

RAPID INTAKE SUMMARIES: MAKE YOUR BED
ADMIRAL WILLIAM H. MCRAVEN

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~ ADMIRAL WILLIAM H. MCRAVEN ~

MAKE YOUR BED

LITTLE THINGS THAT CAN CHANGE YOUR LIFE... AND MAYBE THE WORLD

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I. THE SUMMARY: MAKE YOUR BED

Ch01: Start Your Day with a Completed Task.

"If you want to change the world... start off by making your bed."

"Making my bed correctly was not going to be an opportunity for praise. It was expected of me. It was my first task of the day and doing it right was important. It demonstrated discipline. It showed my attention to detail, and at the end of the day it would be a reminder that I had done something well, something to be proud of, no matter how small the task."

"In battle soldiers die, families grieve, your days are long and filled with anxious moments. You search for something that can give you solace, that can motivate you to begin your day, that can be a sense of pride in an oftentimes ugly world. It is daily life that needs this same sense of structure. Nothing can replace the strength and comfort of one's faith, but sometimes the simple act of making your bed can give you the lift you need to start your day and provide you the satisfaction to end it right."

Ch01: Start Your Day with a Completed Task.

In this chapter, we learn that by accomplishing a simple task first thing in the morning starts a momentum of achieving success that would follow for the rest of the day.

It starts out with Admiral William H. McRaven (U.S. Navy Retired) sharing his morning routine at the time of his basic SEAL training days. As soon as he gets up he immediately begins to make his bed as his first task of the day followed by strict inspections, rigorous physical training, and a long day of verbal harassment from the SEAL instructors.

The SEAL instructor checked every angle of his uniform and bed making sure it was correctly done with exact requirements or face punishment by literally making him roll around on the beach until he was covered from head to toe with wet sand.

Ch01: Start Your Day with a Completed Task.

This precise completion of his bed did not get praises as it was expected of him. The Admiral says, ***"It was my first task of the day and doing it right was important. It demonstrated my discipline. It showed my attention to detail, and at the end of the day it would be a reminder that I had done something well, something to be proud of, no matter small the task."***

For most of his life in the Navy, he relied on this precise way of making his bed as his very first task to give him a sense of pride that sets the mood for his entire day.

Thirty years later, the Twin Towers came down in New York City and America was being attacked. During this time, as he was recovering from a serious parachute accident, he spent most of his days lying on a hospital bed wishing he could serve with his fellow warriors during the fight.

At the very moment when he was able to lift his body all by himself, he immediately made his hospital bed looked presentable and it was his way of showing that he conquered this adversity and was ready to serve his country again in the field.

Ch01: Start Your Day with a Completed Task.

In the ten years he served, the retired Admiral expresses his gratitude of working with all types of people from generals to clerk typists, and commends all the Americans who were deployed overseas and risked their lives for protecting this great nation.

To end this first chapter, the admiral says that,

"In battle soldiers die, families grieve, your days are long and filled with anxious moments. You search for something that can give you solace, that can motivate you to begin your day, that can be a sense of pride in an oftentimes ugly world. It is daily life that needs this same sense of structure. Nothing can replace the strength and comfort on one's faith, but sometimes the simple act of making your bed can give you the lift you need to start your day and provide you the satisfaction to end it right."

And so he concludes, ***"If you want to change your life and maybe the world-start off by making your bed!"***

Ch02: You Can't Go It Alone.

"If you want to change the world... find someone to help you paddle."

"I learned early on in SEAL training the value of teamwork, the need to rely on someone else to help you through the difficult task."

"No SEAL could make it through combat alone and by extension you need people in your life to help you through the difficult times."

"You cannot paddle the boat alone. Find someone to share your life with. Make as many friends as possible, and never forget that your success depends on others."

Ch02: You Can't Go It Alone.

In this chapter, we learn the power and importance of teamwork as its indispensable to get through challenges and ultimately reach success.

Admiral McRaven shares his learning lessons at the basic SEAL training and he says, ***"I learned early on in SEAL training the value of teamwork, the need to rely on someone else to help you through the difficult task."***

As part of basic SEAL training, where ever the trainees went they had to physically carry a raft behind their backs. They went through sand dunes, they went on highways, and they went along the shores in different positions. Then they had to paddle their way against the waves of the seas along the shorelines for many miles as part of their training.

Occasionally they would have a team member who would get sick and could not give their best performance, and to compensate for this, others would have to put in more effort than the usual to get the job done. Sometimes they even shared their rations with each other for extra strength and they would all return the favor in some way shape or form.

Ch02: You Can't Go It Alone.

They all realized that they needed each other and the retired Admiral says, "***The small rubber boat made us realize that no man could make it through training alone.***"

Unfortunately, he would get into a serious accident during a routine parachute exercise that left him bedridden for weeks. Unable to do anything, he lied in his bed with self-pity. However, his wife Georgeann would not let this happen to him. She did not let Willam feel sorry for himself, but instead she'd remind him and the assurance of who he truly is.

In addition, his friends would visit him to give him support and encouragement including his boss, Admiral Eric Olson who found a loop hole to avoid McRaven to have a medical evaluation to see whether he still had the ability to serve in the military or not.

Admiral McRaven then ends this chapter by saying, "***You cannot paddle the boat alone. Find someone to share your life with. Make as many friends as possible, and never forget that your success depends on others.***"

Ch03: Only the Size of Your Heart Matters.

"If you want to change the world... measure a person by the size of their heart."

"SEAL training was always about proving something. Proving that size didn't matter. Proving that the color of your skin wasn't important. Proving that money didn't make you better. Proving that determination and grit were always more important than talent. I was fortunate to learn that lesson a year before training began."

"In 1969, Tommy Norris was almost booted out of SEAL training. They said he was too small, too thin, and not strong enough. But much like the young sailor in my class, Norris proved them all wrong and once again showed that it's not the size of your flippers that count, just the size of your heart."

Ch03: Only the Size of Your Heart Matters.

In this chapter, we learn that your heart and passion matters more than your actual abilities as they give you the drive to succeed.

As the students were getting their life jacket inspected by the SEAL instructors in preparation for a two-mile swim as part of their training, the instructor came to the man, a brand-new recruit right next to McRaven.

The instructor, who was at least six foot two in height was towering over the man who was just about five foot four. As the instructor glanced over the loud raging waves of the sea, he said, "You're a tiny little man... Those waves out there could break you in half... You should think about quitting now before you get hurt."

With conviction, the new-recruit replied, "I won't quit!" Then the instructor came closer and whispered something in the student's ear, but William could not discern what was being said due to the sound of the breaking waves.

Later that day, the "tiny little man" came near the head of the class, and William pulls him aside and asked what the instructor had whispered. The man smiled and said, "Prove me wrong!"

Ch03: Only the Size of Your Heart Matters.

Admiral William H. McRaven says that, ***"SEAL training was always about proving something. Proving that size didn't matter. Proving that the color of your skin wasn't important. Proving that money didn't make you better. Proving that determination and grit were always more important than talent."***

This chapter then transitions into a time when William was still a first-class midshipman attending his summer cruise as part of the Naval Reserve Officers Training Corp program. In being interested about becoming a SEAL he was visiting the basic SEAL training facility across the bay in Coronado to acquire more about the program.

When he gets to the facility he was met by two SEAL instructors who were both tall and built. He was then asked to wait for the Lieutenant Doug Huth, who would give more information about the SEAL training program.

As William was waiting for the lieutenant, he walked up and down the hall to look at the pictures on the walls. There were inspiring photographs of the many SEALs that served in Vietnam. He then noticed that he wasn't alone in the hall looking at the pictures, he describes this man who was wearing a civilian attire as "slightly built, almost frail, and a mop of dark hair hung Beatle-like over his ears."

Ch03: Only the Size of Your Heart Matters.

In his own mind, he was comparing this man to the two SEAL instructors he met earlier and questions the man's ability whether he can endure the long and hard training of becoming a SEAL based on his small stature.

A few minutes later William gets called into the office of Lieutenant Doug Huth and they start talking about what it takes to be a SEAL warrior. As Lieutenant Huth shares his experiences, he suddenly stops talking and looks over to the man behind William. He calls over the man and introduces him as Tommy Norris, the last SEAL Medal of Honor recipient from Vietnam.

Tommy Norris was the same man William thought who was too frail to make it through the SEAL training.

This chapter ends with, ***"In 1969, Tommy Norris was almost booted out of SEAL training. They said he was too small, too thin, and not strong enough. But much like the young sailor in my class, Norris proved them all wrong and once again showed that it's not the size of your flippers that count, just the size of your heart."***

Ch04: Life's Not Fair - Drive On!

"If you want to change the world... get over being a sugar cookie and keep moving forward."

"Because, Mr. Mac, life isn't fair and the sooner you learn that the better off you will be."

"Sometimes no matter how hard you try, no matter how good you are, you still end up as a sugar cookie. Don't complain. Don't blame it on your misfortune. Stand tall, look to the future, and drive on!."

Ch04: Life's Not Fair - Drive On!

In this chapter we learn that life is not fair, and to keep on going no matter how many times life may try to beat you down.

Admiral McRaven takes us back to a time when he "committed a violation of the SEAL training rules" and therefore he had to make himself a "sugar cookie" as punishment. Basically, he had to roll around the beach until every inch of his body and clothing was covered in wet sand and was required to stay that way for the rest of the day.

The Admiral explains that being a "sugar cookie" was probably one of the most uncomfortable part in SEAL training as it tested your patience and determination. He said that the SEAL instructors, other than as a form of punishment, would occasionally order the trainees to make themselves "sugar cookies" at random times with no apparent reason.

Understandably, the students did not like this because even if they gave a great performance during training, they still could get punished. Sometimes they'd get a praise, and sometimes they still got wet and sand all over them.

Ch04: Life's Not Fair - Drive On!

As William was finishing covering his entire body with wet sand, with forced enthusiasm, he came back running to Lieutenant Phillip L. Martin to await for more orders. William was finally asked by Lieutenant Martin on the reason to why he was getting punished and he truthfully answered as "no." The officer then replied, ***"Because, Mr. Mac, life isn't fair and the sooner you learn that the better off you will be."***

The chapter then transitions into the brief story of how Lieutenant Martin got into a head on bicycle collision accident with another rider.

William describes how Moki (Lieutenant Martin), expert and experienced Veteran- as a super talented athlete who would ride his bike for thirty miles up and down the coast of Coronado beach every morning. Then one on Sunday, riding as fast as he could at about twenty-five miles per hour-he never saw an oncoming bicycle-but unfortunately he had a head-on bicycle collision with another rider.

While this accident paralyzed Moki from the waste down leaving only with limited movements in his arm, he never heard him complain of his situation. He actually became a father and founded the Super Frog Triathlon that is held every year in Coronado, CA.

Ch04: Life's Not Fair - Drive On!

The lesson here? Admiral McRaven ends this chapter with, ***"Sometimes no matter how hard you try, no matter how good you are, you still end up as a sugar cookie. Don't complain. Don't blame it on your misfortune. Stand tall, look to the future, and drive on!"***

Ch05: Failure Can Make You Stronger.

"If you want to change the world... don't be afraid of The Circus."

"In life you will face a lot of Circuses. You will pay for your failures. But, if you persevere, if you let those failures teach you and strengthen you, then you will be prepared to handle life's toughest moments."

"I realized that the past failures had strengthened me, taught me that no one is immune from mistakes. True leaders must learn from their failures, use the lessons to motivate themselves, and not be afraid to try again or make the next decision... You can't avoid The Circus. At some point we all make the list. Don't be afraid of The Circus."

Ch05: Failure Can Make You Stronger.

In this chapter, we learn the lesson of perseverance, to keep on going regardless of how many failures you may face.

It starts with Admiral McRaven taking us to the time when he and Marc, his swimming buddy were being punished for finishing last in the pack during the swim training in the open ocean.

The SEAL instructors expected more of them as they were going to become officers in the future in contingent to passing the training. So the officer yelled at the two, "You call yourself officers? Officers in the SEAL Teams lead the way. They don't come in last on the swims. They don't embarrass their class."

As they were performing push-ups as punishments, the SEAL instructor wrote them down to be on the Circus List.

Being in The Circus was not a good thing. If you failed The Circus, the instructors saw you as a failure. For some students, it was The Circus that would cause them to quit.

Ch05: Failure Can Make You Stronger.

Admiral McRaven says, "The Circus. It was the last thing either Marc or I wanted." The Circus was basically a form of physical punishment by having them do at least two more hours of calisthenics on top of the regular training required and constant harassment from the SEAL officers that day. It was designed to help sort out the trainees who didn't have the courage, the will and the persistence to continue.

The Admiral says that the students feared being in The Circus not only because of the extra physical labor that needed to be done that day, but the effect of exhaustion would last in the following day, thus they would more likely to fail the exercise standards and ultimately end up in The Circus again, thus creating a never ending loop.

As McRaven and Marc ended up in The Circus day after day, they noticed that their performance in the water got better and they began to move up in the pack during the swim.

So near the end of the training, a five-mile open ocean swim test was necessary. After four hours of non-stop swimming against the raging waves, McRaven and Marc reached the shores with the SEAL instructors waiting for them. Almost immediately the SEAL instructors ordered them to do more push ups.

Ch05: Failure Can Make You Stronger.

While the two were doing more push-ups after a four-hour continuous swim, the SEAL instructors were harassing them again, saying that they were embarrassing the entire class. As Marc and McRaven got up, they looked backed at the sea to see if anybody was behind them and nobody was in sight.

The two then suddenly realized that they were the first pair to come and the SEAL instructor shook their hands and says, "Well done, gentleman. It looks like all that extra pain and suffering paid off."

A week later, Marc and McRaven graduated the SEAL training.

Admiral McRaven then concludes that, ***"In life you will face a lot of Circuces. You will pay for your failures. But, if you persevere, if you let those failures teach you and strengthen you, then you will be prepared to handle life's toughest moments."***

Ch05: Failure Can Make You Stronger.

This chapter then transitions in July 1983, when McRaven was released from his SEAL squadron due to attempting to change the way his squadron was organized, trained, and conducted mission. Luckily, McRaven was given a second chance and was allowed to transfer to another SEAL Team.

Although he could move with tarnished reputation from his fellow officers and superiors, he realized he had two options with this opportunity, either go back to a civilian life, or face through this negative perception of him. He chose the latter option to prove that he's a good SEAL officer and was deployed overseas as the Officer in Charge of a SEAL platoon. He did his best to lead his men in all kinds of ways, from his attitude, to the way he worked out, and the way he carried out the missions. A couple of years later he was promoted in ranks by regaining the respect of his men until he became an Admiral.

Admiral McRaven ends this chapter with, ***"I realized that the past failures had strengthened me, taught me that no one is immune from mistakes. True leaders must learn from their failures, use the lessons to motivate themselves, and not be afraid to try again or make the next decision... You can't avoid The Circus. At some point we all make the list. Don't be afraid of The Circus."***

Ch06: You Must Dare Greatly.

"If you want to change the world... slide down the obstacle headfirst."

"That obstacle course is going to beat you every time unless you start taking some risk."

"It was a simple lesson in overcoming your anxieties and trusting your abilities to get the job done. The lesson would serve me well in the years to come."

"Life is a struggle and the potential for failure is ever present, but those who live in fear of failure or hardship, or embarrassment will never achieve their potential. Without pushing your limits, without occasionally sliding down the rope headfirst, without daring greatly, you will never know what is truly possible in your life."

Ch06: You Must Dare Greatly.

In this chapter, we learn that at times taking risk is the only way to succeed.

Admiral McRaven takes us to the time when he was going through the SEAL obstacles course. His pace halfway through the course was that of record breaking, however when he reached the "Slide for Life" phase, he was struggling getting through within a reasonable amount of time.

The "Slide for Life" obstacle requires you to climb a three-level tower, about thirty-foot-high and "slide" along the suspended rope using your body to get across towards another tower.

This particular obstacle was slowing down McRaven because he admittedly was afraid to go "Commando Style," meaning going with the head first. This method is risky but allows you to go down in a faster rate.

As McRaven finished the entire course with significantly longer time, an old yet experienced SEAL Vietnam veteran was standing in front of him and said, ***"That obstacle course is going to beat you every time unless you start taking some risk."***

Ch06: You Must Dare Greatly.

One week later, McRaven decided to push his fears aside and go ahead with his headfirst down the rope. The result? He finished with breaking his personal record time. He says, ***"It was a simple lesson in overcoming your anxieties and trusting your abilities to get the job done. The lesson would serve me well in the years to come."***

The story then transitions back in 2004, when Admiral McRaven was in charge of rescuing three hostages held by the Al Qaeda in Iraq.

He received intel about the exact location of the hostages, however they found out that the terrorist were on the move as well later that day. He was faced with a quick decision to whether risk raiding the compound in middle of the day or wait for a better time to raid at night but miss this opportunity to rescue them. He and the lieutenant army outweighed the pros and cons of the situation and decided that taking a risk was better than letting this opportunity go.

Ch06: You Must Dare Greatly.

Admiral McRaven approved of the raid and in just minutes the rescue forces came in with three Black Hawk helicopters. Admiral McRaven saw the action from the camera in one of the helicopters. One by one the forces landed on the ground, immediately taking down insurgents, but the last helicopter went down as it was too big to fit inside the small walled-protected compound. While taking the risk to go ahead placed the responsibility on the lives of his men on this decision, still, he couldn't do anything about the raid but watch everything all unfold.

A few intense moments later, he heard back from them that all the hostages were rescued and none of his men got hurt.

Admiral McRaven realized that everything how the SEAL operated seemed to be about taking risks in order to have a mission accomplished. He ends this chapter with, ***"Life is a struggle and the potential for failure is ever present, but those who live in fear of failure or hardship, or embarrassment will never achieve their potential. Without pushing your limits, without occasionally sliding down the rope headfirst, without daring greatly, you will never know what is truly possible in your life."***

Ch07: Stand Up to the Bullies.

"If you want to change the world... don't back down from the sharks."

"Our goal, which we believed to be honorable and noble, gave us courage, and courage is a remarkable quality. Nothing and nobody can stand in your way. Without it, others will define your path forward. Without it, you are at the mercy of life's temptations. Without courage, men will be ruled by tyrants and despots, Without courage, no great society can flourish. Without courage, the bullies of the world rise up. With it, you can accomplish any goal. With it, you can defy and defeat evil."

"Bullies gain their strength through the timid and faint of heart. They are like sharks that sense fear in the water. They will circle to see if their prey is struggling. They will probe to see if their victim is weak. If you don't find the courage to stand your ground, they will strike. In life to achieve your goals, to complete the night swim, you will have to be men and women of great courage. That courage is within all of us. Dig deep, and you will find it in abundance."

Ch07: Stand Up to the Bullies.

In this chapter we learn a lesson of having the courage to face fears from all kinds of intimidation so that we may be free from any limitation that they may impose on us.

Admiral McRaven takes us to the time when he and his swimming buddy, Marc were swimming in the open ocean for 4 miles in the middle of the night as part of their SEAL training. On top of the cold and harsh environment of the ocean, before the swim, the SEAL instructors warned them of the sharks, especially the great whites that may lurk around the waters off San Clemente Island.

While Admiral McRaven admits that swimming alone at night with the high possibility of great white sharks surrounding them in the middle of the ocean can be a daunting task, but he and Marc really wanted to become a SEAL so bad that nothing will get in the way of achieving their goal.

They believed so much in the honor and nobility in being a SEAL unit that they're willing to do whatever it takes to make it despite the fears and intimidation that might face them.

Ch07: Stand Up to the Bullies.

The Admiral says that courage is a necessity, and **"Without it (courage), others will define your path forward. Without it, you are the mercy of life's temptations. Without courage, men will be ruled by tyrants and despots. Without courage, no great society can flourish. Without courage, the bullies of the world rise up. With it, you can accomplish any goal. With it, you can defy and defeat evil."**

The story then transitions to when they had Saddam Hussein locked up in cell as prisoner of war by the United States. Admiral McRaven at this time had let the new Iraqi leaders visit the former tyrant in his cell. The Admiral then describes the interaction between the new leaders and Saddam. By their body language, he noticed that the new leaders were still intimidated by the Saddam, even though he's behind the bars and no longer in power.

With the U.S. forces are the ones that attempted and succeeded in toppling down Saddam Hussein, Admiral McRaven says that, "No one in Iraq had mustered the courage to challenge the tyrant." He continues with, "If the purpose of the meeting was to show Saddam was no longer in power-it had failed. In those brief moments, Saddam had managed to intimidate and frighten the new regime leadership."

Ch07: Stand Up to the Bullies.

Admiral McRaven then instructed his guards to isolate the former Iraqi president and ordered them not to speak with with Saddam. Everyday, the Admiral visited his prison cell, and everyday Saddam attempted to speak with him, but the Admiral just gestures him to sit down and shows that Saddam is no longer in power to intimidate anyone.

Admiral McRaven says that bullies of all kinds are all the same. To wrap it up he says, ***"They thrive on fear and intimidation. Bullies gain their strength through the timid and faint of heart. They are like sharks that sense fear in the water. They will circle to see if their prey is struggling. They will probe to see if their victim is weak. If you don't find the courage to stand your ground, they will strike. In life to achieve your goals, to complete the night swim, you will have to be men and women of great courage. That courage is within all of us. Dig deep, and you will find it in abundance."***

Ch08: Rise to the Occasion.

"If you want to change the world... be your very best in the darkest moments."

"Tonight, you will have to be your very best. You must rise above your fears, your doubts, and your fatigue. No matter how dark it gets, you must complete the mission. This is what separates you from everyone else."

"At some point we will all confront a dark moment in life. If not the passing of a loved one, then something else that crushes your spirit and leaves you wondering about your future. In that dark moment, reach deep inside yourself and be your very best."

Ch08: Rise to the Occassion.

In this chapter, we learn to be at our very best especially at our darkest moments because that's when we need it most.

Admiral McRaven takes us to the time at the highest point of the Dive Phase training as he describes it as "the most technically difficult part of basic SEAL training."

The students had to swim two-thousand meters underwater across the bay to an anchored vessel. Once they reach the destination, they had to place a mock limpet mine on the bottom of a ship without being detected. They had to do this all at night where visibility is near-zero that you couldn't even see your own hands in front of you. To make this practice mission more difficult, they had to operate with the Emerson diving apparatus, a more advance equipment but is known to have malfunction that can cause severe injury or even death.

Ch08: Rise to the Occassion.

As the students prepared, the SEAL instructors paced back and forth as nervously as the students were. The officers knew that there was a high possibility that someone could get hurt or even die that night. As final advice one of the SEAL trainers said, ***"Tonight, you will have to be your very best. You must rise above your fears, your doubts, and your fatigue. No matter how dark it gets, you must complete the mission. This is what separates you from everyone else."***

Those words, as Admiral McRaven stated, has stayed with him for the next thirty years.

The chapter then transitions into the many brief stories of fallen heroes and the observation of environment as everyone gives their final respect and gratitude for serving the nation.

Admiral McRaven says, "Every man, every woman, regardless of their background, regardless of how heroic their final moments, was treated with incredible dignity and honor. It was our last salute, our final thanks, and a prayer to send them on their way home."

Ch08: Rise to the Occassion.

During the ceremony of the fallen ones, Admiral McRaven noticed that nobody was trying to hold their tears back. It was a sentiment of sorrow and sadness, yet at the same time it was a deep feeling of support for everyone that gives hope to those affected.

Admiral McRaven ends this chapter with, ***"At some point we will all confront a dark moment in life. If not the passing of a loved one, then something else that crushes your spirit and leaves you wondering about your future. In that dark moment, reach deep inside yourself and be your very best."***

Ch09: Give People Hope.

"If you want to change the world... start singing when you're up to your neck in mud."

"Once again, we had learned an important lesson: the power of one person to inspire those around him, to give them hope. If that one person could sing while neck deep in mud, then so could we. If that one person could endure the freezing cold, then so could we. If that one person could hold on, then so could we."

"Hope is the most powerful force in the universe. With hope you can inspire nations to greatness. With hope you can raise up the downtrodden. With hope you can ease the pain of unbreakable loss. Sometimes all it takes is one person to make a difference." As last statements he continues with, "We will all find ourselves neck deep in mud someday. That is the time to sing loudly, to smile broadly, to life up those around you and give them hope that tomorrow will be a better day."

Ch09: Give People Hope.

In this chapter, we learn that we all have the capability to affect those around us, and when needed we can give hope, encourage, and support to one another.

Admiral McRaven takes us to the time when he and his fellow students were going through Hell Week. It was six days of no sleep, non-stop physical training of all kinds with relentless harassment from the SEAL instructors. It was designed to filter out the strong and the weak. As Admiral McRaven says that Hell Week was statistically the period of the SEAL training with the most students giving up.

The story continues with the students almost buried with mud up to their necks for at least four hours that lasted up to the cold night. To understand how difficult this was, before hand, hours prior to this, they had to paddle their inflatable boats in the ocean to this place. You can imagine how physically tired the students were diving in neck-deep mud doing physical exercise with so much resistance with every move they made.

Ch09: Give People Hope.

With never-ending physical exhaustion, the only thing the students could count on was their mental will to continue on. At this point, the morale was declining as described by the Admiral, as it was only Wednesday, still half-way to go. As they were racing in the mudflats, one of the SEAL instructors came by the edge of the mud pool, using the bullhorn, he invited the students with a friendly tone, to quit now in order to sit, relax, and enjoy warm chicken soup by the camp fire.

With this enticement to quit and take the easier road, there was this student next to McRaven that started to approach the instructor. Seeing this, he grabbed the arm of his training mate to hold him back from quitting, but the temptation was too strong and he broke free. As this was happening, the instructor was smiling knowing that others would follow.

However, suddenly as the wind whistled through the cold night, there was this tired voice that started to sing out of nowhere. It wasn't the most pleasant voice, but everyone knew the tune. So one by one, they all started to join and sing. The SEAL instructor then started to yell at the students to stop singing, but the more he yelled at them the louder they sang. With this singing, it gave other students the courage and persistent to complete Hell Week.

Ch09: Give People Hope.

Admiral McRaven concludes that, ***"Once again, we had learned an important lesson: the power of one person to inspire those around him, to give them hope. If that one person could sing while neck deep in mud, then so could we. If that one person could endure the freezing cold, then so could we. If that one person could hold on, then so could we."***

This story then transitions into Dover Air Force Base where grieving families waited for the helicopter carrying their fallen loved ones, thirty-eight U.S. flag covered coffins to land. While they were waiting, many military officials including the U.S. President at that time, were showing their condolences, support, prayers, and respects. Admiral McRaven and his wife tried to console the affected families but he struggled to find the right words to comfort them. He said, "I did my best to console each one. I hugged them. I prayed with them. I tried to remain strong for them, but somehow I knew my words fell short."

Ch09: Give People Hope.

Admiral McRaven then saw Marine Lieutenant General John Kelly was doing the same thing as well, but with more effectiveness. He observed that John Kelly's words were having a heart-felt impact on the families he talked to. Admiral McRaven describes John Kelly's words as "resonating" with every individual who lost a loved one. The Admiral says that, "His words were words of understanding. His were words of compassion, and above all, his were words of hope."

We then learn that Marine Lieutenant John Kelly's son was killed in Afghanistan in 2010. So as Admiral McRaven watched John Kelly interact, it gave him strength and says that, "The truth is, when you lose a soldier you grieve for the families, but you also fear that the same fate may someday befall you."

In the next couple of years, Admiral McRaven says that he became close friends with John Kelly. He commends him as a great officer and a great man to his every part of his family. Admiral McRaven admires him for the fact that, "Without ever knowing it, John Kelly gave all those around him hope."

Ch09: Give People Hope.

Admiral McRaven then says a couple of words on the importance of hope. He says that hope is needed especially in the worst times, as it can give us strength to rise above pain. He says that each one of us have the ability to persist and to inspire others as well along the way.

To end this chapter, he says that, ***"Hope is the most powerful force in the universe. With hope you can inspire nations to greatness. With hope you can raise up the downtrodden. With hope you can ease the pain of unbreakable loss. Sometimes all it takes is one person to make a difference."*** As last statements he continues with, ***"We will all find ourselves neck deep in mud someday. That is the time to sing loudly, to smile broadly, to life up those around you and give them hope that tomorrow will be a better day."***

Ch10: Never, Ever Quit!

"If you want to change the world... don't ever, ever ring the bell."

"If you quit, you will regret it for the rest of your life. Quitting never makes anything easier."

"Of all the lessons I learned in SEAL training, this was the most important. Never quit."

"Life is full of difficult times. But someone out there always has it worse than you do. If you fill your days with pity, sorrowful for the way you have been treated, bemoaning your lot in life, blaming your circumstances on someone or something else, then life will be long and hard. If, on the other hand, you refuse to give up on your dreams, stand tall and strong against the odds-then life will be what you make of it-and you can make it great. Never, ever, ring the bell!"

"Remember... start each day with a task completed. Find someone to help you through life. Respect everyone. Know that life is not fair and that you will fail often. But if you take some risks, set up when times are toughest, face down the bullies, lift the downtrodden, and never, ever give up-if you do these things, then you change your life for the better... and maybe the world!"

Ch10: Never, Ever Quit!

In this chapter, we learn to never, ever quit and to have resilience to difficult times in your life and to have persistence with your dreams, goals, and desires to be great and successful in life!

Admiral McRaven takes us to the first day of SEAL training as he and other 150 students stood before an officer yelling at them and setting expectations. The SEAL officer said that he will do everything in his power to make them quit. For the entire duration of the training, he said there will be lots of pain, harassment, embarrassment, and forcing them beyond their comfort zone and limit.

As an offer, the SEAL instructor gave all of them the option to ring this particular bell three times and this would end all the pain and discomfort they would eventually experience. Although as a caveat, he said that, ***"If you quit, you will regret it for the rest of your life. Quitting never makes anything easier."***

The SEAL instructor succeeded in making at least 80% of them quit because there were only 33 of them remaining at their graduation event. Admiral McRaven says that, ***"Of all the lessons I learned in SEAL training, this was the most important. Never quit."***

Ch10: Never, Ever Quit!

Then the story then changes its attention to this young Army Ranger that Admiral McRaven met in a hospital in Afghanistan, in which he found deep inspiration from than any other men and women he encountered in his military career.

His name was Adam Bates, a 19 year old soldier in his first combat mission and got to meet Admiral McRaven in the most unfortunate way.

One night the Admiral recieved word that one of his men was rushed to the combat hospital after stepping a land mine in Afghanistan. Being in a leadership role, he had to visit his soldier to show support and strength. When he got there, he described his condition in such a gruesome and horrid way, yet accepting the fact that this is the reality of war. He said, "The soldier lay in the hospital bed, tubes extending from his mouth and chest; blast burns streaked up his arms and across his face. The blankets covering his body lay flat to the bed where his legs would normally have been. His life was no changed forever."

The nurse said that Bate's legs were amputated for the sake of his survival. As Admiral McRaven approached and leaned over Adam, he started to wake up. The nurse suggested that this would be a good time to talk with him in sign language as he couldn't speak yet. The boy communicated, "I will be okay."

Ch10: Never, Ever Quit!

After leaving the hospital Admiral McRaven said that he "could not help but cry." He recalled that out of all the people he met at the combat hospital, none of them complained. In fact, they were proud of their service as he described it, and even of this unlucky event, all they wanted to do was to get back in the field to be with their fellow soldiers.

A year later as he visited the Seventy-fifth Ranger Regimental Change he got to meet Ranger Bates again, this time looking sharp dressed in his uniform and standing tall on his new prosthetic legs. He remembered him looking futile lying in the hospital bed, but now he saw him laughing and smiling, and enjoying the life he has with his fellow mates. As promised by Ranger Bates, he was going to ok, and he was!

Admiral McRaven then ends this lesson on this chapter with, ***"Life is full of difficult times. But someone out there always has it worse than you do. If you fill your days with pity, sorrowful for the way you have been treated, bemoaning your lot in life, blaming your circumstances on someone or something else, then life will be long and hard. If, on the other hand, you refuse to give up on your dreams, stand tall and strong against the odds-then life will be what you make of it-and you can make it great. Never, ever, ring the bell!"***

Ch10: Never, Ever Quit!

For one final reminder, to sum up all the ten lessons he learned, the Admiral adds, ***"Remember... start each day with a task completed. Find someone to help you through life. Respect everyone. Know that life is not fair and that you will fail often. But if you take some risks, set up when times are toughest, face down the bullies, lift the downtrodden, and never, ever give up-if you do these things, then you change your life for the better... and maybe the world!"***

II. THE SPEECH TRANSCRIPT

University of Texas Commencement Speech to the Class of 2014

The University's slogan is, "What starts here changes the world." I have to admit — I kinda like it. "What starts here changes the world."

Tonight there are almost 8,000 students graduating from UT. That great paragon of analytical rigor, Ask.Com, says that the average American will meet 10,000 people in their lifetime. That's a lot of folks. But, if every one of you changed the lives of just 10 people — and each one of those folks changed the lives of another 10 people — just 10 — then in five generations — 125 years — the class of 2014 will have changed the lives of 800 million people.

800 million people — think of it — over twice the population of the United States. Go one more generation and you can change the entire population of the world — eight billion people.

If you think it's hard to change the lives of 10 people — change their lives forever — you're wrong. I saw it happen every day in Iraq and Afghanistan: A young Army officer makes a decision to go left instead of right down a road in Baghdad and the 10 soldiers in his squad are saved from close-in ambush. In Kandahar province, Afghanistan, a non-commissioned officer from the Female Engagement Team senses something isn't right and directs the infantry platoon away from a 500-pound IED, saving the lives of a dozen soldiers.

University of Texas Commencement Speech to the Class of 2014

But, if you think about it, not only were these soldiers saved by the decisions of one person, but their children yet unborn were also saved. And their children's children were saved. Generations were saved by one decision, by one person.

But changing the world can happen anywhere and anyone can do it. So, what starts here can indeed change the world, but the question is — what will the world look like after you change it?

Well, I am confident that it will look much, much better. But if you will humor this old sailor for just a moment, I have a few suggestions that may help you on your way to a better a world. And while these lessons were learned during my time in the military, I can assure you that it matters not whether you ever served a day in uniform. It matters not your gender, your ethnic or religious background, your orientation or your social status.

Our struggles in this world are similar, and the lessons to overcome those struggles and to move forward — changing ourselves and the world around us — will apply equally to all.

University of Texas Commencement Speech to the Class of 2014

I have been a Navy SEAL for 36 years. But it all began when I left UT for Basic SEAL training in Coronado, California. Basic SEAL training is six months of long torturous runs in the soft sand, midnight swims in the cold water off San Diego, obstacles courses, unending calisthenics, days without sleep and always being cold, wet and miserable. It is six months of being constantly harrassed by professionally trained warriors who seek to find the weak of mind and body and eliminate them from ever becoming a Navy SEAL.

But, the training also seeks to find those students who can lead in an environment of constant stress, chaos, failure and hardships. To me basic SEAL training was a lifetime of challenges crammed into six months.

So, here are the 10 lessons I learned from basic SEAL training that hopefully will be of value to you as you move forward in life.

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LESSON #1

Every morning in basic SEAL training, my instructors, who at the time were all Vietnam veterans, would show up in my barracks room and the first thing they would inspect was your bed. If you did it right, the corners would be square, the covers pulled tight, the pillow centered just under the headboard and the extra blanket folded neatly at the foot of the rack — that's Navy talk for bed.

It was a simple task — mundane at best. But every morning we were required to make our bed to perfection. It seemed a little ridiculous at the time, particularly in light of the fact that we were aspiring to be real warriors, tough battle-hardened SEALs, but the wisdom of this simple act has been proven to me many times over.

If you make your bed every morning you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task and another and another. By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter. If you can't do the little things right, you will never do the big things right.

University of Texas Commencement Speech to the Class of 2014

And, if by chance you have a miserable day, you will come home to a bed that is made — that you made — and a made bed gives you encouragement that tomorrow will be better.

If you want to change the world, start off by making your bed.

University of Texas Commencement Speech to the Class of 2014

LESSON #2

During SEAL training the students are broken down into boat crews. Each crew is seven students — three on each side of a small rubber boat and one coxswain to help guide the dingy. Every day your boat crew forms up on the beach and is instructed to get through the surfzone and paddle several miles down the coast. In the winter, the surf off San Diego can get to be 8 to 10 feet high and it is exceedingly difficult to paddle through the plunging surf unless everyone digs in. Every paddle must be synchronized to the stroke count of the coxswain. Everyone must exert equal effort or the boat will turn against the wave and be unceremoniously tossed back on the beach.

For the boat to make it to its destination, everyone must paddle. You can't change the world alone — you will need some help — and to truly get from your starting point to your destination takes friends, colleagues, the good will of strangers and a strong coxswain to guide them.

If you want to change the world, find someone to help you paddle.

University of Texas Commencement Speech to the Class of 2014

LESSON #3

Over a few weeks of difficult training my SEAL class, which started with 150 men, was down to just 35. There were now six boat crews of seven men each. I was in the boat with the tall guys, but the best boat crew we had was made up of the the little guys — the munchkin crew we called them — no one was over about five-foot-five.

The munchkin boat crew had one American Indian, one African American, one Polish American, one Greek American, one Italian American, and two tough kids from the midwest. They out-paddled, out-ran and out-swam all the other boat crews. The big men in the other boat crews would always make good-natured fun of the tiny little flippers the munchkins put on their tiny little feet prior to every swim. But somehow these little guys, from every corner of the nation and the world, always had the last laugh — swimming faster than everyone and reaching the shore long before the rest of us.

SEAL training was a great equalizer. Nothing mattered but your will to succeed. Not your color, not your ethnic background, not your education and not your social status.

If you want to change the world, measure a person by the size of their heart, not the size of their flippers.

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LESSON #4

Several times a week, the instructors would line up the class and do a uniform inspection. It was exceptionally thorough. Your hat had to be perfectly starched, your uniform immaculately pressed and your belt buckle shiny and void of any smudges. But it seemed that no matter how much effort you put into starching your hat, or pressing your uniform or polishing your belt buckle — it just wasn't good enough. The instructors would find "something" wrong.

For failing the uniform inspection, the student had to run, fully clothed into the surfzone and then, wet from head to toe, roll around on the beach until every part of your body was covered with sand. The effect was known as a "sugar cookie." You stayed in that uniform the rest of the day — cold, wet and sandy.

There were many a student who just couldn't accept the fact that all their effort was in vain. That no matter how hard they tried to get the uniform right, it was unappreciated. Those students didn't make it through training. Those students didn't understand the purpose of the drill. You were never going to succeed. You were never going to have a perfect uniform.

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Sometimes no matter how well you prepare or how well you perform you still end up as a sugar cookie. It's just the way life is sometimes.

If you want to change the world get over being a sugar cookie and keep moving forward.

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LESSON #5

Every day during training you were challenged with multiple physical events — long runs, long swims, obstacle courses, hours of calisthenics — something designed to test your mettle. Every event had standards — times you had to meet. If you failed to meet those standards your name was posted on a list, and at the end of the day those on the list were invited to a "circus." A circus was two hours of additional calisthenics designed to wear you down, to break your spirit, to force you to quit.

No one wanted a circus.

A circus meant that for that day you didn't measure up. A circus meant more fatigue — and more fatigue meant that the following day would be more difficult — and more circuses were likely. But at some time during SEAL training, everyone — everyone — made the circus list.

But an interesting thing happened to those who were constantly on the list. Over time those students — who did two hours of extra calisthenics — got stronger and stronger. The pain of the circuses built inner strength, built physical resiliency.

University of Texas Commencement Speech to the Class of 2014

Life is filled with circuses. You will fail. You will likely fail often. It will be painful. It will be discouraging. At times it will test you to your very core.

But if you want to change the world, don't be afraid of the circuses.

University of Texas Commencement Speech to the Class of 2014

LESSON #6

At least twice a week, the trainees were required to run the obstacle course. The obstacle course contained 25 obstacles including a 10-foot high wall, a 30-foot cargo net and a barbed wire crawl, to name a few. But the most challenging obstacle was the slide for life. It had a three-level 30-foot tower at one end and a one-level tower at the other. In between was a 200-foot-long rope. You had to climb the three-tiered tower and once at the top, you grabbed the rope, swung underneath the rope and pulled yourself hand over hand until you got to the other end.

The record for the obstacle course had stood for years when my class began training in 1977. The record seemed unbeatable, until one day, a student decided to go down the slide for life head first. Instead of swinging his body underneath the rope and inching his way down, he bravely mounted the TOP of the rope and thrust himself forward.

It was a dangerous move — seemingly foolish, and fraught with risk. Failure could mean injury and being dropped from the training. Without hesitation the student slid down the rope perilously fast. Instead of several minutes, it only took him half that time and by the end of the course he had broken the record.

University of Texas Commencement Speech to the Class of 2014

If you want to change the world sometimes you have to slide down the obstacle head first.

University of Texas Commencement Speech to the Class of 2014

LESSON #7

During the land warfare phase of training, the students are flown out to San Clemente Island which lies off the coast of San Diego. The waters off San Clemente are a breeding ground for the great white sharks. To pass SEAL training there are a series of long swims that must be completed. One is the night swim.

Before the swim the instructors joyfully brief the trainees on all the species of sharks that inhabit the waters off San Clemente. They assure you, however, that no student has ever been eaten by a shark — at least not recently. But, you are also taught that if a shark begins to circle your position — stand your ground. Do not swim away. Do not act afraid. And if the shark, hungry for a midnight snack, darts towards you — then summon up all your strength and punch him in the snout, and he will turn and swim away.

There are a lot of sharks in the world. If you hope to complete the swim you will have to deal with them.

So, if you want to change the world, don't back down from the sharks.

University of Texas Commencement Speech to the Class of 2014

LESSON #8

As Navy SEALs one of our jobs is to conduct underwater attacks against enemy shipping. We practiced this technique extensively during basic training. The ship attack mission is where a pair of SEAL divers is dropped off outside an enemy harbor and then swims well over two miles — underwater — using nothing but a depth gauge and a compass to get to their target.

During the entire swim, even well below the surface, there is some light that comes through. It is comforting to know that there is open water above you. But as you approach the ship, which is tied to a pier, the light begins to fade. The steel structure of the ship blocks the moonlight, it blocks the surrounding street lamps, it blocks all ambient light.

To be successful in your mission, you have to swim under the ship and find the keel — the centerline and the deepest part of the ship. This is your objective. But the keel is also the darkest part of the ship — where you cannot see your hand in front of your face, where the noise from the ship's machinery is deafening and where it is easy to get disoriented and fail.

University of Texas Commencement Speech to the Class of 2014

Every SEAL knows that under the keel, at the darkest moment of the mission, is the time when you must be calm, composed — when all your tactical skills, your physical power and all your inner strength must be brought to bear.

If you want to change the world, you must be your very best in the darkest moment.

University of Texas Commencement Speech to the Class of 2014

LESSON #9

The ninth week of training is referred to as "Hell Week." It is six days of no sleep, constant physical and mental harassment, and one special day at the Mud Flats. The Mud Flats are area between San Diego and Tijuana where the water runs off and creates the Tijuana slues, a swampy patch of terrain where the mud will engulf you.

It is on Wednesday of Hell Week that you paddle down to the mud flats and spend the next 15 hours trying to survive the freezing cold mud, the howling wind and the incessant pressure to quit from the instructors. As the sun began to set that Wednesday evening, my training class, having committed some "egregious infraction of the rules" was ordered into the mud.

The mud consumed each man till there was nothing visible but our heads. The instructors told us we could leave the mud if only five men would quit — just five men — and we could get out of the oppressive cold. Looking around the mud flat it was apparent that some students were about to give up. It was still over eight hours till the sun came up — eight more hours of bone-chilling cold.

University of Texas Commencement Speech to the Class of 2014

The chattering teeth and shivering moans of the trainees were so loud it was hard to hear anything. And then, one voice began to echo through the night, one voice raised in song. The song was terribly out of tune, but sung with great enthusiasm. One voice became two and two became three and before long everyone in the class was singing. We knew that if one man could rise above the misery then others could as well.

The instructors threatened us with more time in the mud if we kept up the singing but the singing persisted. And somehow the mud seemed a little warmer, the wind a little tamer and the dawn not so far away.

If I have learned anything in my time traveling the world, it is the power of hope. The power of one person — Washington, Lincoln, King, Mandela and even a young girl from Pakistan, Malala — one person can change the world by giving people hope.

So, if you want to change the world, start singing when you're up to your neck in mud.

University of Texas Commencement Speech to the Class of 2014

LESSON #10

Finally, in SEAL training there is a bell. A brass bell that hangs in the center of the compound for all the students to see. All you have to do to quit is ring the bell.

Ring the bell and you no longer have to wake up at 5 o'clock. Ring the bell and you no longer have to do the freezing cold swims. Ring the bell and you no longer have to do the runs, the obstacle course, the PT — and you no longer have to endure the hardships of training. Just ring the bell.

If you want to change the world don't ever, ever ring the bell.

University of Texas Commencement Speech to the Class of 2014

To the graduating class of 2014, you are moments away from graduating. Moments away from beginning your journey through life. Moments away from starting to change the world — for the better. It will not be easy.

But, YOU are the class of 2014, the class that can affect the lives of 800 million people in the next century.

Start each day with a task completed. Find someone to help you through life. Respect everyone.

Know that life is not fair and that you will fail often. But if take you take some risks, step up when the times are toughest, face down the bullies, lift up the downtrodden and never, ever give up — if you do these things, then the next generation and the generations that follow will live in a world far better than the one we have today.

And what started here will indeed have changed the world — for the better.

Thank you very much. Hook 'em horns."

III. MY THOUGHTS

My Three Biggest Takeaways

#1 Biggest Take Away

My first biggest take away is the first chapter, "Start Your Day with a Task Completed." In that chapter Admiral McRaven explains to us that everyday in basic SEAL training camp the instructors check how his uniform is folded and how his bed his made. If it's not perfect, then he'd be punished.

He says that making his bed to perfection didn't even get praised as it was expected of him. It was really the discipline that they were working on. To me this is about building habits, good habits. And from what I know about successful people, is that they did not get there by accident, but it was the series of habits that they have that produces successful results.

He also says by completing this task first thing in the morning sets him to complete another task, and another, and another. This resonates with me a lot, because almost everyday (yes, "almost" because I'm not perfect) in the morning I write down my goals, and this sets my focus away from distractions to having my dreams, desires, and aspirations in front of my attention as much as possible.

My Three Biggest Takeaways

#1 Biggest Take Away

This is also about momentum. From my own first-hand experience, I realized that the more I get stuff done, the more I want to move on to my next task. It's almost like an addiction. It really feels good to get things done, especially if the things you accomplished was something you promised yourself would finish. It feels great to accomplish something you intended to do.

And in my study of success so far, many sources tell you that writing your goals first thing in the morning and even before you go to sleep, is easiest and surprisingly one of the most important action you could take in achieving your goal. So completing this first thing in the morning is a must, as it builds crucial habits and discipline.

My Three Biggest Takeaways

#2 Biggest Take Away

The second biggest take away would be on chapter three titled, "Only the Size of Your Heart Matters." In that chapter there was a student that was being harassed by the SEAL instructor yelling at him and expressing doubts whether his small built-body could handle the breaking waves of the four-hour open ocean they were about to do. In the end, the man finished near the head of the class.

At the time when Admiral McRaven was inquiring to becoming a SEAL, he spots this small "frail" guy roaming around in the halls in one of the recruiting location. He seems to look like he was inquiring to be SEAL as well, but McRaven doubts his small stature to whether he could have what it takes to be a SEAL. Later we find out that the guy was, Tommy Norris, a Medal of Honor recipient from the Vietnam War era.

This chapter really encourages me further to go after my aspirations, because if I have to be honest I don't have all the skills, the knowledge, and the resources at hand to make my dreams into reality at this moment right now. As what Admiral McRaven says, it's the heart what matters most. To me, it doesn't matter how you are or where you are right now, but if you want it bad enough, to a point of making it happen is a burning desire that lies in your heart, then you can achieve whatever it is you want to do.

My Three Biggest Takeaways

#3 Biggest Take Away

The third biggest takeaway from this book was from chapter four titled, "Life's Not Fair-Drive On!" In this chapter we learn that the SEAL instructors would punish students at random times with no apparent reason no matter how good or great your performance was.

As McRaven was getting punishment by rolling around in the beach until every inch of his body and clothing was soaked with wet sand and was required to be that way for the rest of the day, his SEAL instructor asked him if he knew why he was getting punished. McRaven answered honestly and said, "No."

Hi SEAL instructor continued with, *"Because, Mr. Mac, life isn't fair and the sooner you learn that the better off you will be."*

As much as I love creating a positive, inspirational, motivational environment around me, that sole line hit me hard, as it is an undisputed truth. It made me realize that it's the way life is. But it's also a great reminder that setbacks, adversities, failures and other unfortunate events is a part of life. So as soon as we accept that, the better we will become in handling the "negative" inevitable, and quickly move on with life!

My Thoughts on the Book

The first time I saw this book was from Amazon.com as a “recommended read” and didn't really pay too much attention to it even when I physically passed by it in a Barnes & Nobles store.

I thought to my self, “This book sounds stupid... Really? A New York Times Bestselling book that teaches you how to make your bed?”

So I just ignored it but I keep seeing the speech video on my social media feed as it got shared around and rose to become a viral video. Its popularity grew so much that it intrigued me as well to check it out. I mean, this “wisdom” was coming from an Admiral, one of the highest ranks in the Navy. So I finally decided to actually watch little snippets of the speech on YouTube.

As I watched it, I found it to be more interesting than what I had first thought. So I got it from Amazon.com and read the entire book.

The book and the speech video were parallel and similar in terms of their contents. But the book offers so much more value than what Admiral McRaven could deliver within a 20-minute speech.

My Thoughts on the Book

In the book, he shares many personal lessons of overcoming adversities, facing fear, the importance of discipline, teamwork, hope, and many more. He draws these real lessons from his time at the SEAL training camp to his endeavor to completing his military operations half-way around the world.

In addition to his own personal experiences, we get to meet a couple of people he met during his time at the military and how their character inspired him to be better person.

As I'm trying to gather the right words and phrases to explain how the stories were nothing but thought-provoking subjects, guaranteed to make you feel inspired, I highly suggests that you buy this book and go read it for yourself.

It's easy to read. No big words used here, except some military jargon popping up from time to time. My solution to that? Google.com And even if you didn't search up the terms, you'd still understand what Admiral McRaven was trying to point across.

In very little words, I would describe this book as authentic, made with heart, and inspiring.

IV. ABOUT THE AUTHOR

Who is Admiral William H. McRaven?

U.S. Naval Admiral William H. McRaven, now retired, has served as a Navy SEAL for thirty-seven years with great recognition. He took part in many successful specialized missions and has climbed up in ranks to command at every level in the Navy. His last active duty as a Four-Star Admiral was being the Commander of all U.S. Special Operations Forces. Currently, he is now serving as Chancellor of the University of Texas System.

MAKE YOUR BED

ADMIRAL WILLIAM H. MCRAVEN

"Make Your Bed: Little Things That Can Change Your Life... And Maybe The World" is a book that's based on Admiral McRaven's speech given to the graduating class of 2014 in University of Texas. In this book, he dives deeper to share his experiences in the time of his SEAL training to his entire service in the military to strengthen his case for the ten lessons he presented at the speech. It's a book with authentic stories, made with heart, and will definitely leave you feeling inspired.



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