

REACH YOUR GOAL: THINK LIKE A SEAL!

by:

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Your mindset is a collection of values that influence how you see the outside world and your own identity. In any given circumstance, it affects your thoughts, feelings, and actions. When to go further and when to stop, your mindset will guide you.

Running away from a trial is what most individuals do because it is typically the easiest course of action. When people are going through too much difficulty in life, they typically turn their attention away from their troubles and into other things. However, the best course of action is to face your concerns or problems.

Just observe the navy seals. They are the military's most resilient soldiers. Many people would ask why. If you consider their training, the majority of people who pass are not the quickest runners, finest athletes, frequent gym goers, or biggest bodies. The person who is willing to push through even when the going gets tough is the one who succeeds in training. So having a will is the best thing a person can have. This will give an individual the motivation to continue even when his head tells him to give up.

Additionally, Navy SEALs are able to obey directions. Before objecting, they comply. They are concentrated on achieving their goal. One must learn how important it is to respect your elders and to constantly pay attention to them. Because you must first realize that in order to be a good leader, you must first be a good follower.

More so, you must be passionate and enjoy what you are doing if you want to accomplish anything, no matter how challenging. Your determination to persevere will give you the special energy to fulfill your goals.

Be mindful of your words because they influence your behavior. Watch your activities because they develop into habits. Watch your behaviors because they shape your personality. Watch your character because it affects your outcome.

You need to think positively. Additionally, keep your emotions out of your decisions. You must always maintain an upbeat attitude.

References:

<https://www.cnbc.com/2017/10/18/how-thinking-like-a-navy-seal-can-help-you-exceed-your-goals.html>