



If You Want to Change the World, Start Off by Making Your Bed - William McRaven, US Navy Admiral

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If you want to make the world a better place, start by making your bed every morning. It's a small thing, but it's the first task of the day. It makes you feel good about yourself and gives you the energy to do other things. By the end of the day, you'll have done lots of little things, and that makes a big difference.

Making your bed also shows you that even small things are important. If you can't do the little things right, you won't be able to do the big things right. And if you have a bad day, coming home to a made bed can make you feel better and give you hope for tomorrow.

To become a Navy SEAL, you have to do lots of hard things, like swimming in the ocean at night. The instructors tell you about all the sharks that live in the water, but they say no one has ever been eaten by a shark. They also teach you that if a shark comes close, you have to stand your ground. Don't swim away and don't be afraid. If the shark tries to bite you, punch it in the nose and it will swim away. There are lots of sharks in the world, and you have to face them if you want to succeed.

If you want to change the world, don't be afraid to face challenges.

When I was training to be a SEAL, there were 150 of us at first, but only 42 of us finished. We

were divided into groups of seven. My group had tall guys, but the best group was made up of small guys. We called them the Munchkins. They were all really short, but they were the best swimmers, runners, and paddlers. Everyone laughed at them because they had tiny flippers on their tiny feet, but they always won.

SEAL training showed me that everyone is equal. It doesn't matter what you look like, where you come from, or how much money you have. The only thing that matters is your will to succeed. If you want to change the world, judge people by their hearts, not by their size.

The ninth week of training is called "hell week." It's six days of no sleep, lots of hard work, and lots of yelling from the instructors. One day, we had to go to the mud flats. The mud was so deep that it covered us up to our heads. The instructors said we could leave if five people quit. It was freezing cold and everyone was shivering. Some people were about to give up.

Then one person started singing. It was a bad song, but it was sung with a lot of energy. Soon, everyone was singing. The instructors told us to stop, but we kept singing. It made the mud feel a little warmer and the wind a little calmer.

I've learned that hope is a powerful thing. One person can make a big difference. Think about people like Martin Luther King Jr., Abraham Lincoln, Nelson Mandela, and even Malala Yousafzai. They all changed the world by giving people hope.

If you want to change the world, start each day by doing something good. Help others, be kind to everyone, and never give up. Even though life isn't always fair, you can overcome challenges and make a difference. If you do these things, the world will be a better place for everyone.

Reading Summary

- Start each day by doing something good, like making your bed.
- Help others, be kind to everyone, and never give up.
- Even though life isn't always fair, you can overcome challenges and make a difference.

Vocabulary

Term	Definition	Example Sentence
instructors (noun)	Teachers who help people learn new skills.	The instructors taught us how to swim in the ocean.
challenges (noun)	Hard things that make you try your best.	Running a marathon is a big challenge.
divided (verb)	To separate into smaller groups.	The class was divided into teams for the game.
equal	The same amount or value.	Everyone is equal, no matter what they

(adjective)		look like.
powerful (adjective)	Strong and able to do great things.	The sun is a powerful source of energy.

Multiple Choice Questions

Question #1	Question #2	Question #3
What is the first thing the author suggests doing to make the world a better place?	What did the author learn from SEAL training?	What did the author learn from the people who sang in the mud?
A. Helping others B. Making your bed C. Singing a song D. Going to the mud flats	A. Everyone is equal B. Sharks are dangerous C. Mud is cold D. Singing makes you warm	A. Singing can make you happy B. Singing can make you strong C. Singing can make you warm D. Singing can make you brave

Short Answer Questions

Question #1	What is the name of the group of small guys in SEAL training?
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Question #2	What is the name of the week in SEAL training that is very difficult?
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Question #3	What did the author learn about hope from his experience in SEAL training?
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Open Ended Questions

Question #1	Think about a time when you felt like giving up on something. How did you keep going?
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Question #2	What is something small that you can do every day to make your life better?
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Question #3	Who is someone you know who is kind and helpful? How do they make the world a better place?
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