THE SEAL MINDSET

HOW OPERATORS THINK

"OPERATORS AREN'T BORN. THEY'RE BUILT."

1. MISSION > MOTIVATION

MOST MEN FALL BECAUSE THEY CHASE THE FEELING INSTEAD OF PURPOSE.
LOCK IN YOUR WHY. THEN MOVE.

MINDSET SHIFT:

- "I FEEL TIRED."
- "I DON'T HAVE TIME."

+ "I HAVE WORK TO DO"

2. DISCIPLINE BY DESIGN

YOUR HABITS REVEAL YOUR IDENTITY. WHAT YOU DO EVERY DAY BECOMES WHO YOU ARE.

SET A DAILY DISCIPLINE STACK:

(EXAMPLE)

- WAKE UP AT 0500
- COLD SHOWER
- PT

SET IT. TRACK IT. DOMINATE IT.

3. ACCOUNTABILITY WINS WARS

SEALS DON'T GO SOLO. YOU NEED A DIVE BUDDY. SOMEONE WHO PUSHES YOU, CALLS YOUR BLUFF, AND DOESN'T FLINCH.

"ALONE YOU WILL QUIT. WITH A TRIBE YOU WILL RISE."

4. BE THE STANDARD

BEING ELITE ISN'T ABOUT HAVING THE PERFECT ROUTINE. IT'S ABOUT CHOOSING HARD OVER EASY. EVERY TIME.

RAY CASH CARE

PRINT IT. MEMORIZE IT. LIVE IT.