

30 Minutes For The Next 30 Years of Your Life | David Goggins Motivational Compilation

David Goggins is a Retired Navy SEAL and the only member of the U.S. Armed Forces to complete SEAL training, Army Ranger School, and Air Force Tactical Air Controller training. Goggins has completed more than seventy ultra-distance races, often placing in the top-five, and is a former Guinness World Record holder for completing 4,030 pull-ups in seventeen hours.

A sought-after public speaker, he's traveled the world sharing his philosophy on how to master the mind. When he's not speaking, he works as an Advanced Emergency Technician in a big city Emergency Room and, during the summer, as a wildland firefighter in British Columbia.



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Click the link below to listen to this inspirational talk by David Goggins. Goggins makes the case for reworking your attitude and then jumping into life full-force. He believes, and so do I, that pain is part of the process necessary for growth. Warning, David favors the F-word.

https://www.youtube.com/watch?v=yErh67ls9XA&ab_channel=FuelMotivation