



# Living with a Seal



**THE HONOR CODE**

**ENJOY THE PAIN**

**ONE REP AT A TIME**



# The Honor Code



## BE BETTER

- Don't operate in expressions. Operate in actions.
- “You'll only be as committed to your goals as your incentives compel you to be.” - Tim Ferris
- It's not what you do, it's when and how you do it.
- With fitness and life there's never a finish line. You can always do better.

## WHAT HAVE YOU DONE TODAY?

- Make your feet be the first footprints in the sand.
- Don't stop when you're tired. Stop when you're done.
- For a New Year's resolution don't resolve to change everything, just be better at what you do.
- If you can see yourself doing something, you can do it. If you can't see yourself doing something, usually you can't achieve it.

## MENTAL TOUGHNESS

- Just get it done. There are no excuses.
- Control your mind. Stay focused on the little things.
- Be the surprise—er. Not the surprise—ee. Be ready for anything at any time.
- You can be fit without being healthy, but you can't be healthy without being fit.



# Enjoy the Pain



## FIND YOUR RESERVE TANK

- When you think you're done, you're only at 40% of what your body is capable of doing.
- When you dig deep you feel the most alive.
- If you want to be pushed to your limits, you have to train to your limits.
- If you push the body, the body will respond.

## IF IT DOESN'T SUCK WE DON'T DO IT

- Failure is just life's way of nudging you and letting you know you're off course.
- Whatever you got going on, someone else has more pain. You got a learn how to fight through it. No matter what it is.
- If you're hungry, run faster. You'll be home quicker.
- If you don't challenge yourself, you don't know yourself.

## DOESN'T HAVE TO BE FUN IT HAS TO BE EFFECTIVE

- Appreciate the difficult. The harder the training, the more courage it took to do in a more satisfaction you derive from it.
- You only get one shot at life, find out what in the reserve tank.
- Learn how to be comfortable with being uncomfortable.
- Sit back and enjoy the pain. You earned it.



# One Rep At a Time



## THE DIFFERENCE 5 MINUTES CAN MAKE

- Anytime when you live a little outside of the norm, people look at you: a) with some admiration and b) like you're crazy.
- Finish the first thing on your list with 100% focus and then attack the next.
- Repetition and consistency equals results.
- How many of your years on earth will you be young enough and healthy enough to do things? Experience the best stuff you can every minute possible.

## UP THE ANTE

- If you can't do the basics, you can't do shit.
- You can get through any workout because everything ends.
- Be present. Focus on finishing the task at hand. Go one step at a time. One rep at a time. And when you're done, worry about the next step.
- Every wall has a door. Break through it.

## PROTECT YOUR PRIMARY

- In a relationship it's not the gift that counts, it's the effort.
- Know what's important to you and protect it at all costs.
- Give yourself credit. You don't always have to change everything.

