



4.1 GET STRONGER

EVERY HURDLE I PASS MAKES ME STRONGER

Read the following statement out loud to yourself:

I take every challenge as a learning experience that can help me find my way through the next time it comes around.

I embrace each negative situation as an opportunity to sail right through if it ever raises its ugly head again.

I admit to feeling frustrated when the same difficulty keeps coming my way. I sometimes feel like throwing my hands up and calling it quits when it seems that certain obstacles are here to stay.

But before I give in to the urge to give up, I stop and consider the fact that I made it past the hurdle the last time.

That success gives me the strength I need now. It gives me the experience and strategic thinking to know how to conquer it the second, third or fourth time around.

My resolve to conquer and move on is incomparable!

I know that each time I conquer makes the next time that much easier. I come out of every battle with the bruises of experience and the armor of confidence that guarantee I can come out a victor the next time around.

Today, I embrace the hurdles that come my way as I aim for my goals.

I recognize that achieving a goal by overcoming difficulties is more fulfilling than attaining one with a lack of challenges. I feel confident that I have the inner strength to persevere and hit my targets, regardless of the obstacles in life.



THE NAVY SEAL CODE

The Navy SEALs understand all this and train their mental toughness in a fairly extreme manner. However we can study and live by the same approach to life.

- Loyalty to Country, Team and Teammate
- Serve with Honor and Integrity On and Off the Battlefield
- Ready to Lead, Ready to Follow, Never Quit
- Take responsibility for your actions and the actions of your teammates
- Excel as Warriors through Discipline and Innovation
- Train for War, Fight to Win, Defeat our Nation's Enemies
- Earn your Trident everyday

As these directly apply to a Navy SEAL's line of work, which is combat, they may not seem directly applicable to the common civilian. But you are not common, that's why you are here. Adapt these to your own circumstances and life.

You can read more about the SEAL code here: <https://navyseals.com/nsw/seal-code-warrior-creed/>

JOURNAL ASSIGNMENT:

Find time and space to write for :30 to :45 minutes on the following topics:

1. Have the hurdles in my life made me more appreciative of what I have accomplished?
2. How do I empower my peers to persevere?
3. Am I confident that I can overcome any negative occurrence? Why or why not.