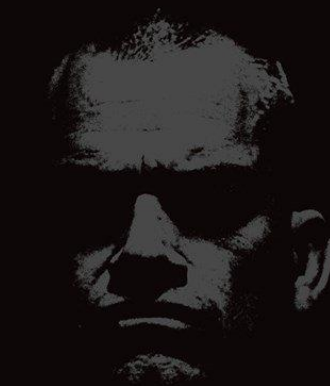


DISCIPLINE EQUALS FREEDOM

FIELD MANUAL

BY JOCKO WILLINK





# Discipline Equals Freedom



**THE WAY OF DISCIPLINE**

**THE PERSON YOU CAN CONTROL**

**THE WARPATH**

**GOOD**



# The Way of Discipline



## ONE SMALL DECISION AT A TIME

- Discipline; the root of all good qualities. The driver of daily execution. The core principle that overcomes laziness, lethargy and excuses.
- Discipline defeats the infinite excuses that say: not today, not now, I need rest, I will do it tomorrow.
- Become the discipline – embrace its cold in the relentless power.
- You have to do it now. Stop thinking about it. Stop dreaming about it. Stop researching every aspect of it and reading all of about it and debating the pros and cons of it. Start doing it. Take the first step and make it happen. Get after it.
- Imbed that long term goal in your mind. Burn it into your soul. Think about it, write about it, talk about it. But most important: do something about it. Every day.

## OVERCOMING PROCRASTINATION

- The shortcut is a lie. The hack doesn't get you there. And if you want to take the easy road, it won't take you where you want to be: Stronger. Smarter. Faster. Healthier. Better. Free.
- There is no easy way. There is only hard work, late nights, early mornings, practice, rehearsal, repetition, study, sweat, blood, toil, frustration, and discipline.
- You have to be proactive in the world. You want to be dictating what happens, not responding to it.
- If you feel like you need a break – that is the one thing you should procrastinate. Taking a break is the one thing I put off until tomorrow.
- Hesitation is the enemy. Hesitation allows the moment to pass, the opportunity to be the last, the enemy to get the upper hand. Hesitation turns into cowardice.



# The Person You Can Control



## MIND CONTROL

- The only person you can control is you. So focus on making yourself what you want you to be.
- You are the machine, and you can control it.
- So often, the easy path calls us to be weak for that moment. To give into desire and short-term gratification.
- You know what you have to do. So make yourself do it.
- When you are on the road, don't get lazy. Don't get complacent. Don't use road as an excuse. Get creative, get aggressive, get it done. Stay on the path.
- If you are sick or injured, don't use that as an excuse to skip workouts or stay in bed all day. Do what you can.

## NATURE VS NURTURE

- It is not about nature or nurture: it is about choices. The people who are successful decide they're going to be successful. They make that choice and they make other choices to achieve that.
- The most important thing to learn is that we have so much to learn.
- Most of us are not defeated in one decisive battle. We are defeated one tiny, seemingly insignificant surrender at a time that chips away at who we should really be.
- Reading is relaxing. It settles your mind. And it makes you smarter. So do it.
- Once glucose (sugar) in the blood is depleted the body begins to utilize fat for energy. You can deplete that sugar in the blood by exercising until it's gone, fasting until it's gone, or adjusting your carbohydrate intake.
- The only thing that matters is that you actually do. So DO.





# The Warpath



## DESTROYER MODE

- Default aggressive. I don't view aggression as an outward attitude. I view aggression as an internal character trait. A fire in your mind that says: I am going to win.
- When bad things are happening, I will be the one good thing standing tall that can be relied upon.
- It is never finished. You always have more to do. Another mission. Another task. Another goal.
- The enemy is always watching. Waiting. Looking for that moment of weakness. Looking for you to exhale, set your weapon down, close your eyes, even just for a moment. And that's when they attack.
- In order to improve, we need stress. We need to push the body and the mind in order to get better.
- Take advantage of physical injuries and sickness by doing something you don't normally have time for.
- Discipline means taking the hard road – the uphill road. To do what is right. For you and for others.
- Humans can withstand almost inconceivable stress – and you can too. Gain perspective and detach.

## WORKING OUT MAKES YOU SMARTER

- It improves blood flow to the brain.
- It boost growth hormones that promote growth of new nerve cells.
- It improves synaptic plasticity (the ability for neurons to send and receive messages).
- It releases brain chemicals that help cognition like: dopamine, glutamate, norepinephrine, and serotonin.
- It also boost the production of BDNF, a protein that helps with mental processes.
- By working out, you increase your endorphins, testosterone, growth hormones, cardiac volume, insulin sensitivity and natural killer cells.

# Good



## ME VERSUS ME

- How do I deal with setbacks, failures, delays, defeats, or other disasters? I have a fairly simple way of dealing with these situations, summed up in one word: “Good.”
- When things are going bad, there’s going to be some good that will come from it.
- Fear of failure is good. It will keep you up at night, planning, rehearsing, going over contingencies. It will keep you training hard and will stop you from cutting corners. Fear failure will keep you working, thinking, striving, and relentlessly trying to be more prepared for battle.
- Ask every question that comes to mind. That is how you learn, and most important, question yourself. Question yourself every day.

## REMAIN VIGILANT

- You have to be vigilant. You have to be on guard. You have to hold the line on the seemingly insignificant little things – things that shouldn’t matter – but do.
- Fight weak emotions with the power of logic; fight the weakness of logic with the power of emotion. In the balance of those two, you will find the strength and tenacity and the guts to say to yourself: I don’t stop.
- Accept reality, but focus on the solution. Take that issue, that setback, that problem, and turn it into something good. Go forward.
- Discipline can seem like your worst enemy. But in reality it is your best friend. It will take care of you like nothing else can.
- It will put you on the path of strength and health and intelligence and happiness. And most important, discipline will put you on the path to freedom.