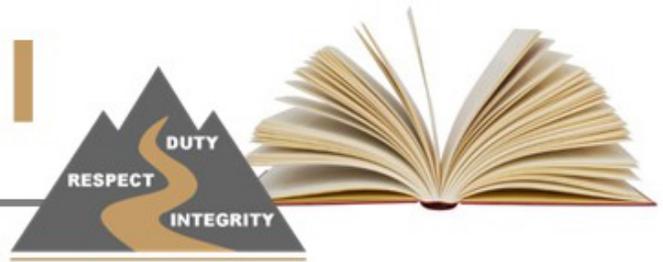


Professional Reading Program

Wildland Fire Leadership Development Program



Make Your Bed by Admiral William H. McRaven (U.S. Navy Ret.)

Why Read *Make Your Bed*?

“Remember... start each day with a task completed. Find someone to help you through life. Respect everyone. Know that life is not fair and that you will fail often. But if you take some risks, step up when times are toughest, face down the bullies, lift up the downtrodden, and never, ever give up – if you do these things, then you can change your life for the better... and maybe the world!”

Make Your Bed is a book based on a commencement speech by the author in 2014, where he outlined ten simple ideas that he felt helped him in his journey of life and leadership. It's a simple, easy to read book, with some great examples and advice for leaders and followers alike. Simple ideas often are the best, and easiest to apply in your own life.

There are several videos on the book and talk available online. Find some of them at the links below, or by using an internet search engine.

- **University of Texas at Austin 2014 Commencement Address (20 minutes):**
<https://www.youtube.com/watch?v=pxBQLFLei70>
- **If You Want to Change the World, Start Off by Making Your Bed (7 minutes):**
<https://www.youtube.com/watch?v=3sK3wJAxGfs&>

For more leadership ideas and to dig deeper, check out the Wildland Fire Leadership Development Program (WFLDP) blog, Facebook page, Professional Reading Program, and more at the links below:

Blog: <http://wildlandfireleadership.blogspot.com/>

Facebook: <https://www.facebook.com/WFLDP>

Professional Reading Program: <https://www.nwcg.gov/wfldp/toolbox/prp>

Main WFLDP page: <https://www.nwcg.gov/wfldp>

Make Your Bed Discussion Questions

Chapter One: Start Your Day with a Task Completed

Why is attention to detail important in your life and work? What does attention to detail say about you as a leader? What little details do you take pride or find satisfaction in?

Chapter Two: You Can't Go It Alone

We all know that teamwork is important, and we as a culture place a lot of emphasis on not being the “weak” one on the team. Why can it be important to support those on your team when they are “weak?” Why is it important to have a strong network of people who support you? Why is it important to support others in general?

Chapter Three: Only the Size of Your Heart Matters

Why is it important to not judge someone only by their appearance? By their stature? By the way they talk? By how fast they run? Why is heart important in wildland fire management?

Chapter Four: Life's Not Fair – Drive On!

How do you deal with adversity? How can you foster the attitude that the author mentions in yourself and others?

Chapter Five: Failure Can Make you Stronger

What failures have you overcome? What adversity has made you stronger? How can you own your mistakes and failures and move on?

Chapter Six: You Must Dare Greatly

We often must take risks in order to become better, or to complete a task. Not all of these risks are physical, or relate directly to the job... some risks are to your status, or your pride, or can create hardship or embarrassment. How can you “be daring” and take these risks in your life? How can you take risks in the fire environment and still be safe?

Chapter Seven: Stand Up to the Bullies

Sometimes doing what's right means standing up for what you know is right... Choosing the difficult right over the easy wrong, using the Wildland Fire Leadership terminology. When have you had to act with courage in your career? Your life?

Chapter Eight: Rise to the Occasion

What dark times have you gone through in your life? How did you rise to the occasion? How can you prepare yourself for those times?

Chapter Nine: Give People Hope

How do you encourage people when things get rough? What can you do in your workplace to help keep people focused and motivated, even when you're miserable too? Why is it important to “lift up those around us” as the author says?

Chapter Ten: Never, Ever Quit!

Why is it important to never quit? Are there times when never giving up could actually mean quitting a certain path and pursuing another? In your opinion, is “never quit” more about attitude or action? Both?