

The University of Southern Mississippi

Leadership

Three Persons That Inspired Me

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Usain Bolt



meters away from me. He used very little effort and made his competitor look like they weren't even trying despite their best efforts.

Ever since that day in 2008, the memory of currently the world fastest man has stuck in my mind. Only a few years later after I saw him, he went on to be the greatest sprinter of all time. Gathering 19 Olympic and world championship gold medals and breaking the world record over and over again (2). This is not why Usain Bolt stands out to me from the others though. It was his ability to inspire and create joy in every person that was around him all while being respectful to everyone and leading his country Jamaica to perform majorly at the big scenes.

Usain Bolt showed the world that when it is play time, it's time to play, but when it is showtime, it's time to perform for the people. With every major performance he displays power, charisma and politeness. What really makes him popular though is his personality. The crowd loves his energy. After displaying his pure speed on the track, Usain "Lightening" Bolt eases his way to legendary status by showing his enthusiasm for the sport. The people wanted him to win, whether they had an athlete competing against him or not and winning was what he always did. This obviously placed him in a lot of situations that required him to exercise his leadership capabilities and he did a great job doing this.

In 2016, Usain Bolt led a Jamaican Olympic team with 56 members in 4 different sports. The results, Jamaica gained 6 gold medals, 3 silver medals and 2 bronze. This placed the small island from the Caribbean at an overall ranking of 16 in the entire world. There is no doubt that the legend helped his camp to be mentally focused for each event and continued to encourage his teammates by leading from the front. All the charisma and good energy had definitely helped in Jamaica achieving this great performance.

Usain Bolt is my inspiration because he showed me that with hard work anything is possible. He also emphasizes the importance of remaining humble and relaxing under pressure. Rising to the occasion when the time comes and helping others during a time of need. His inspiration is truly unmeasurable. He has inspired many new generations across the world to go towards their goal no matter how big that goal might be.

David Goggins



David Goggins, otherwise known as the toughest man alive, caught my attention after his interview with Tom Bilyeu. After watching the interview, I was baffled how a man that grew up with the same weak mind as I did, become one of the world's best leader within the Navy Seals. To be labelled as the toughest man alive is no easy title to obtain. David Goggins main take away from his life is that if you can control your mind, the impossible becomes possible.

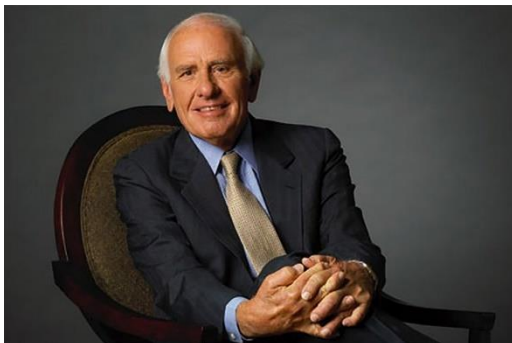
David Goggins grew up in an abusive and racist environment. His father would always come home drunk and beat his mother almost to death right in front his eyes. Being dyslexic in school did

not help his situation as he was subject to racism his entire childhood while in a town called Williamsville in New York. This affected him mentally as he became a pest control fumigator when became an adult. At 300 lbs. drinking milkshake afterwork daily to help with his emotional pain, Goggins saw a Seal Team documentary on television and decided that he wanted to try out for the Navy Seals. This was the changing point to what was once a weak-minded man that felt sorry for himself to where he is at now being the toughest man on earth.

Goggins has since gone through the most dreaded BUD/S training three times and was assigned to Seal Team Five. After watching his close friends die in a helicopter crash in Afghanistan, he started competing in endurance challenges for charity (1). He has since become a marathon and ultramarathon runner. In 2016 he ran 88K in under 12 hours and in 2020 ran 241 miles in 63 hours and 21 minutes. He broke the world Guinness World Record for most pull ups in 24 hours completing 4,030 painful repetition.

Everyday that I feel lazy and unable to move, I would go and watch a David Goggins interview on YouTube. This man gets me fired up in no time. His story is inspirational and there is a lesson to be learned from all his struggle. He is one of my top mentors that I have never met.

Jim Rohn



Jim Rohn is my go to source to understand how wealth works in America and he also shares important knowledge about personal development. Mr. Rohn is a motivational speaker that was unmatched in his era. His mentor, Earl Shoaff gave him most of the skillset that he used for increasing his market value.

Jim Rohn started conducting seminars and personal development workshop in 1970. One of the main themes of these events is that "In order for change to

be brought about in life, you must begin with altering your own self” (3). His touching speeches and books paved the way for millions of persons to become financial stable and mentally stable.

When I found Jim Rohn on YouTube giving one of his profound speeches, I was quickly drawn to a few of his statements. “ Your income does not far exceed personal development. You can have more than you got because you can become more than you are. Unless you change what you are, you will always have what you got” (4). This was such a profound moment for me because I always wanted to know how I could receive more not knowing that to receive more I have to be more valuable to others. Jim Rohn is undeniably one of my favorite mentors on the internet and I would recommend him to my children and grandchildren.

References

- 1) <https://constantrenewal.com/david-goggins/>
- 2) <https://www.olympic.org/usain-bolt>
- 3) <https://topresultsacademy.com/authors/jim-rohn/biography/>
- 4) <https://www.youtube.com/watch?v=U5hoQ8Uyd0M>