




IF YOU WANT TO CHANGE THE WORLD...

1. **Start off by making your bed**
2. **Find someone to help you paddle**
3. **Measure a person by the size of their heart, not by the size of their flippers**
4. **Get over being a sugar cookie and just keep moving forward**
5. **Don't be afraid of the circuses**
6. **Sometimes you have to slide down the obstacles head first**
7. **Don't back down from the sharks**
8. **You must be your very best in the darkest moments**
9. **Start singing when you are up to your neck in mud**
10. **Don't ever, ever ring the bell** 

**- Admiral William H. McRaven
Commander, U.S. Joint Special Operations Command**

