

**Admiral McRaven Leaves the Audience SPEECHLESS |  
One of the Best Motivational Speeches**

Jeffrey E. Hansen, Ph.D.  
Center for Connected Living



# Admiral McRaven offers encouragement to persevere no matter how hard the circumstances

“Life is a struggle and the potential for failure is ever present, but those who live in fear of failure, or hardship, or embarrassment will never achieve their potential. Without pushing your limits, without occasionally sliding down the rope headfirst, without daring greatly, you will never know what is truly possible in your life.”

— William H. McRaven

Please click the link below to watch this incredible speech:

[https://www.youtube.com/watch?v=TBuIGBCF9jc&ab\\_channel=MotivationHub](https://www.youtube.com/watch?v=TBuIGBCF9jc&ab_channel=MotivationHub)

# Admiral McRaven's Ten Points

1. START THE DAY WITH A TASK COMPLETED
  2. FIND SOMEONE TO HELP YOU THROUGH LIFE
  3. RESPECT EVERYONE
  4. LIFE IS NOT ALWAYS FAIR, MOVE FORWARD
  5. DON'T BE AFRAID TO FAIL OFTEN
  6. TAKE RISKS
  8. STEP UP WHEN TIMES ARE TOUGHEST
  7. FACE DOWN THE BULLIES
  9. LIFT UP THE DOWNTRODDEN
  10. NEVER GIVE UP
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