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Navy SEALs are among the most elite warriors on earth.

How do they become that way?

By developing an unbreakable mindset.

Here's how they do it (and how you can, too):



In 2021, I spent 3 days in the wilderness training with a Navy SEAL and a small team.

We covered ~20 miles across rugged terrain, carrying 60+ pound packs, in some of the most beautiful country I've seen.



We learned how to:

• survive + operate in the wilderness
• build a high-performing team
• communicate effectively
• thrive in ambiguity
• lead and be led

Above all, the most impactful lesson was how Navy SEALs develop mindset.

Here’s what we learned:

What is mindset?

In simple terms, mindset is how you view and process the world around you.

It influences how we think, feel and act in any situation.

Our mindset is impacting us (for better or worse) every moment of every day, whether we realize it or not.

The SEALs teach three 3 pillars of mindset:

1. Patient
2. Present

3. Deliberate

Let’s breakdown each one.

1. Patient

“Be patient” is the first pillar of mindset.

We must be patient in 3 ways:

• with ourselves
• with our teammates
• with the process

So what does each mean?

Be patient with ourselves:

We’re going to make mistakes.

It’s part of the process of growth.

When we do, patience will help us:

• overcome it
• learn from it
• continue on

Be patient with our teammates:

Our teammates are human.

They will also make mistakes.

Getting frustrated with a teammate doesn’t help them or you.

If you want to be a great teammate, start by being patient.

With the process:

Everything is a process.

We can’t achieve a goal on the first step.

We can’t master a new skill on Day 1 of practicing it.

Being patient with the process helps us be consistent.

Relentless consistency over time wins.

How to apply Patience:

We can apply patience every day in countless ways.

Start with yourself. What are you working towards?

Give yourself permission to be patient.

Then start being more patient with others.

2. Present

“Be present” is the second pillar of mindset.

SEAL training is notoriously difficult.

But SEALs often say the same thing: There’s no single element that’s extraordinarily difficult.

Almost everyone can complete each one.

It’s the totality of it that breaks people.

When do you think most people quit in SEAL training?

If you guessed Hell Week (like me), great guess.

But you’re wrong.

Most people quit in one of the easiest evolutions.

It’s a 1-mile beach run.

No time requirement.

You just have to look like you’re running.

The catch: you don’t know when it will end.

You run until the instructors tell you to stop.

Why do so many quit when all they need to do is lightly jog?

Simple: they fail to stay present.

Instead of thinking about the next step, they wonder when it will end.

They tell themselves they can’t do this forever.

They become overwhelmed and then mentally broken.

How to apply Present:

Focus on what you’re doing right now.

Not later today, tomorrow or next week.

Practice training your mind to be in THIS moment.

It's okay to fail. Recognize when you’re not present and bring yourself back.

Consistent practice will develop the muscle.

3. Deliberate

“Be deliberate” is the third pillar or mindset.

Being deliberate means exercising self-control.

We must be deliberate in 2 ways:

- with our actions
- with our speech

Be deliberate with your actions:

For SEALs, this is obvious. Every physical action can mean life or death in combat.

Thankfully for most of us, that’s not the case.

But our actions still matter. They keep us safe, healthy and productive.

Be deliberate with your speech:

The spoken word is powerful.

Most SEALs waste few words.

They're extremely intentional in what they say.

This has been trained into them. When things get hard, the power of our speech is amplified.

Our tongue is our rudder.

How to apply Deliberate:

Pay attention to what you do.

• What do you eat?
• How do you recharge?
• How do you manage your time?

Pay attention to your words.

• Do they serve you or others?
• Do they supply energy vs. drain it?
• Are they effective?

Be intentional.

So, that's how Navy SEALs teach mindset.

1. Be patient
2. Be present
3. Be deliberate

It's simple, not easy.

But I promise it will work.
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P.S. Here's a picture of our team a couple hours from completing the mission (I'm on the far right).

We were exhausted but had learned the principles of patient, present and deliberate.

They got us through situations where we couldn't afford to make mistakes.

