Admiral McRaven Checklist

Bed: Make your bed right every morning.

Help: Find help in others. 1 + 1 = 3.

Heart: Measure a person by the size of their heart.

Failure: No matter how hard you try there will always be failure.

Fear: Don’t be afraid of the failures, they make you stronger.

Head First: Go head first into some things.

Sharks: Don’t back down from the sharks.

Darkest: You must be your very best at the very darkest moments.

Hope: One person can change the world by giving hope.

Bell: Don’t ever ring the bell.