



No Hero



PURPOSE

FEAR

DISCOMFORT

MINDSET



Purpose

TRUST



- There was no back up plan. I set my goals higher than most people that was possible but I knew in my guts that I'd make it or die trying. I didn't want to be an old man and regret not trying.
- I always pushed myself and never sat back and rested. I pushed myself every chance I got and tried to make myself better. Each day was always harder than my last.
- He didn't just have the respect of his team and others because he was the boss. He earned everyone's respect because of his character, his leadership, and his calm demeanor during combat. It seemed like nothing fazes him. I looked up to him as someone I wanted to emulate.
- Trust is the bedrock of any relationship. It has to flow both ways or it doesn't work.
- Calm demeanor, honest feedback, and clear communication are vital to building trust.
- I never wanted to do anything normal. I can't be average.
- Our trust is what allowed us to succeed even when the fight didn't go as we planned.

COMMUNICATION

- We'd all rather die, than fail. We always put the team over the individual and accept nothing but the best from everyone. Those words are easy to say and to recite but hard to live by.
- Trust is one of those tricky things that can't be bought by rank or title. It has to be earned through trial and error, through shared experience, and through constant communication.
- The hardest thing to do is honestly communicate with people, especially if you are at fault.
- I knew I definitely wasn't the smartest guy in the room. I learned a long time ago to ask for outside opinions.



Fear



STRESS

- Stay in your three-foot world. Focus on what you control.
- How to manage stress: first prioritize all the individual stressors then act. Break it down to all the little things you can manage. The stressors you can't control, forget. The ones you can, deal with one at a time.
- If it were easy everyone would do it.
- It is liberating when you let go of the things you can't control.
- If you think SEALs live without fear think again. No one lives without fear
- Assess. Prioritize. Act.

CONFIDENCE

- Sometimes you can only achieve a goal if you are willing to risk it all
- Slow is smooth and smooth is fast.
- We cannot have guys freeze when faced with multiple threats but we also don't want guys to start spotting immediately without assessing the situation.
- Take what's there. Assess the situation. Prioritize. Break it down into small tasks you know you can accomplish or eliminate or fix immediately.
- Through constant practice, repetition, and experience most SEALs can prioritize stressors fast enough that it feels more like an instinct than a process. Once that happens, everything starts slowing down.
- Lessons learned in combat, which sometimes are in blood, must be passed on.



Discomfort



ACCOUNTABILITY

- It's easy to lose drive, focus, and determination when things are uncomfortable. We know not everything is going to be comfortable easy so we prepare for that.
- After action review (AAR): At the end of a long mission, when you're fried, frustrated, and angry about failing, sitting down and talking it out is often the last thing you want to do. But it is one of the ways you fix mistakes.
- It is a time to ask questions and make sure you are doing the job right. The most important AAR's are the hard ones.
- They can get emotional, frustrated, long winded, and even boring, but they are absolutely critical.
- The only way an AAR works is if everyone leaves their ego outside and comes in willing to take honest criticism.
- Emotion has no place in an AAR. It takes away from good communication.

RELATIONSHIPS

- Each SEAL team member must be able to shoot (tactical skills), move (how you work as team), communicate (speaking clearly and effectively).
- Being able to work together as a team is taught to us throughout our career as a SEAL and is a key ingredient to our success.
- There is no secret sauce. Every seal Has gone through the same training, tested themselves In the same extreme conditions, and trained extensively together to the point That we all wind up capable of performing the most basic tasks extraordinarily well. That gives us an unshakable confidence in each other.
- The importance we put on the close nit relationships was the factor that most often tipped the needle from defeat to victory.
- Your swim buddy is there to protect you, Encourage you, give advice, Call you on your shit, and most importantly be there when you need help.

Mindset



COMPARTMENTALIZATION

- I learned something vital. Every... single... time.
- We all learned to push ourselves to go well beyond our mental and physical limits. Mind set is the common denominator.
- Wanted: volunteers for project Delta. Will guarantee you a medal, a body bag, or both.
- Guys with a never quit mentality and a drive to accomplish the mission.

THE ONLY EASY DAY WAS YESTERDAY

- Embrace discomfort.
- Being a seal is not just a job. It is a lifelong commitment to challenge yourself and your teammates to exist in a constant state of evolution, examining your decisions and learning from your mistakes so you and your team can be effective as possible.
- Set little goals and forget that you are miserable.
- The mission doesn't always wait for sunny 72 degree weather. We don't need comfort to be effective.
- Being able to push yourself beyond your limits is not only a key to being a SEAL, but also key to a successful life.
- When you're stressed, like in combat, the simple skills are easiest to muster.
- Understanding the most basic principles perfectly and working to execute them flawlessly in any circumstance will always put you ahead of someone who lacks the fundamentals.
- All a SEAL does is master the basic principles and perform them as close to perfect as possible.
- If you remember the little things, the rest will work itself out.
- Leaving a career of service didn't need to end my life of service.