Activity 3 **The Battle Strategy** **Time: 25 minutes**

Choose your #1 Dragon. Build your battle plan.

My #1 Dragon: _____

Phase 1: Intelligence Gathering

When does this dragon appear? (triggers, time of day, emotional states):

What does this dragon COST me? (opportunities missed, dreams delayed):

Phase 2: Battle Preparation

My pre-battle ritual (mental, physical, emotional preparation):

My support team (battle buddy, healer, strategist, cheerleader):

Phase 3: Combat Tactics

Instead of _____ (old response), I will _____

Instead of thinking _____, I will tell myself _____

My battle cry: