Message From a Navy Seal - Make Your Bed

Marines, Navy Seals, Sailors - complete perfectly the first task of the day. Learn why.

"Changing the world can happen anywhere and anyone can do it."

Let's start with one person: You! Use your imagination as you look in the mirror. Who do you see? Is the world defining you or is it the other way around? Are you leading or lagging?

William H. Mc Raven, the former commander of U.S. Navy SEAL Team 3 and former commander of the U.S. Special Operations Command, led the SEAL mission responsible for finding Osama bin Laden in 2011.

McRaven offers 10 lessons from his SEAL training that can benefit all types of leaders in his commencement address to the graduating class of the University of Texas-Austin.

Movie Link (19:27)

https://www.youtube.com/watch?v=pxBQLFLei70

Motivational Discussion Questions

- What is your bed, paddle, heart, cookie, circus, obstacle, shark, dark moment, song, and bell?
- What can you and will you do beginning immediately to take your part in changing your selling world?

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