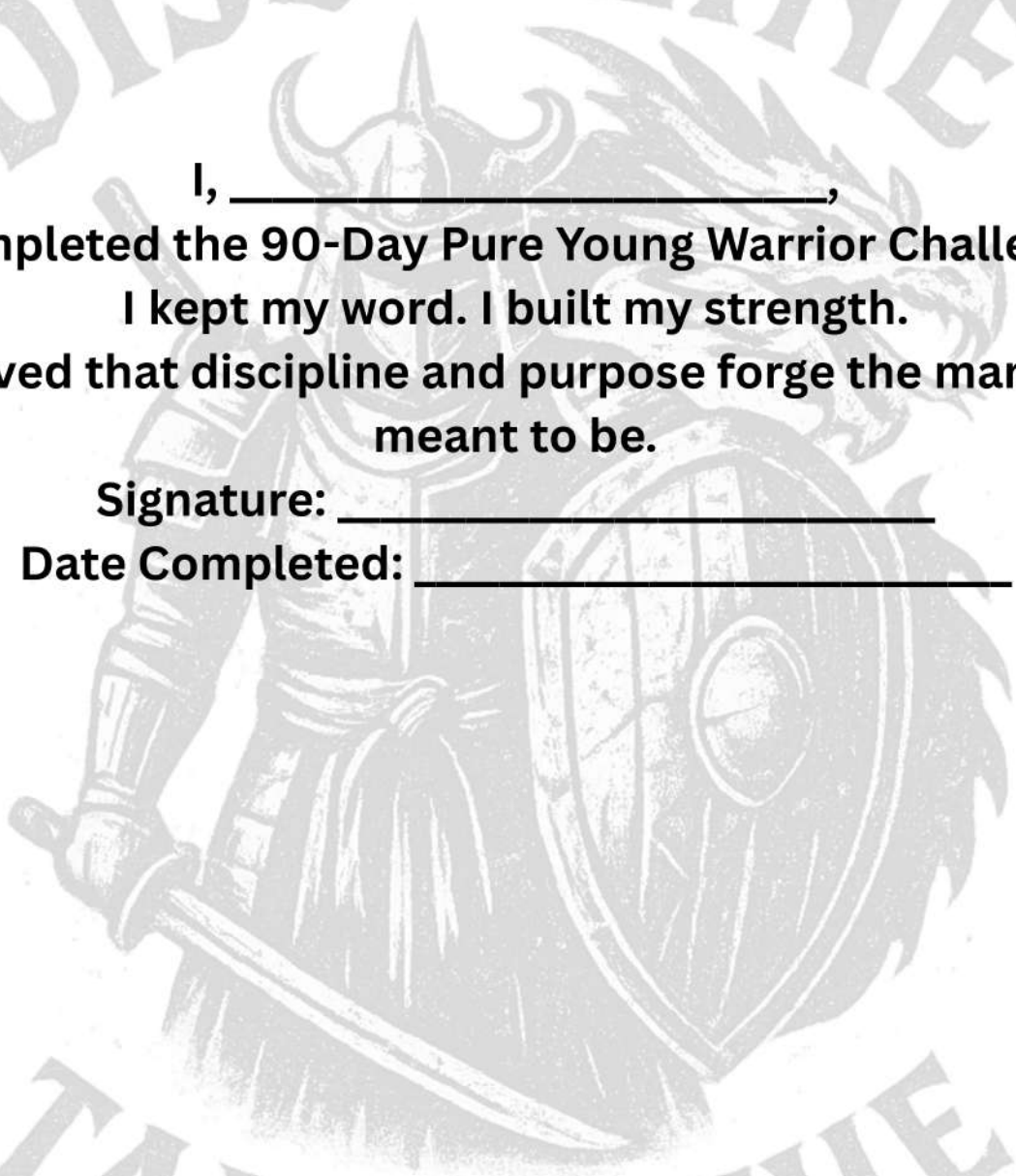
I kept my word. I built my strength.

I proved that discipline and purpose forge the man I was
meant to be.

Signature: _____

Date Completed: _____

DISCIPLINE



TAMES THE
DRAGON

"You became what you kept promising to be."

Pure Young Warrior Creed

BONUS SECTION

When motivation fades, return here.

MOTIVATION RESET

Read this when you want to quit.

You've come too far to go soft now.

**Remember the first day, when you signed your name and
said,**

"I'm done living small."

**You don't need to feel motivated; you need to remember
who you said you'd be.**

Look at everything you've already done.

The days you wanted to stop but didn't.

The mornings you moved when no one was watching.

That's who you are now.

Keep moving. Keep fighting. Keep your word.

The pain is temporary; the pride is permanent.

"When it gets hard, that's the proof you're still in the fight."

Pure Young Warrior Creed

QUICK AFFIRMATIONS

Use these when you need a reminder of who
you're becoming.

Say them out loud. Mean them.

Affirmation

- 1 I keep my promises, no matter how I feel.
- 2 I move with purpose, not permission.
- 3 I control my mind; my mind doesn't control me.
- 4 I do hard things calmly.
- 5 My discipline is louder than my doubt.
- 6 Stillness is strength.
- 7 Every brick I lay builds my future.
- 8 I am the proof of my own word.
- 9 I protect my energy like it's sacred.
- 10 I am becoming the person I needed.

WARRIOR QUOTES COLLECTION

Words to keep your fire burning.

Read one every morning or when you start to lose focus.

“Discipline is remembering what you want.”

“A quiet mind makes loud results.”

“The old you dies every time you follow through.”

“Comfort is the cage; struggle is the key.”

“You can’t fake consistency.”

“Earn your peace.”

“You don’t rise when it’s easy; you rise when you’re tired but still go.”

“The promise is the proof.”

“Do it in silence; let the results break the noise.”

“Every rep is a vote for the man you said you’d be.”

“Respect is built in private.”

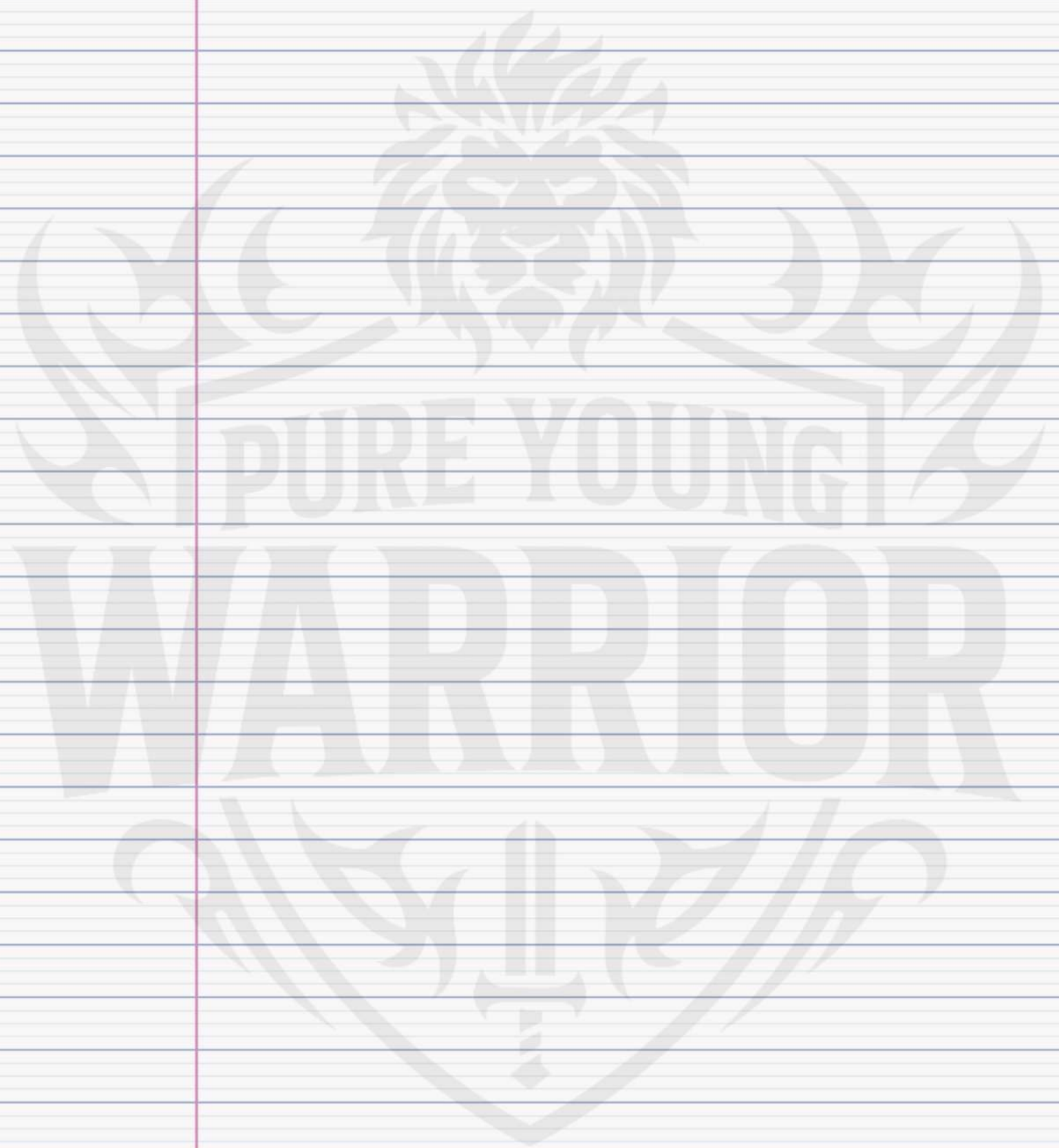
“Pain teaches what comfort hides.”

“The goal isn’t to be perfect; it’s to be unbreakable.”

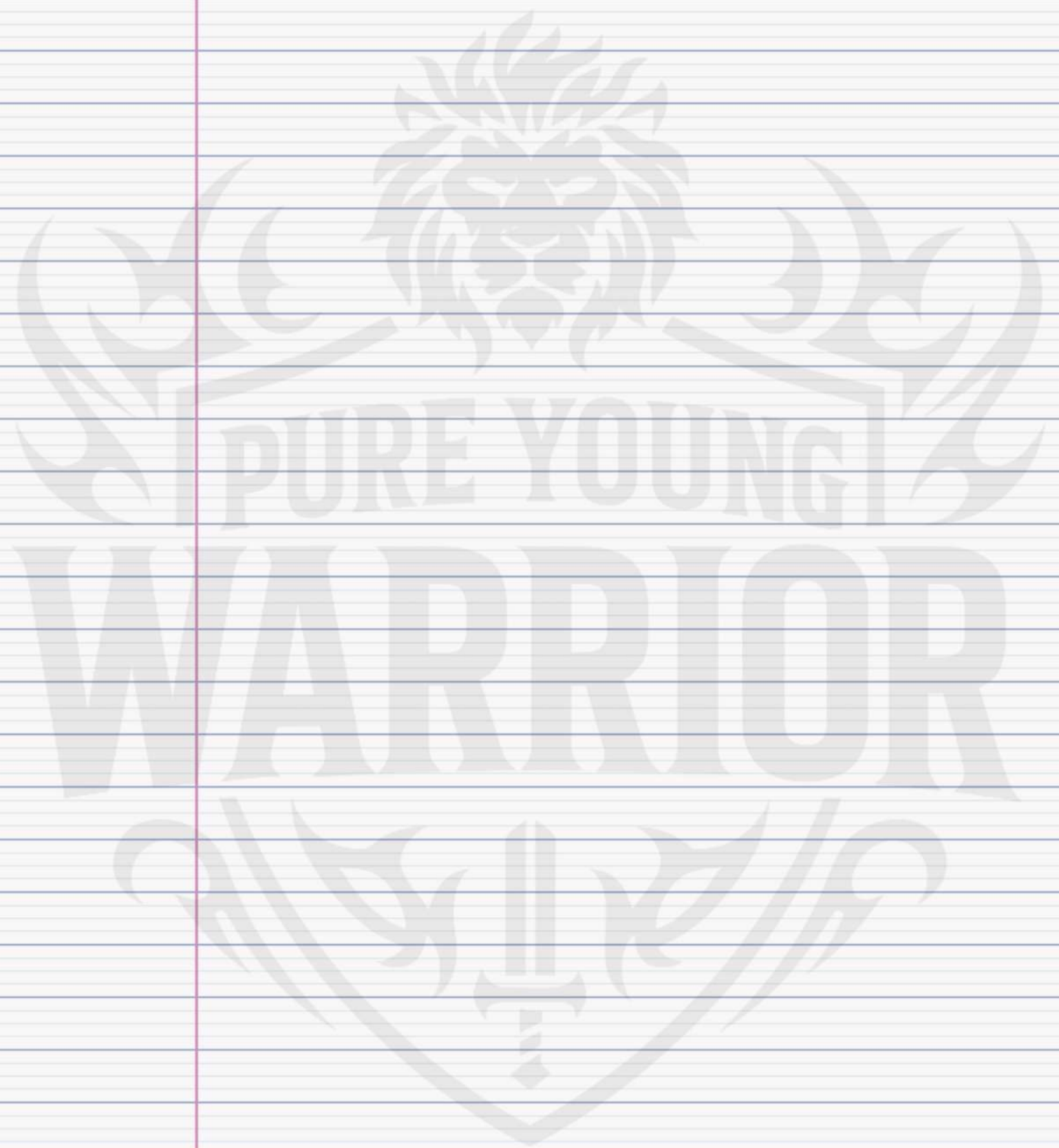
“You’ll never regret discipline, only hesitation.”

“Every sunrise is another chance to sharpen your edge.”

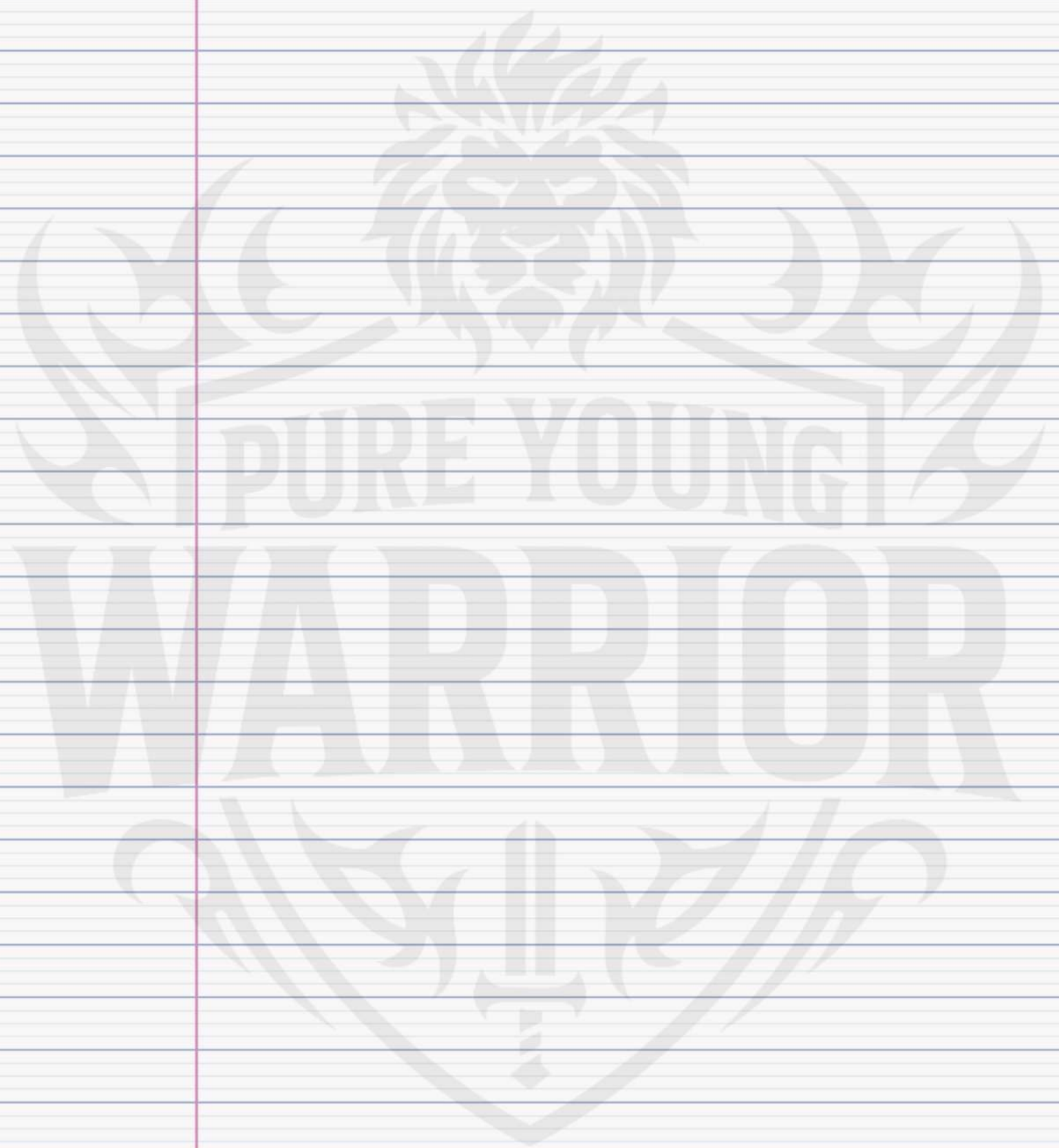
Read. Reflect. Reset. Repeat.



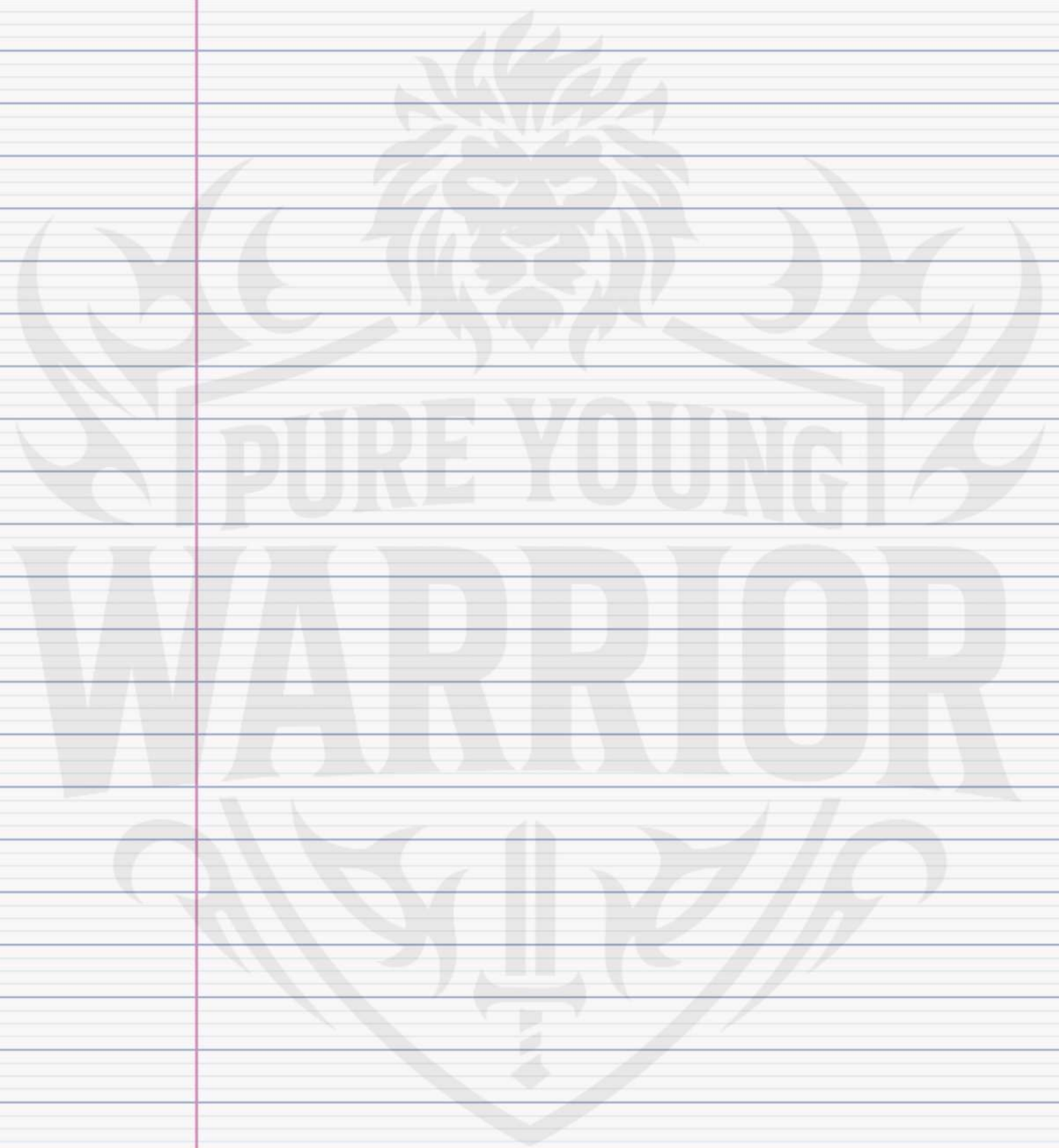
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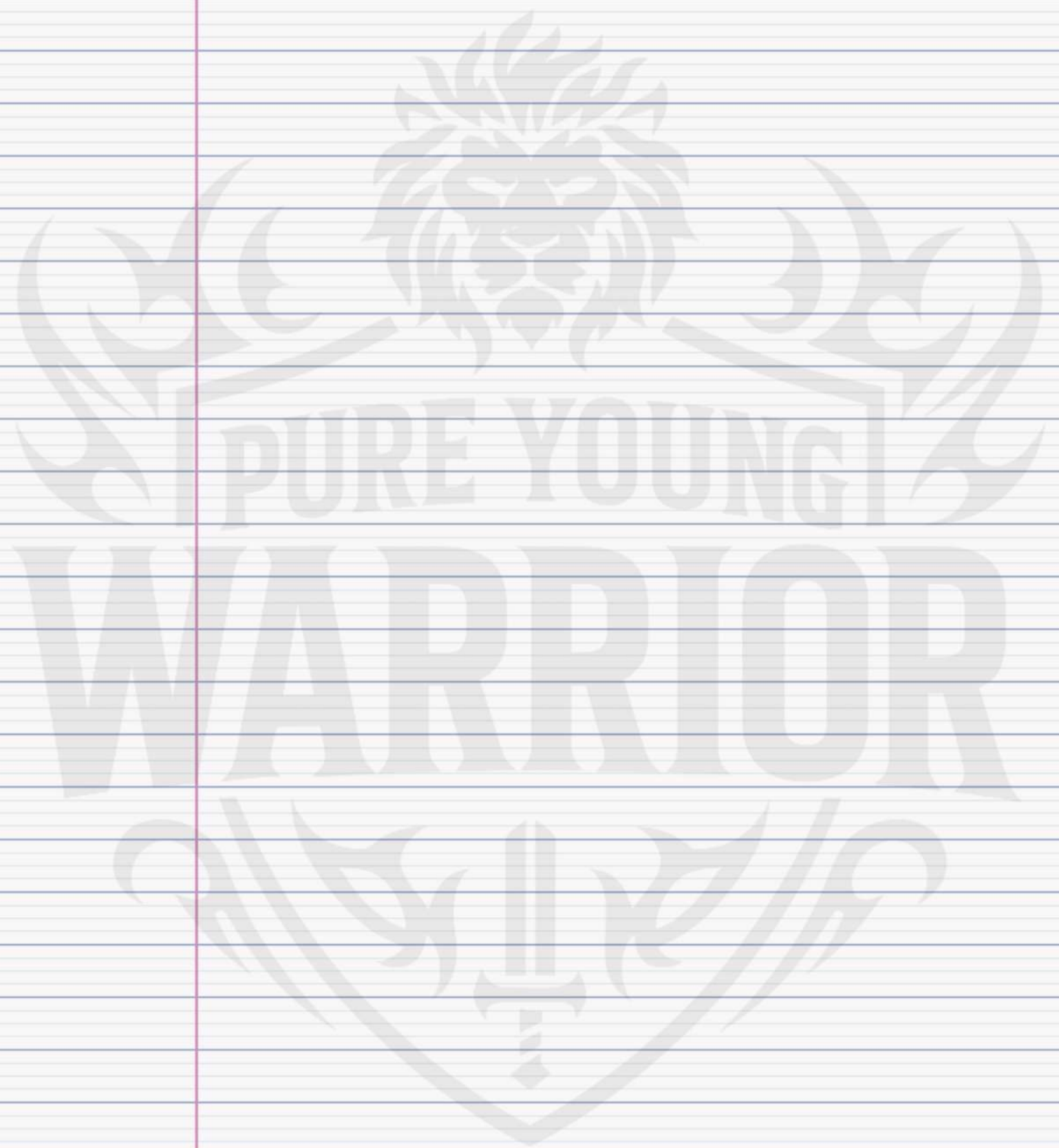
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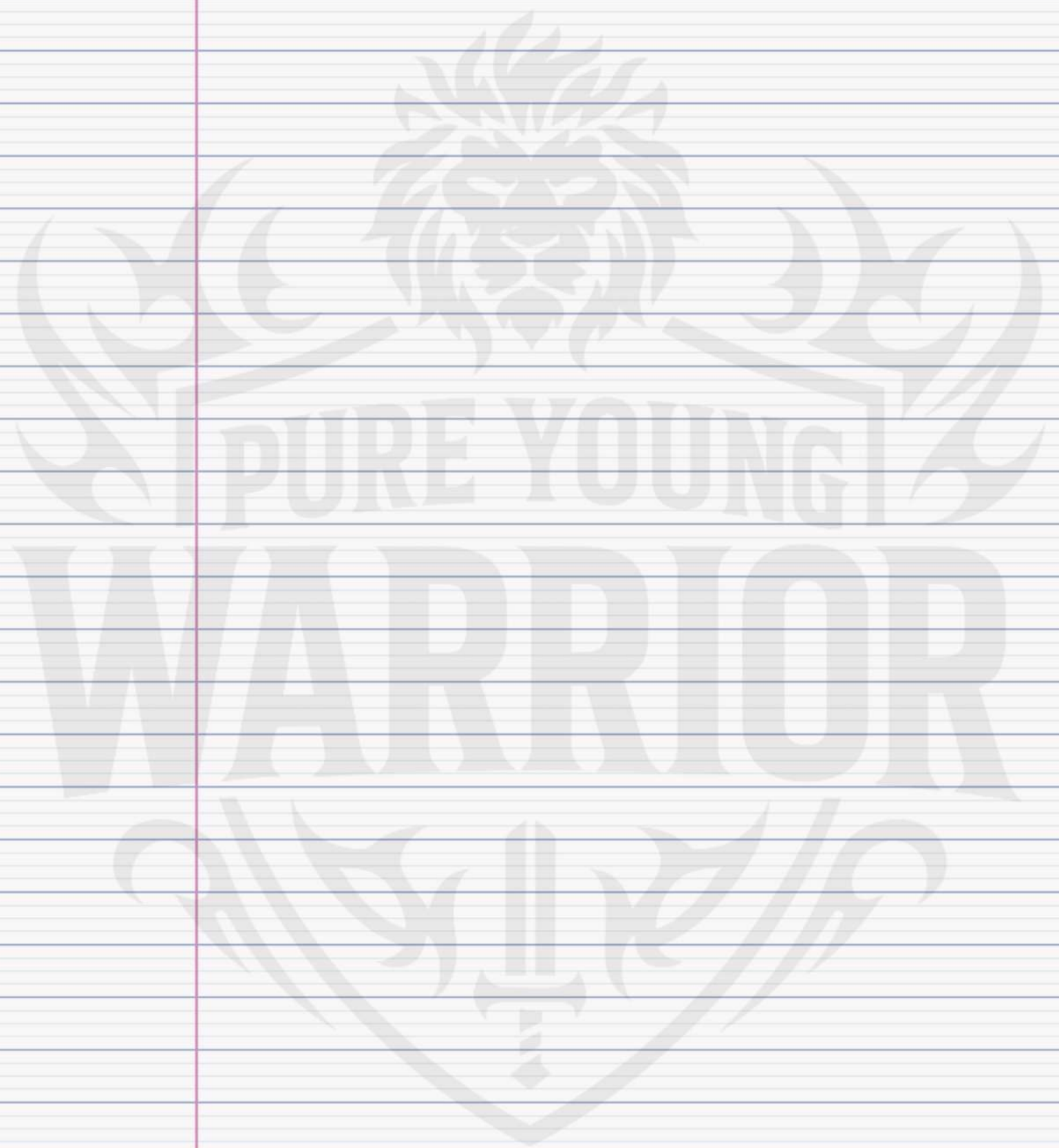
Read. Reflect. Reset. Repeat.



Read. Reflect. Reset. Repeat.



Read. Reflect. Reset. Repeat.



ASK A WARRIOR

You don't have to walk the path alone.

Every warrior hits moments where focus fades or life pushes back harder than expected.

That's where Ask a Warrior comes in, a place to reach out, ask for direction, and get perspective when you need it most.

You don't need to have it all figured out; you just need to keep moving forward.

WHAT IT IS

A space where you can send in your question about mindset, discipline, relationships, purpose, or anything that's testing your focus.

You'll get guidance written with the same honesty and toughness as this challenge, no fluff, no filters.

TWO WAYS TO USE IT

Free Guidance

Go to 🖱️ <https://pureyoungwarrior.com/pages/ask-a-warrior>
Start your message with “CONSENT: YES or NO.” If you allow us to use it to put in a video, it may help more people.

You’ll get a direct, straight-to-the-point response, built on the Warrior Code and focused on what actually helps. The first email is free.

€10 Deep Breakdown or plan or whatever you need after the first free email.

For when you want more than quick advice, if you choose the €10 full email plan, you’ll receive:

- A custom plan or step-by-step strategy based on your exact situation.
- Real structure, not vague motivation.
- A written plan you can follow immediately, tailored to you.

You’ll get your personal response directly by email, written with clarity, respect, and zero sugar coating.

“A true warrior learns faster when he’s willing to ask for direction.”

Pure Young Warrior Creed

**This isn't the end.
It's your new normal.**

**BECOME
THE PERSON**



YOU NEEDED

**Earn your own respect.
Pure Young Warrior**