

Chapter 14: Assignment

Expanding Your Limits with the Ranger Mindset

Objective: This assignment will help you identify a current limit in your life, break through it, and establish a new baseline. By the end of this assignment, you'll have a clear plan to push past your comfort zone and expand your abilities, building resilience and strengthening your Ranger Mindset.

Instructions:

1. Identify a Current Limitation

- Reflect on an area of your life where you feel limited or where you've reached a plateau. This could be in fitness, career, personal growth, or any other area.
 - Write a brief paragraph describing this limit. Why do you see it as a limit? What challenges or fears are holding you back?
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2. Set a New Baseline

- Define what it would look like to break through this limit. Set a goal that raises your standard in this area and feels both challenging and inspiring.
 - Make sure this goal is a SMART goal (specific, measurable, achievable, relevant, and time-bound) to ensure you have a clear target.
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3. Create an Action Plan for Incremental Improvement

- Using the Kaizen approach, outline small steps you can take daily or weekly to work toward this new limit. Think in terms of “1 percent better” improvements.
- Write down at least three specific actions you can start taking immediately to make progress on this goal.

4. Reflect on Your Mindset

- Consider the impact of pushing beyond this limit on your overall mindset. How will breaking through this boundary affect your confidence and resilience?
- Write a few sentences about how achieving this goal will change your perception of what’s possible and inspire you to set even higher goals.

5. Commit to the Journey

- Write a commitment statement to yourself about your determination to push beyond this limit, focusing on the Ranger Mindset values of resilience, discipline, and constant growth. Make it a powerful reminder to revisit whenever you feel challenged or lose motivation.

Outcome: Completing this assignment will help you clearly identify a limiting belief or challenge, set a new goal, and create a plan to reach it. This structured approach reinforces the Ranger Mindset, guiding you to see your limits not as fixed boundaries but as stepping stones to greater accomplishments.

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