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#1 OUTWORK EVERYONE

"When I realized that I can learn, do hard work, and I can beat the valedictorian of the school but I've got to put in 10 hours more a day, than he does... you know what kind of strength comes from that? ... I caught you. I have the work ethic to catch you."

#3 NEVER GIVE UP

"My first time going through BUD/S... stress-fractures, double pneumonia. I get rolled back... My second time going through BUD/S, I actually fractured my patella...got rolled back... I went through my third time, and I graduate that class."

#5 PROVE THEM WRONG

"If you ever tell me something that I cannot do, I'm going to let you know that I'm doing it. Somehow you're gonna know, one way or another, I'm doing it."

#7 BUILD YOURSELF UP

"I made this person. I made this person by diving in to the insecurities that life gave me. If you're not smart, call yourself 'dumb', it's ok. 'Cause you are. But take that not as putting yourself down-- if you're fat, call yourself fat, I used to be 300 lbs. I used to tell people lies so they'd like me. When you start to build yourself up... everything else goes away.... I walk in the room now, and I know the hours and years and decades I put into David Goggins."

#8 OWN YOUR LIFE

"I saw the truth, versus saying 'my dad did this to me', 'kids from school did this to me', 'my life did this to me'... I took that and said 'well, some people may have helped this happen, but now, I have to own this.' No one's gonna come back to save me."

#9 SEEK CHALLENGES

"I started figuring out... the harder something is, the more it was challenging my mind. So I had to find different ways to stay in the fight, and the staying in the fight, it got me tougher and tougher and tougher."

#10 PUSH YOUR LIMITS

"I'm not out here trying to prove myself, how tough I am. I'm trying to make you think. I'm trying to give you f***ing tools on how to find more of your self... Think about being better."

#2 FIND YOUR INNER STRENGTH

"When you have nothing to draw from, I was able to find strength in every molecule of this earth. I'm able to be in a room with nothing. With no motivation, no inspiration, nothing, and find it."

#4 FACE YOUR OBSTACLES

"You got to start diving into those things that you're afraid of. You don't gain confidence by going to the spot that makes you feel good. It's going to be a false reality... What gives you confidence is not being afraid, it's overcoming the fear."

#6 DON'T LOOK FOR FINISH LINES

"There is no finish line, so stop looking for one. Don't believe if you work your ass off, that one day, you'll hit that finish line. There's only one finish line in life, and that is death."

