FREE SAMPLE

Welcome to The Battleground Within

Thank you for downloading this free sample. It contains **Session 1: The Monkey Mind**, the first of four sessions in The Battleground Within leadership program, based on the book by Bimal Amin.

What is in this sample

- **Facilitator Guide:** a 75-minute session anyone on your team can run, with a timed agenda, suggested words to say, discussion questions and follow-up messages.
- **Participant Worksheet:** print one for each person.

How to use it

Read the facilitator guide, print the worksheets, and run the session with your team. Or simply read it yourself and try the practice, The Repetition, this week.

The full Team Kit

The complete program has four sessions, each with its own practice:

Session	Theme	Practice
1	The Monkey Mind	The Repetition
2	Fear and the Spiral of What-Ifs	The Open Hand
3	Discernment Over Reaction	Three Breaths
4	Act Without Craving the Outcome + the Ninety-Day Return	The Release

It includes a Start Here guide, all four facilitator guides and worksheets, a built-in before-and-after measurement, and a Ninety-Day Return that keeps the program working after the last session.

Get the full Team Kit at resilientroots.ai

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THE BATTLEGROUND WITHIN · LEADERSHIP PROGRAM

Session 1

The Monkey Mind

The return is the training. The wandering was never the failure.

Facilitator Guide · Participant Worksheet · Follow-up Messages

75 minutes · 6 to 25 participants · in person or video call

Based on The Battleground Within: Turn Your Mind from Enemy to Ally by Bimal Amin. © 2026 Bimal Amin. Licensed for internal use by the purchasing organization only. Not for resale or redistribution.

Program at a glance

This pilot program has four sessions, run about two weeks apart. Each session takes one chapter of the book, turns it into a conversation, and ends with one small practice people carry into their work.

Session	Theme	The practice	Book chapter
1	**The Monkey Mind:** attention that will not stay where you put it	The Repetition	Chapter 2
2	**Fear and What-Ifs:** the grip that will not open	The Open Hand	Chapter 4
3	**Discernment Over Reaction:** seeing before reacting	Three Breaths	Chapter 8
4	**Act Without Craving the Outcome**, then the Ninety-Day Return	The Release	Chapter 6 + back of book

What participants will be able to do after Session 1

- Recognize the "monkey mind" in their own meetings, conversations and evenings, and name it without blaming themselves.
- Explain the core idea in one line: *the return is the training; the wandering was never the failure.*
- Use **The Repetition**, a practice that takes seconds, to bring attention back to the work or person in front of them.

Before the session

- Print one **Participant Worksheet** per person from the separate worksheet file (or share that file for video sessions).
- Read Chapter 2 of the book if you have it. This guide gives you everything you need if you do not.
- Have a timer, and pens. For video calls, set up breakout rooms of two or three.
- Ask participants to bring their phones. You will use them in one exercise.

Two things to say at the start of every session

This is not therapy. This program is about leadership and self-management. Nobody has to share anything personal. If something here raises a concern about your health or wellbeing, please talk to a qualified professional, or use our Employee Assistance Program. *[Insert your EAP contact.]*

About the source. The program draws on the Bhagavad Gita, an ancient Indian text, the way many leadership programs draw on the Stoic philosophers. You do not need any background in it, and nothing here asks you to adopt a belief. We use it because it describes the mind with unusual honesty.

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Session 1 agenda

Time	Segment	Format
0:00–0:05	Welcome and ground rules	Whole group
0:05–0:15	Baseline: "Which Mind Is Running Today?"	Individual, private
0:15–0:25	The Tuesday Morning Trap	Story read aloud + show of hands
0:25–0:35	The big idea: the factory setting	Facilitator talk
0:35–0:50	Exercise: The Monkey's Timesheet	Individual, then pairs
0:50–1:00	Business case: the $36 billion distraction	Small-group discussion
1:00–1:10	Try it now: The Repetition	Whole group, live practice
1:10–1:15	Commitment and Name the Leader	Individual, then close

Words in italics with a line beside them are suggested words to say. Put them in your own voice; you do not need to read them word for word.

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Step by step

0:00 · Welcome and ground rules (5 min)

Welcome everyone, introduce the program in one sentence, and read the two notes from the "Program at a glance" page. Then agree three ground rules:

- What is said here stays here.
- Share as much or as little as you like.
- Laughing at yourself is encouraged.

0:05 · Baseline: "Which Mind Is Running Today?" (10 min)

Ask everyone to turn to page 1 of their worksheet and mark each of the twelve statements that was true of them **this week**. This is private. Nobody hands it in.

> *Not in general, this week. It takes about three minutes. We will come back to this at the end of the program and see what has moved. The change is the only score that matters, and there is no grade.*

When they finish, ask them to circle which pair of statements had the most marks and write the date at the top. Do not ask anyone to share their results.

0:15 · The Tuesday Morning Trap (10 min)

Read this aloud, slowly. It is from Chapter 2 of the book.

> *It is 9:14 on a Tuesday morning. You have forty-six minutes before your most important presentation of the quarter. The slides are open on your screen. The coffee is hot. The room is quiet. Conditions could not be more ideal. And yet. You find yourself rereading an email from a colleague that mildly annoyed you on Friday. Then you are checking whether anyone liked your LinkedIn post from yesterday… Googling "how to give a powerful executive presentation," which opens fourteen tabs… Forty-three minutes have passed. You have not touched the slides. But you have thoroughly researched the Sony WH-1000XM5.*

Then ask for a show of hands:

- Who has had a Tuesday morning like that?
- Who has had one **this month**?
- What was your version of the noise-cancelling headphones?

Take two or three answers. Keep it light. The goal is recognition, not confession.

0:25 · The big idea: the factory setting (10 min)

Make three points.

1. This is not a productivity problem.

> *The mind is not broken when it wanders. It is doing exactly what an untrained mind does. The question is: who is in charge, you or the monkey?*

2. Even the best lose focus.

Tell the story briefly. Arjuna, the finest warrior of his generation, says to his teacher Krishna: *"The mind is restless, turbulent, obstinate and very strong. I think it is as difficult to control as the wind."* (Bhagavad Gita 6.34). Krishna does not call him weak. He says the mind is indeed restless, but it can be trained by **practice** and by **detachment**.

> *Not willpower. Not hustle. Not a better productivity app. Practice, and detachment.*

3. The cost is hidden.

> *The monkey does not steal your potential. It occupies it. The cost is not the missed deadline. It is the dinner you attended and did not attend, and the story your child told you that you cannot now recall.*

Point out that the monkey shows up in four places: **health** (the workout you thought your way out of), **relationships** (the "mm-hmm" at the right moments with no memory of the words), **work** (the strategy hour that became fourteen browser tabs), and **ambition** (the idea that got as far as a search and no further).

0:35 · Exercise: The Monkey's Timesheet (15 min)

Read the monkey's timesheet for a 30-minute family dinner aloud. Participants have it on their worksheet.

> *6:30 Sat down. Fully present. This lasted until 6:31. 6:31 Reviewed an email from this afternoon. Drafted a reply. Improved the reply. 6:34 Said "mm-hmm." Unclear what was agreed to. 6:36 Recalculated the quarter… 6:58 Noticed the plates were being cleared. Time billed: thirty minutes. Time spent at dinner: about four.*

Individual (6 min): each person writes their own monkey's timesheet for one recent meeting, conversation or evening, as honestly as they can remember.

Pairs (6 min): partners share whatever they are comfortable sharing and answer: *Which line surprised you? What did the monkey cost you in that half hour?*

Debrief (3 min): ask for one or two observations from the room.

> *The monkey does not take your evening in one piece. It takes it ninety seconds at a time, and it submits the timesheet in your name.*

0:50 · Business case: the $36 billion distraction (10 min)

Summarize the case from the book:

> *In 1998, Daimler-Benz and Chrysler announced a "merger of equals." In 2000, Daimler's CEO, Jürgen Schrempp, told the Financial Times he had never meant it; from day one the intention was a full takeover. Chrysler's leaders felt it from the first week. Daimler had paid $36 billion. In 2007 it handed 80% of Chrysler to a private equity firm for $7.4 billion.*
>
> *The monkey mind in the corner office did not look like distraction. It looked like ambition. It looked like vision.*

In groups of three, discuss:

- Where might our team mistake restlessness for vision or busyness for progress?
- What do the people around a distracted leader experience, even when nobody says anything?
- What is one meeting we hold that the monkey usually runs?

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1:00 · Try it now: The Repetition (10 min)

Introduce the practice:

> *Every time you notice the mind has left where you put it, bring it back. That is one repetition. Not a failure, a repetition. You are not trying to stop the wandering; you are training the noticing, and the noticing is the muscle.*

Live practice (2 minutes): everyone puts their phone face down, out of reach. Ask them to rest their attention on their breathing (just noticing it, not controlling it) and make a tally mark on their worksheet each time they notice their mind has wandered and bring it back. Time two minutes.

Debrief: ask how many repetitions people counted. Celebrate high numbers.

> *If you counted twelve, you did not fail twelve times. You did twelve repetitions. That is the whole practice.*

Mention the night-time version from the book: at 2 a.m., do not try to think your way through the spiral. Gently notice your breathing. The monkey will interrupt; you notice, and return. It runs out of audience.

1:10 · Commitment and Name the Leader (5 min)

Ask each person to complete the last page of their worksheet:

- **My practice this fortnight:** where they will do The Repetition. Suggest the book's challenge: dinner, with the phone in another room. Not face down. Another room.
- **Name the Leader:** someone whose mind races like everyone's, yet who has learned to bring it back and focus. Encourage them to tell that person.

> *The return is the training. The wandering was never the failure. See you in two weeks.*

> **If something comes up**
>
> **Someone shares something heavy** (sleeplessness, burnout, family strain): thank them, do not try to solve it in the room, and afterwards point them privately to the EAP or a qualified professional.
>
> **Someone challenges the religious source:** acknowledge it, and repeat that the program uses the text the way others use Stoic philosophy. The practices themselves are practical and secular.
>
> **Someone says "I just need to try harder":** go back to Krishna's answer. Not willpower. Practice.

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Follow-up messages

Send these by email, Teams or Slack after the session. They keep the practice alive between sessions, and they take about a minute to send.

Day 2: The reminder

Subject: The return is the training

A quick reminder from Session 1. Every time you notice your mind has left the meeting, the email or the conversation, and you bring it back, that is one repetition. Not a failure. A repetition. How many will you do today?

Day 5: The dinner challenge

Subject: Phone in another room

Tonight's challenge: eat dinner with your phone in another room. Not face down on the table. Another room. Notice how many times your hand reaches for an empty pocket. Each one is the monkey caught mid-leap. That is the practice.

Day 10: The check-in

Subject: What did the monkey bill this week?

Halfway to Session 2. Take thirty seconds: where did you catch the monkey this week, and where did it get away? Bring one example to our next session. No grade, just data.

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Participant Worksheet

The Battleground Within · Session 1: The Monkey Mind

This worksheet is yours. Nobody will collect it.

1 · Which Mind Is Running Today?

Mark each statement that was true of you **this week**, not in general. Date: _____

☐	Statement
☐	1. I sat down to do one thing and, an hour later, had done several others.
☐	2. Someone I care about was talking to me, and I cannot now tell you what they said.
☐	3. I defended a position that I had privately stopped believing.
☐	4. There is an apology I owe and have not made, because they should go first.
☐	5. I ran the same scenario in my head more than three times and it never resolved.
☐	6. There is something I have not started because the timing is not right.
☐	7. I walked into a room fully prepared and felt like a fraud.
☐	8. Something went well and, within the hour, I had found what was wrong with it.
☐	9. I checked for a reply, a number or a reaction so often that I could not do the work in front of me.
☐	10. Sunday evening arrived in my shoulders or my chest before it arrived in my thoughts.
☐	11. I answered an email, a comment or a tone, and knew five seconds later that I had answered the wrong thing.
☐	12. I ended most days tired in the way that depletes, not the way that satisfies.

Where most of your marks fell	What it points to
1 and 2	The Monkey Mind: attention that will not stay where you put it
3 and 4	The Ego Trap: defending a position because it is yours
5 and 6	Fear and What-Ifs: the grip that will not open
7 and 8	The Inner Critic: the voice in your own voice
9	Craving the Outcome: holding the result too tightly to do the work
11	Reaction before Discernment: answering before seeing
10 and 12	Purpose: the body's report on the life you are living

My loudest mind this week: _____

2 · The Monkey's Timesheet

The book's example: one family dinner, 30 minutes.

Time	Where the monkey went
6:30	Sat down. Fully present. This lasted until 6:31.
6:31	Reviewed an email from this afternoon. Drafted a reply. Improved the reply.
6:34	Said "mm-hmm." Unclear what was agreed to.
6:36	Recalculated the quarter.
6:40	Returned briefly. Someone was describing a science project. There is a volcano in it.
6:45	Replayed a remark from a meeting three days ago. Composed a better answer. It was excellent.
6:52	Planned Saturday. Replanned Saturday.
6:58	Noticed the plates were being cleared.

Time billed: thirty minutes. Time spent at dinner: about four.

Now yours. Pick one recent meeting, conversation or evening. What was it?

_____

Time	Where the monkey went

Time billed: _____ Time actually present: _____

What did the monkey cost you in that half hour?

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3 · The $36 billion distraction

Where might our team mistake restlessness for vision, or busyness for progress?

4 · The Repetition

Every time you notice the mind has left where you put it, bring it back. That is one repetition. Not a failure: a repetition.

Live practice: tally each return.

Repetitions counted: _____

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5 · My practice this fortnight

Where and when will I do The Repetition? *(The book's challenge: dinner, with the phone in another room. Not face down. Another room.)*

Day	Where I practised	Reps noticed	What I noticed
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Name the Leader

Think of a leader you know whose mind races like everyone's, yet who has learned to bring it back and focus. They may lead at work, at home, or anywhere their example steadies others.

Their name: _____

The moment you remember:

Consider telling them. Few of us ever tell our leaders what they taught us.

The principle: *The return is the training. The wandering was never the failure.*

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