



Make Your Bed: Little Things That Can Change Your Life... and Maybe the World

By: Admiral William H. McRaven (U.S. Navy Retired)

McRaven identifies and discusses in detail ten key principles for changing your life and possibly changing the world. He includes his own stories as well as experiences of his fellow Navy SEALs.

This book was written after Admiral McRaven summarized his principles in a commencement speech at the University of Texas in 2014.

Chapter 1: Start Your Day with a Task Completed

Start your day by making your bed and you will have completed your first task of the day, which will help you be more productive throughout the day. If you cannot perform the simple tasks, it will be very difficult to complete more important tasks.

Chapter 2: You Can't Go It Alone

Make sure you have people to share your life with. Friends and family will celebrate your successes and help you learn from failures.

Chapter 3: Only the Size of Your Heart Matters

It's not your size, strength, smarts, or looks that matter, it's the size of your heart and how you treat other people.

Chapter 4: Life's Not Fair-Drive On!

Life is not going to play fair. You are going to face obstacles and failures, but don't dwell on it, look to the future and keep going!

Chapter 5: Failure Can Make You Stronger

You are going to fail in life, it's inevitable. Those failures will only make you stronger and you will learn from them. Use your failures as motivation and try again until you succeed.

Chapter 6: You Must Dare Greatly

Sometimes in life you have to take the risk. If you don't take the risk, you'll have no idea what you are capable of. Taking the risk will help to show your full potential.

Chapter 7: Stand Up to the Bullies

You will encounter bullies in life. They wait around and wait for your weakness to show, then they pounce. Be strong and courageous, and stand up to them, show them you can't be shaken.

Chapter 8: Rise to the Occasion

Life is going to be hard. You will encounter loss and failure, but if you can dig deep and shine through in those moments, you will overcome it.

Chapter 9: Give People Hope

If someone is going through a tough time, be there for them. If someone needs someone to listen, lend them an ear. Just a little bit of hope can go a long way.

Chapter 10: Never, Ever Quit!

Life is unfair. Life is hard. Life will try to tear you down. You will experience bullies, you will experience loss and failure, but whatever you do, never give up. Never, ever ring the bell!

