

DAVID GOGGINS - GET IT DONE

*We
develop a passion
for Teaching!*



INFINITY PODCASTS 1284

Why is the truth so important
you have to have the truth
starting point the true self is
found in that very
uncomfortable Zone we all
look for toughness we all
want it but we look for in a
comfortable environment you
would not find toughness in a
comfortable environment
those of you who are listening
to this you will not find it the
only way you find it is to
drown yourself in a position
where you're just out of sorts
where you can't swim and
you're drowning we are
drowning will you say no it

ma'am dad once you come
face to face with who you are
you have a starting point
[Music] it's in our head saying
you know what man dude
you're not you're not doing
[__] you're wasting a bunch
of percentage here in this
other 80 is suffering pain
failure failure failure self-
doubt Darkness and then a
whole bunch of light but to
get to this light you got to go
through all of this [__] you're
not succeeding you're not
cheaping it's because you're
afraid to go in that dark place
to find yourself you're setting

goals you know you can reach
and when you do that that fear
that is security that doubt
that's where you grow you
must always set goals and you
think you cannot achieve and
then there you get better when
that alarm clock goes off at
four or five in the morning
your mind says no you just
say this is what we do is what
we do now because to get to
where you want to go the
amount of pain involved the
amount of mental pain of how
many times you're gonna have
to do something that you don't
want to do to get to where you

want to go [Music] every day
you must ask yourself did I do
enough and then once you do
this over and over and over
again it becomes like
breathing I don't want to live
this lifestyle but to get to the
other side of this have to so if
you really want it you realize
what trying is and what trying
is not your brain is the most
powerful weapon in the world
once you put away your
phones and your computers
and all that [__] we have
nowadays your brain is the
only thing you have when
you're going through

depression when you when
you're going through hard
times you're going through
death real life [__] you can't
Google that [__] man you're
alone you're alone you may
have a shrink you're going to
you may have a best friend
you're going to but there's 24
hours in a day where you're
alone in this brain and your
brain is talking to you in all
kinds of ways and it wants to
control you and pull you in
these different pockets if you
can't control your own brain
and your brain controls you
you're [__] you got to tell

your brain where you want to
go and how you want to go
and how you want to get there
you got to control it if not it's
over so all I knew back then
was hard work you got to
work hard you gotta work
hard I can't get this paragraph
I can't remember what the
[__] in this paragraph to pass
this test to get in the military
read again still not getting it
read it again but it's not
getting it write it out and
that's how I started learning I
realize if I keep going back
and going back and going
back until the [__] just

becomes your mind will say
[__] okay we're gonna figure
it out it'll find a way because
he is not going to stop it's like
I'm gonna try one more time
no alarm clock goes off we're
going back I can't read right
we're going back I gave
myself no way out and my
mind realized that they said
okay we're gonna adapt and
overcome now that was my
mindset and that's how you
get through things you put
yourself you immerse
yourself wherever it is and
you become that I became
health and that became my

new Norm I gave myself no way out there was nothing outside these walls of Hell nothing I watched this segment on TV about these guys going through Navy still training and I couldn't even I I wasn't a great swimmer I was afraid of the water all this crap man I saw these guys as quitting but at the very end it says 22 guys as command officers up there and he gives this great speech so I started visualizing me being the 23rd guy sitting there with these guys I said man if I could feel that that would change my life

and what was that feeling you
wanted so bad respect
acknowledgment Victory I
wanted to win not like beat
somebody else it wasn't about
that I I just wanted to go the
distance everything in my life
when something got hard I
quit [Music] I had to work
harder than you so I quit like
man if I could just go that
distance that extra mile to just
go just to finish I want to
finish I want to feel Victory
and victory for me wasn't
winning it was just finishing
so I said you know what if I
could feel like these guys feel

it would change my life and
literally I started feeling
victory just by putting myself
in the battle [Music] I started
realizing man just by going to
war with myself every day
and putting these challenges
and these goals and these
obstacles these
insurmountable obstacles now
we can move from there if
you look at it as meant I'm
broken and I'm still here now
I'm fighting I'm gonna find a
way to get through this
because I have no other place
to go it gives you a lot of
power and no one really finds

himself without going through
trials tribulations suffering
accountability and
accountability is suffering
being accountable every [__]
day for doing right for
yourself for the people next to
you it's miserable the more I
did the more I gain
confidence and then the more
I gain confidence the more I
realized these Navy Seals
man these guys can't do what
I'm doing right now I have no
coach had no trainer had no
money I didn't know how to
lose weight I had no
knowledge of what I was

doing I was just working I
was just sacrificing but I
would have never found these
tools if I didn't put myself in a
very uncomfortable place and
your true self is found in that
very uncomfortable Zone
that's where he came from he
came from all these [__] up
obstacles and now he's there
so everybody goes how do
you do that you know exactly
how to do that [Music]
foreign.

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