
Can't Hurt Me Summary PDF Cheatsheet —

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?? 1. Acknowledge Your Past: Goggins' early life was filled with unfair disadvantages

David Goggins grew up suffering abuse and prejudice, which led to resentment and cheating in school. We should recognize our disadvantages, but never allow them to hold us back forever.

?? 2. Get Real: Becoming personally accountable for your life, no matter what

David's life changed one day in front of the bathroom mirror, when he finally decided to take responsibility. He admitted his personal flaws, wrote down new goals, and faced discomfort daily, which led to him successfully entering the Air Force for his dream career.

? 3. Pursue Discomfort: Find a struggle that is worth enduring the pain for

David quit military Pararescue training because he couldn't swim well. 4 years later, his life sucked: he was heavily overweight, unhappily married and exterminating pests. Suddenly, he was inspired by a TV documentary to try out for the Navy SEALs. He lost 106 pounds in only 3 months of intense effort.

? 4. Toughen Your Mind: Voluntary suffering increases our inner strength

David left SEAL training twice for medical reasons. The third time, he had a child coming so failure was not acceptable. His shins were filled with painful micro-fractures, but made it through the pain by telling himself the suffering was making his mind tougher, and he graduated. For any big challenge, we must clearly answer *"Why am I doing this?"*

? 5. Go 5% Further: Gradually we can become capable of tremendous achievements

From being heavily overweight, Goggins slowly pushed his limits until he was running ultramarathons longer than 100 miles. He believes we are all operating at less than 40% of our true power, but we can unlock the rest by pushing 5% beyond our limit of comfort every day.

? 6. Analyze Your Failures: Finding the gold in our defeats

Goggins suffered many failures: he didn't make it into SEAL Team Six, he suffered major health problems, he failed live on television. But he learned to see failure as an opportunity to learn what he was doing wrong, and then change his approach for the next time and win.

This is just a sample!

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