

# Role Model

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The person I would regard as my role model is [Jocko Willink](#); he was a Navy SEAL officer and now spends his time running a podcast discussing discipline and running a high level gym. His audio books “[Psychological Warfare](#)” and “[Discipline Equals Freedom Field Manual](#)” represent the turning point of my life from an angsty, lazy, disrespectful punk that I was to now; humble, proactive (while maybe lacking a little on my schoolwork), and respectful; while still flawed, I wake up every day at 4:20am, brush my teeth and meditate for around ten minutes, until 4:35am; I then read from the Bible, or some sacred text (what’s the point in practicing one religion?) until 5:00am; from 5:00am to 6:00am I exercise one specific part of my body (whichever is lacking compared to others); I then come back later at 5:00pm to complete a full body workout, or a specific day from a workout program, whichever I’m in the mood for. I spend the great majority of my free time reading productive books from the standpoint of computer programming and mathematics. Jocko’s words hold such a level of power, it’s really hard to not get influenced by what he’s saying; I have his “[Wake up and Get After It](#)” recording as my wake-up alarm. There’s also a man Jocko has worked with known as [Akira The Don](#) who has remixed most of Jocko’s recordings into quite good songs that are insanely motivational. Despite all of this, I still lack the simple discipline to complete my (honestly) very easy schoolwork. This assignment is the start of an extensive all-nighter, maybe spanning a few days, in order to complete it all.