


☐

I'm not robot

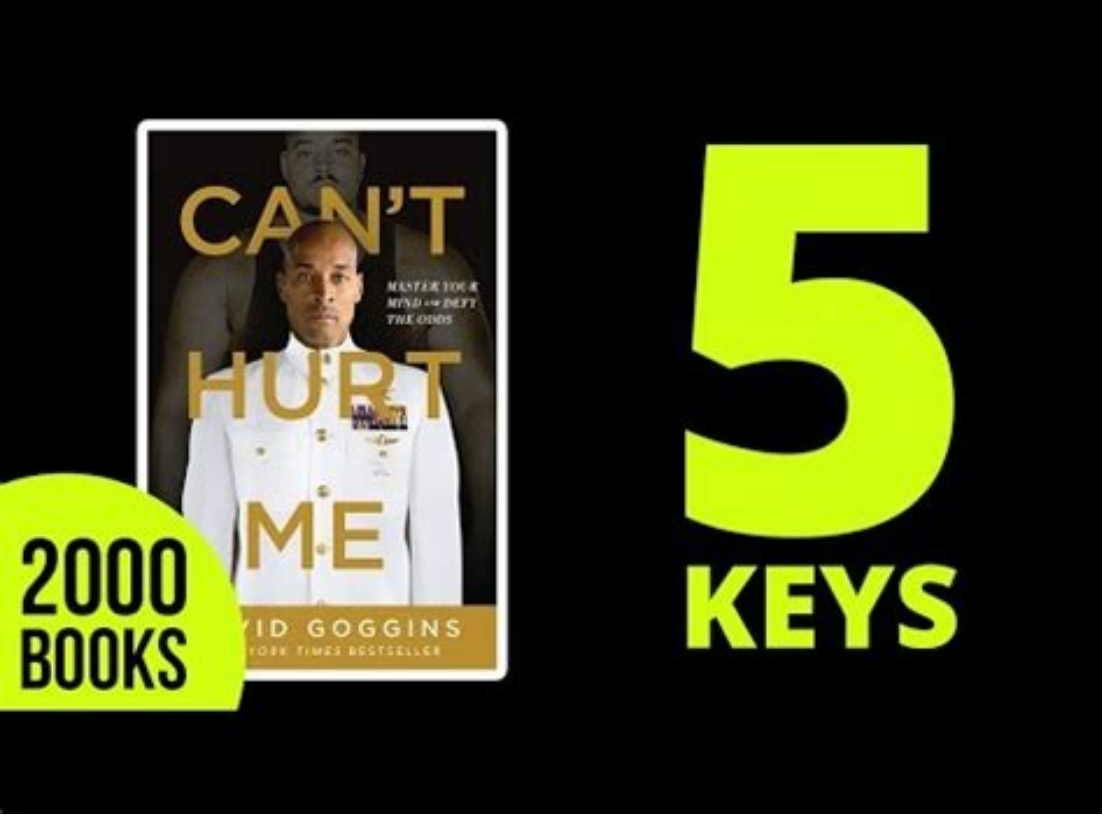

reCAPTCHA

I'm not robot!

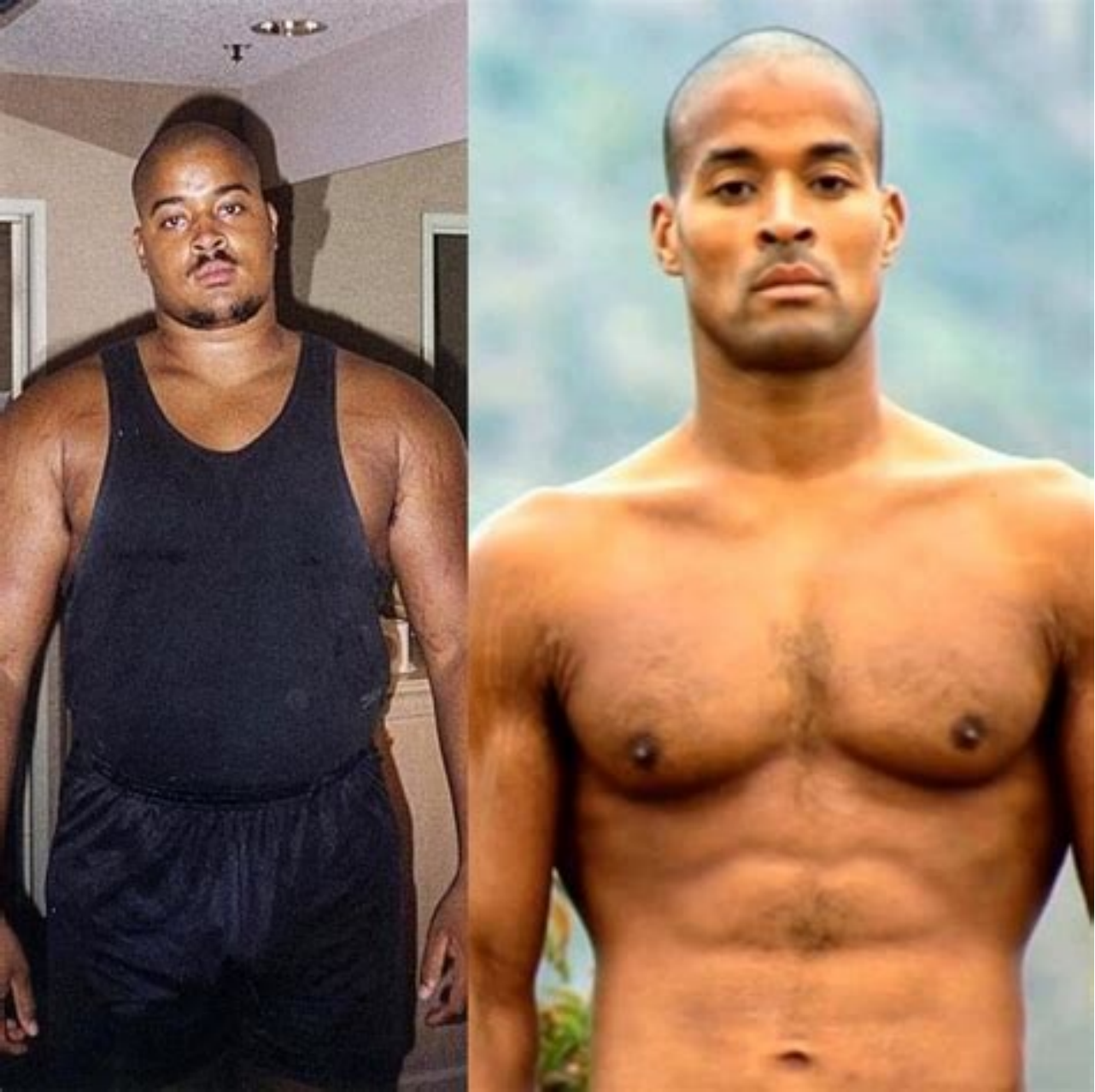
Can't hurt me david goggins summary

Can't hurt me david goggins chapter summary. Can't hurt me david goggins chapter 1 summary. Can't hurt me by david goggins review.

Print | Audiobook | Get My Searchable Collection of 100+ Book Notes The Book in One Sentence Can't Hurt Me is about how David Goggins transformed himself into one of America's fittest athletes through self-discipline, mental toughness, and hard work. The Five Big Ideas The Accountability MirrorThe Governor The 40% RuleThe Cookie JarTaking Souls Can't Hurt Me Summary "By the time I graduated, I knew that the confidence I'd managed to develop didn't come from a perfect family or God-given talent. It came from personal accountability which brought me self respect, and self-respect will always light a way forward." "Very few people know how the bottom feels, but I do. It's like quicksand. It grabs you, sucks you under, and won't let go. When life is like that it's easy to drift and continue to make the same comfortable choices that are killing you, over and over again." "You're probably living at about 40 percent of your true capability." "Heraclitus, a philosopher born in the Persian Empire back in the fifth century BC, had it right when he wrote about men on the battlefield. "Out of every one hundred men," he wrote, "ten shouldn't even be there, eighty are just targets, nine are the real fighters, and we are lucky to have them, for they make the battle. Ah, but the one, one is a warrior..." "From the time you take your first breath, you become eligible to die. You also become eligible to find your greatness and become the One Warrior. But it is up to you to equip yourself for the battle ahead." "Only you can master your mind, which is what it takes to live a bold life filled with accomplishments most people consider beyond their capability." "Human beings change through study, habit, and stories. Through my story, you will learn what the body and mind are capable of when they're driven to maximum capacity, and how to get there. Because when you're driven, whatever is in front of you, whether it's racism, sexism, injuries, divorce, depression, obesity, tragedy, or poverty, becomes fuel for your metamorphosis." "I brainwashed myself into craving discomfort. If it was raining, I would go run. Whenever it started snowing, my mind would say, Get your fu*king running shoes on. Sometimes I wussed out and had to deal with it at the Accountability Mirror. But facing that mirror, facing myself, motivated me to fight through uncomfortable experiences, and, as a result, I became tougher. And being tough and resilient helped me meet my goals." "Everything in life is a mind game! Whenever we get swept under by life's dramas, large and small, we are forgetting that no matter how bad the pain gets, no matter how harrowing the torture, all bad things end." Goggins's Commanding Officer told him, In a society where mediocrity is too often the standard and too often rewarded. There is an intense fascination with men who detest mediocrity, who refuse to define themselves in conventional terms, and who seek to transcend traditionally recognized human capabilities. This is exactly the type of person BUD/S is meant to find. The man who finds a way to complete each and every task to the best of his ability. The man who will adapt and overcome any and all obstacles. Goggins began changing his life by speaking to himself in the mirror every night. He writes, I set goals, wrote them on Post-it notes, and tagged them to what I now call the Accountability Mirror because each day I'd hold myself accountable to the goals I'd set. At first, my goals involved shaping up my appearance and accomplishing all my chores without having to be asked. [...] [It] kept me on point from then on, and though I was still young when this strategy came through me, since then I've found it useful for people at any stage in life. According to Goggins, like a car with a governor that places a ceiling on the car's performance, we, too, have a governor that impedes us from reaching our true potential. In his own words, Our governor is buried deep in our minds, intertwined with our very identity. It knows what and who we love and hate; it's read our whole life story and forms the way we see ourselves and how we'd like to be seen. It's the software that delivers personalized feedback—in the form of pain and exhaustion, but also fear and insecurity, and it uses all of that to encourage us to stop before we risk it all. But, here's the thing, it doesn't have absolute control. Unlike the governor in an engine, ours can't stop us unless we buy into its bulls*t and agree to quit. Goggins writes that many of us live at 40% of their true capability. Only when we callous our mind through stepping out of our comfort zone on a regular basis can we move beyond it. He writes, Most of us give up when we've only given around 40 percent of our maximum effort. Even when we feel like we've reached our absolute limit, we still have 60 percent more to give! [...] Once you know that to be true, it's simply a matter of stretching your pain tolerance, letting go of your identity and all your self-limiting stories, so you can get to 60 percent, then 80 percent and beyond without giving up. I call this The 40% Rule, and the reason it's so powerful is that if you follow it, you will unlock your mind to new levels of performance and excellence in sports and in life, and your rewards will run far deeper than mere material success. Before eating a cookie as a child, Goggins always took the time to admire it first as a way of practicing gratitude. Today, "The Cookie Jar" is a concept he employs whenever he needs a reminder of who he is and what he's capable of. In his own words, We all have a cookie jar inside us, because life, being what it is, has always tested us. Even if you're feeling low and beat down by life right now, I guarantee you can think of a time or two when you overcame odds and tasted success. It doesn't have to be a big victory either.



It can be something small. On the toughest day of the hardest week in the world's toughest training, Goggins tormented his instructors by motivating his team to push themselves harder. Goggins coined the term "Taking Souls" after motivating himself to push him and his team harder as a means of getting inside his instructors' heads. He writes, Taking Souls is a ticket to finding your own reserve power and riding a second wind. It's the tool you can call upon to win any competition or overcome every life obstacle. [...] This is a tactic for you to be your best when duty calls. It's a mind game you're playing on yourself. Taking someone's soul means you've gained a tactical advantage. Life is all about looking for tactical advantages. In Can't Hurt Me, David Goggins describes his transformation from someone who let his circumstances control him to someone who proactively seeks greatness by tackling new challenges. He thinks everyone can work to cultivate a drive for self-improvement in order to overcome obstacles and reach their goals. Goggins provides ten challenges to help people work efficiently toward their goals. Challenge 1: Face Your Bad Hand As you grow up, your life circumstances can affect your growth and development. Though it seems counterintuitive, acknowledging the difficult circumstances you've faced can be a good first step toward overcoming additional challenges—you can draw strength from your past successes. An Abusive Father and School Struggles For Goggins, acknowledging and overcoming his school struggles and his abusive father opened new doors. Before age 8, Goggins lived with his mother, father, and brother in Buffalo, New York. His father frequently beat all of the family members. Due to working nights at his father's roller skating rink, 8-year-old Goggins fell behind in school. Eventually, his mother sought help from a friend to get herself and her children to safety, escaping to live in her hometown of Brazil, Indiana. In Brazil, Goggins faced an unsupportive 3rd-grade teacher. He developed a stutter and began cheating to pass. Take Action To begin confronting the obstacles you currently face, take stock of the circumstances that have shaped your life, past and present: Start a journal. Paper or digital (on your laptop or phone) are both fine. List all of the difficult things you've faced or face in life. Ask yourself the following questions to jog your memory: What difficult circumstances did you face growing up? For example, you might have faced abuse or felt low self-esteem. Or, did you grow up without major challenges and therefore fail to learn to push outside your comfort zone? What kinds of challenges do you face now? For example, maybe a boss is limiting your progress at work, or you're sabotaging yourself in some way from moving forward. Challenge 2: Set Up Your Accountability Mirror You may struggle to take actionable steps to reach your goals. In this challenge, break your goals into smaller steps, regularly work toward them, and keep yourself accountable to achieve success. As a teen, Goggins continued to struggle with racism, school, and a longing to join the Air Force, but he didn't want to use his struggles as excuses. So he devised a way to make his goals more manageable: writing Post-it notes of goals on his mirror to hold himself accountable for reaching them. Racism When Goggins lived in Brazil as a young kid, he'd been unaware of racism. This started to change when he and his mother later moved back to Brazil from Indianapolis and he faced a slew of harassment, including being threatened at gunpoint on a rural road. He struggled to understand how people could be so hateful. He also felt the loneliness of being one of the only black people in town. Goggins didn't know how to channel these emotions. He started trying to come up with ways to get a rise out of the racists around him, wearing unusual clothing, trimming his hair in odd ways, and blaring music from his car. School Struggles and Air Force Aspirations Though Goggins was now in high school, he still relied on cheating to pass school and was reading at the 4th-grade level. He wanted to join the Air Force but didn't realize he'd need to pass an aptitude test. He was unable to cheat, and he didn't pass on his first attempt. Then, at the end of his junior year, Goggins received a letter that he wouldn't graduate unless his attendance record and grades improved during his final year. This moment led him to a self-reckoning in his bathroom mirror. He felt frustrated with who he saw that day—a kid with few prospects who wouldn't be able to make it into the Air Force without getting tough with himself and changing his behavior. He resolved to reach his goal of getting into the Air Force by improving his reading skills and studying for the test. Each night, he wrote his goals for the next day down on Post-it notes and placed them on the mirror, his "accountability mirror." Then, he'd make sure he worked toward his goals each day. He'd give himself a tough talk about the steps he needed to take and why. For example, he'd call himself out for being stupid and tell himself he needed to study to fix that. He found this method more motivating than being gentle with himself. Using his accountability mirror to work toward his goals allowed Goggins to pass the Air Force qualifying exam and graduate from high school. Take Action An "accountability mirror" helps you break your goals and dreams into manageable steps and offers a visible reminder of what you're working toward. It's called an accountability mirror because it helps you hold yourself accountable for taking the steps necessary to achieve your goals. Using Post-it notes or paper (rather than digital means), follow these steps: Write down all of your insecurities. Own your insecurities and use them as an opportunity to improve yourself. Write down all of your goals and dreams.



Break them into small, specific steps, written on separate Post-it notes. Stick all your notes on the mirror. Hold yourself to working on them each day. The insecurities could inspire your goals, but don't have to be related. Challenge 3: Get Used to Discomfort Developing the mental willpower to do things that you dislike or that make you uncomfortable is another powerful tool to achieve your goals. Air Force Stint Goggins entered the Air Force because he wanted to become a pararescueman: a member of the Air Force troops that rescue downed pilots. But he faced a large obstacle: training to swim and rescue people in the water. Goggins had never taken swimming...