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## Make your bed book pdf free

Download Make your bed by William H. McRaven PDF free. Make your bed: Small things that can change your life... And Maybe the world is an excellent read-short, filled with great life lessons for everyone. Description of Make your bed by William H. McRaven PDF's Make your bed: small things that can change your life... And maybe the world is an amazing book that will change your life if you allow yourself to change. William McRaven is the author of this book. This book gives tips on how to deal with life's challenges and deceptions. McRaven addressed the graduate class at the University of Texas in Austin on their early days. Taking inspiration from the university slogan, What Begins Here changed the world, he shared ten principles he learned during the training of Lamarin Seal that helped him overcome the challenges not only in his training and long Naval career, but also throughout his life, he explains how anyone can use these basic lessons to change themselves — and the world for the better. McRaven's original admiral's speech went viral with more than 10 million views. Building on the core tenets laid out in his speech, McRaven now recounts the assignments of his own life and to the people he met during his military service that faces difficulties and make difficult decisions with determination, compassion, honor, and courage. Told with great humility and optimism, this book periodically provides simple wisdom, practical advice, and words of encouragement that inspires readers to achieve more. 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If you can just change the lives of 10 of these people and each of these people will change another 10, in 5 generations or 125 years, the impact you'd feel about a hundred thousand people. What will the world look like after you have changed it? Billy is a merchandise SEAL, but he hasn't always been an SEAL, and we'll go on the lessons he learned from training. Free Summary of Making Your Bed by Admiral William H. McRaven Chapter-by-Chapter Resumes in Making Your Bed Chapter 1: Start Your Day with a Completed Job If you want to change the world, starting to make your bed. As a SEAL train, Billy's first assignment of the day is to have made his bed for inspection. Making the bed correctly was not an opportunity of praise. He demonstrated his discipline, his attention to detail, and at the end of the day, it was a reminder that no matter what happened that day, he did something well and had something to be proud of. If you can't do things little right, you're never going to do these big things. Chapter 2: You can't go through it alone if you want to change the world, find someone to help you lighten up. In SEAL training and in the military, in general, is the value of the team's highly accented work. The need to rely on another person may mean life or death during combat. Everywhere Billy went that first phase of SEAL training, he and his fellow comrades had to carry a tire 10 feet above their heads, low songs and palm in it, into the ocean. For this ship to reach its destination, everyone must carry it; all must be lightened. In the days that Billy ended up or ill, other members picked up the slack. They paddled harder, and when they didn't feel a hundred per cent, Billy returned the favor. Nobody can make it to the end of itself. You need people in your life to help you through difficult times. You can't guarantee the ship alone. Chapter 3: Only the size of your heart matters If you want to change the world, measure a person by the size of their heart. There are three SEAL tracks with different backgrounds. Mark is by far the biggest, stronger, and quicker. Tim is smarter and out of the wealthy family, but Billy is the only one who has passed SEAL TRAINING. Why? Because determination and grit are always more important than talent. Seal training was a major equalizer. Nothing counts but you will succeed. Chapter 4: Not just the life. Drive on if you want to change the world, get on being a sugar cookie, and move forward. When Billy messed up in SEAL FORMATION, his punishment went through the sail area, rolled around in the sand and made himself a sugar cookie. The act of becoming a sugar cookie was completely indentful. There was no reason or reason. It's easy to blame your liter of life on some outside force, just not trying because you believe is against you. Nothing can be further from the truth. Ordinary people and the big men and women are all defined by how they deal with life's injustice. Sometimes no matter how hard you try, no matter how good you are, you can always end up as a sugar cookie. Do not complain. Stand height, look at the future, and drive on. Chapter 5: Failure can make you stronger if you want to change the world, don't be afraid of the circuit. This is a circular and involves many hours of training to become successful and for the performers to maximize their performance. This circular in SEAL training involves many hours of training to become successful and for the performers to maximize their performance. Whenever Billy or his swimmer fails at an event, they'd both be suggested in the sugar, which was additional training every afternoon at the end of the day. Two hours of ballistic and unendingness, and every time Billy enters the cycle, it should be even more packed the next day, resulting in his weakened consecutive events, and back to the sugar, he went. However, as the sugar continued, the swimmers got better and easier. They were now stronger, faster, and more confident. In life, you'll face a lot of circuits. You'll pay for your failures, but if you endure, if you let these failures teach you and strengthen you, then you'll be prepared to handle the hardest moments of life. Billy realizes that no one is immune to mistakes, but the true leader learns from failure. Use lessons to learn and make the next difficult decision. Chapter 6: You must increase a lot if you want to change the world, swipe down the obstacle top first. Billy had to pass an obstacle course to get through SEAL training. The first time he did it, he played it safe and pushed his way down the rope instead of going head, first in the tower, which was faster, but also risky much. A week later, he dumped down the ruler of this rope and placed a new personal best. It was a simple lesson to overcome his anxiety and trust his ability to get the job done. Life is a difficulty, and the potential for failure is ever present with people living in fear of failure or difficulty, or embarrassment will never realize their potential without pushing your boundaries, without periodically slipping down the rope top, without daring keenly. You will never know what's really possible in your life. Chapter 7: Stand up to the bulbs If you want to change the world, don't back down

from the sharks. Be an honorable and noble goal, and courage. Courage is a remarkable quality. With him, nothing and nobody can stand in your way. With it, you can accomplish any purpose. With it, you can defy and defeat the wrong. Without that, others will define your path forward. Without him, you are at the mercy of the temptations of life. Without courage, you will be led by tyrants. Without it, no large society can blossoms. Without courage, the friendship in the world will rise. Bullies are all the same. They thrives on fear and intimidation. Bullies acndering their strengths across the shemish and fainting hearts. During SEAL training, Billy had to complete a 4-mile swim in shark-infected waters. Bullies are like sharks who throw fear into the water. They will circle the sea in their beautiful, hardships. They will probe to see if the victims are weak. If you don't get the courage to stand your ground, they will knock. In life, achieving your goals, you will have to be men and women with great courage. That courage is in all of us. Dig deep, and you'll find it in great abundance. Chapter 8: Rise to the occasion If you want to change the world, be your best in the darkest times. Billy has reached the calmination of phases at sea. Its goal was to swim 2000 meters underwater in an anchor machine and put my practice on the kel. Just like swimming in the dark, we're all confronting a moment of darkness in life, passing a loved one, divorce, or something else that breaks our minds and lets you ask about your future. In this dark moment, reach deep inside your head and be your best lot. Chapter 9: Give people hope if you want to change the world, start singing when you're up to your neck in the mud. Billy was in the midst of hell week, six days of no sleep, and the elbow harassment of the Tijuana mudflats. Halfway through, some of the tracks were about to quit smoking. However, they stopped when they heard a voice. No, by the voice of God; instead, a sleep and singing dick raspy through the mud. There were two voices talking about. Two came three. And at the first, all the people were singing. The seal learned an important lesson. The power of the one unite group, inspires those around him, giving them hope. If someone could sing while they are as depths of mud, so could the rest of them. If one of this person could hang on to and endure, so could the rest of them. Hope is the most powerful force in the universe. Sometimes all it takes is one person to make a difference and give that hope. Chapter 10: Never let if you want to change the world, never, ever ring the bell. On billy's first day of SEAL training, the teacher took them to a hanging bell in the backyard. He then said: 'If you don't like the pain, if you don't like that hint bell. You won't have to get up early. You won't have to do the long circuit, or obstacle courses. Let me tell you something. If you leave, you'll regret it for the rest of your life. Quitting has never made anything easier. The full life of hard times, but someone out always has it getting worse than you do. If you fill your days with pity, blame your situation 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, then life will be what you do to it. Never, ever call the bell. Remember, start every day with a completed task. Find someone who would help you through life. Respect everyone. Know that life is not just, and you will fail often. Take risks. Step up when times are more difficult. Face down the bulbs. Lift the stand down and never give up. If you do things, you can change your life for the better and maybe the world. If you enjoyed the above resume but want to dig deeper, order the book or get the audiobook for free. New to StoryShots? Get the audio and animated versions of this summary of our free top-ranking app. What did you learn from the book summary in Making Your Bed? What was your favorite cartoon? What do you disagree with? Comment below or tweet to @storyshots. Fits two GainKnowledge. The smashed lead by Brown Brown Daring Greatly by Brown Extreme Properties by Jocko Willink can't hurt me by David Goggins's Mamba Mentality by the Kobe Bryant Project early by Gretchen Rubin (open to the app) app)

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