

Fredo @FredosRippleEF

10 Powerful Lessons From The Book "Make Your Bed" by Admiral William H. Mcraven (U.S. Navy Retired)

Little things that can change your life...and maybe the world.

1. Start your day with a completed task

- a. Making your bed correctly was not going to be an opportunity for praise.
- b. It demonstrated your discipline and attention to detail.
- c. It would be a reminder you had done something well, something to be proud of, no matter how small the task.

2. Don't go it alone

- a. It takes a team of good people to get you to your destination.
- b. Make as many friends as you can and find someone to share your life with.
- c. Never forget that your success depends on others.

3. Measure someone by the size of their heart, not their flippers

- a. Talent is overshadowed by grit and determination.
- b. All that matters is the size of your heart.

4. Life is not fair; get over it

- a. You will not always be rewarded for your efforts or results.
- b. The way ordinary people and great men and women deal with life's unfairness defines them all.

5. Don't fear failure; embrace it

- a. No one is immune. In life, you will face failure and that failure will spiral.
- b. Initial failures often compound into additional failures.
- c. It will make you stronger.
- d. For every failure, there will be hundreds of successes.

6. Take calculated risks

- a. To effect change, you must take calculated, thoughtful, and well-planned risks.
- b. This requires you to overcome your fears and have faith in your abilities.
- c. Know your limitations, but believe in yourself enough to try.

7. Take a stand against bullies

- a. Bullies gain strength by preying on the weak and timid.
- b. Don't show weakness in the face of bullies.
- c. It is within you to find the courage to stand your ground.

8. Rise to the occasion when life gets hard

- a. We are all subjected to dark moments from time to time.
- b. When this happens, dig deep within yourself to be your best.
- c. "There is no darker moment in life than the loss of someone you care about."

9. Give people hope when times are tough

- a. The most powerful force in the universe is hope.
- b. It only takes one person to inspire others to do the same.
- c. Hope spreads like wildfire.
- d. When times are tough, spread hope to others.

10. Never give up!

- a. Life is full of ups and downs, but someone else always has it worse than you.
- b. Refuse to give up on your dreams.