

Can't Hurt Me by David Goggins

- 💡 I strive to live at a higher percentage of my capability each day
- 💡 I master my mind so that I can live a bold life filled with accomplishments that most people consider beyond their capability
- 💡 I change through study, habits and stories
- 💡 I'm driven, so whatever is in front of me becomes my fuel for metamorphosis
- 💡 The only way I can change is to be real with myself
- 💡 I tell the truth about the real reasons for my limitations - turning that negativity into fuel
- 💡 My self-confidence comes from personal accountability which brings me self-respect which lights the way forward
- 💡 I improve through dedication and self-discipline
- 💡 I choose to take a stand and walk the path of most resistance
- 💡 I recognize that not all physical and mental limitations are real - so I start strong and finish stronger
- 💡 I find purpose in the pain of struggle (doing what is good for me despite discomfort)
- 💡 I recognize that everything in life is a mind game
- 💡 I recognize that all emotional and physical anguish is finite and will end eventually
- 💡 I capitalize on strategic and tactical advantages by doing my homework (knowing the terrain - including boundaries, myself and the opposition)
- 💡 I stay in the fight by knowing why I fight - enabling me to make the split-second decision to ignore my weakened mind and keep moving
- 💡 I work harder and do more with a higher standard than anyone else could expect
- 💡 I callous my mind through experiencing and overcoming hardships and shifting my thinking
- 💡 I power through obstacles by remembering how overcoming previous challenges has strengthened my mindset; lifting me out of negative brain loops
- 💡 I engage my sympathetic nervous system and shift my hormonal flow by accepting pain as a natural process and refusing to give in or give up
- 💡 I use physical training to learn how to manage my mind (thought process) through single-minded focus on my response to stress and pain
- 💡 I push hardest when I want to quit most; and do my best work when I am least motivated - it's all a matter of mind
- 💡 I develop an armored mind by discovering and making peace with the source of my fears and insecurities
- 💡 I visualize overcoming obstacles and achieving objectives - painting a picture of what my success looks and feels like
- 💡 I know why I do what I do, what's driving me and what I use as fuel to push forward; then I go to work!
- 💡 I leverage relentless discipline to schedule suffering into my day
- 💡 When I'm feeling low, I remember times when I overcame the odds and tasted success
- 💡 I leverage small sparks of success to fuel bigger accomplishments
- 💡 I push through pain, exhaustion, discomfort and boredom to achieve worthwhile outcomes
- 💡 I set ambitious goals before each task and let those past victories carry me through to my new personal best
- 💡 What am I capable of?
- 💡 I push beyond pain and suffering, past my perceived limitations - and am capable of accomplishing more, physically and mentally
- 💡 I stretch my pain tolerance, let go of my identity and self-limiting stories so that I can go beyond 40% to my true maximum effort without giving up
- 💡 I callous my mind day after day and do not accept short-cuts
- 💡 I know that my initial blast of pain and fatigue is simply my governor talking (massaging my ego and stopping me short of my goals)
- 💡 I control my inner dialogue - and remind myself that I am never as drained as I think
- 💡 I stay present and open-minded enough to recalibrate my goals - even at my lowest (staying in the fight)
- 💡 During difficult moments, I reset my brain and chunk tasks down to give myself hope and confidence
- 💡 I am willing to change my mind, scrap my identity and make the extra effort to always find more in order to become more
- 💡 I am removing my governor
- 💡 I visualize and prepare for each challenge - creating an image of success for me to live up to
- 💡 My mind is my most powerful tool
- 💡 I slay the one-second decisions (to quit) in order to stay in the game and access my untapped 60%
- 💡 I stifle my quitting mind before it gains any traction
- 💡 I catalog my weaknesses and vulnerabilities; preparing for them before they surface during high-stress endurance environments or events
- 💡 I don't rise to my level of expectation, but rather fall to the level of my training
- 💡 I am in an infinite(mind) game - there is no finish line - the only person I'm playing against is myself
- 💡 I think uncommonly and search for others who do the same
- 💡 I know that talent isn't required for my success - simply heart and hard work along with relentless challenge after relentless challenge
- 💡 I leverage backstops to help me determine when it's time to turn around, reassess and take an alternative route to accomplish the same mission
- 💡 I keep an open mind, abandon the path of least resistance and seek out the most difficult and challenging tasks I can find
- 💡 My training hours come in addition to, not instead of my work commitments
- 💡 I never know who I am affecting, so I always give my best
- 💡 I am addicted to hard work because passion, obsession and talent are only useful tools if I have the work ethic to back them up
- 💡 I schedule my life (streamlining and optimizing) like I'm on a 24-hour mission every day
- 💡 I am dedicated to my priorities - and focus my attention on the task at hand that helps me to make the most progress in a given period
- 💡 I kill empty habits and maximize my days; creating the time to do everything I need and want to do
- 💡 I keep a championship pace in perpetuity - because there is no finish line
- 💡 I am always ready to adjust and recalibrate despite setbacks - enabling me to stay after my goals and become better
- 💡 I leverage the power of a competitive (yet supportive) environment to boost my teams' commitment and achievement
- 💡 I always keep myself mentally alert, physically strong and morally straight - shouldering more than my share of the task whatever it maybe
- 💡 I look for life's opportunities to be uncommon
- 💡 I think of others before myself, adhere to my own code of ethics that sets me apart, turn negatives to positives and lead from the front
- 💡 I don't worry about others' opinions - my mindset is defined by my own uncommon standards
- 💡 I never let my desire for comfort rule me
- 💡 I'm either getting better or getting worse
- 💡 I know that greatness doesn't stay with me forever, so there is always more to do
- 💡 I am always willing to become the student again - so that I continue to expand my knowledge and experience

- 💡 I see failure as a gift - enabling me to do the forensics to find clues about where to make adjustments and how to eventually accomplish my goals
- 💡 I acknowledge the good things that happened - even during failure
- 💡 I focus on what I earn vs. what I think I deserve
- 💡 I decide that my goals belong to me; and decouple them from my calendar so that I am able to work toward the inevitable without undue pressure
- 💡 I write about my failure along my pursuit to success
- 💡 I am the sum total of the obstacles I've overcome
- 💡 I never hit snooze on my life clock because there is always something else to do
- 💡 I know that pain unlocks a secret doorway in my mind - one that leads to both peak performance and beautiful silence
- 💡 I am peaceful but never satisfied
- 💡 What I tell myself matters
- 💡 "What if..." overcomes doubt, silences negativity and reminds me that I don't really know what I'm capable of until I put everything I've got on the line