
Make Your Bed-Admiral William

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If you want to change the world...

- 1. *Start off by making your bed...*** Setting this task to yourself every morning and completing it will have an immediate impact as you will have your first task completed. You will then be able to move to your next task with determination to complete that one as well. And even if one of your days goes bad or not as planned you will always return to a bed to lie down and rest that was made! So the view of that made bed –no matter how your day was will fulfill you with pride about that small but so important accomplishment!
- 2. *Find someone to help you paddle...*** None of us are immune from life's good or bad moments. But like the SEALs collaborate and stand for each other on those rubber boats in the ocean facing high and rough waves, we do as normal humans as well. The SEALs though know that they belong in a team. So make sure you find a good team of people to paddle along. Find someone to share your life with. Make as many friends as possible and never forget that your success depends on others.
- 3. *Measure the person by the size of their heart...*** and not by the size of their flip-flops. In the teams of the SEALs there was a team with considerably small in size SEALs. They called them the "munchkin team". Those "munchkins" though were the ones that outnumbered all the other SEAL teams having the best records in swimming and paddling their rubber boat. When people tell you, you are too small in size to do this, or too immature to do the other just ignore them and try your best to prove them wrong.

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