

Make Your Bed by William H. McRaven

- 💡 I demonstrate discipline - which is expected of me
- 💡 I need and rely on others to help me through difficult times
- 💡 It takes a team of good people to get me to my destination in life
- 💡 I recognize that life isn't fair, so don't always expect things to go my way
- 💡 I don't complain or blame others for my misfortune; I stand tall, look to the future and drive on
- 💡 I pay for my failures - and let them teach me and strengthen me so that I can handle life's toughest moments
- 💡 I push my limits and dare greatly to discover what's possible in my life
- 💡 I am courageous - nothing stands in my way and I can accomplish any goal
- 💡 I rise above my fears, doubts and fatigue to complete my missions
- 💡 No matter how difficult my life circumstance, someone always has it worse
- 💡 I recognize that little things in life matter