

Jocko Willink on His Source of Motivation & Drive | Jocko Willink & Dr. Andrew Huberman

What are your sources of motivation And I'm going to guess that some of them are internal we could point to head or we could point to heart doesn't really matter But like when you think of sources of motivation do you have a palate of them that you can dip into Do you even feel the need to dip into them or is it really just all about action steps throughout your day or if I can even venture into the the somewhat you know harder stories that I've heard you talk about Do you sometimes think back and like listen I'm gonna do this because there are a bunch of guys that are dead now that can't And so I'm gonna do it because I can what are your what are the paints on your motivation palette if you will Well you probably heard me say that motivation isn't something that I am going to count on because it's just an emotion that's gonna come and go and it's just like feeling happy You feel happy right now maybe you won't feel happy in 15 minutes You feel sad now maybe you won't feel sad in 15 minutes you feel motivated right now you might not feel motivated in 15 minutes Therefore I can't rely on it So I'm not going to put any I'm not gonna put any money on just being motivated because it doesn't really matter to me So the daily actions that I take aren't from motivation They're they're just from discipline Like like I said earlier I'm not going to get up and go through some big debate about well do I really feel like doing this No I don't feel like doing it but it doesn't matter So I'm just gonna go do it now if we start to look at sort of a broader movement through life and continuing to try and move forward and move on You know uh my buddy Seth died and he was the Delta platoon commander in tasking a bruiser and he he died in 2017 and it was in a parachute accident and it was it was I mean it's definitely unexpected Um And and also he'd already been through multiple deployments um was with with us with me in the battle of Ramadi He then went back into Solder City and and led a ton of very dangerous operations and then he did other deployments and was kind of done with his deployments kind of done And now he's just talking about when he's gonna retire and he's a couple of years away from retirement And you know I'm talking about hey we're gonna work together again and it all seems like we're on a pretty good path to just move forward And then he ends up dying in in a in a parachute accident And he's a guy that you know was really just kind of you're you're you're not gonna be able to replace any a

any you you can't there's a uniqueness to him that is you're not gonna find And you know I've got some stuff that he wrote He was an incredible writer and I'll like try and write something like him I can't we can't do it because he had a bigger vocabulary and a more articulate way of writing And so I can't write anything as well as he wrote it He was incredible at guitar He played guitar played Ukulele like sick like an incredible at playing guitar and he's a total knuckle dragger like a total meat head knuckle dragger You know his nickname was unfrozen caveman because he just he just uh you know looked like a big caveman and yet he spoke French and you know could recite French poetry and was really good at learning languages and he was an artist and he had you know what Synesthesia is do you know what that is emerging of the census So people they can see colors and so he didn't know what it was Sorry see colors I hope most people can see colors Uh Sorry that can hear colors and um and can associate particular colors with sound with like particular keys on the piano It's it's it's pretty rare Some people think they have it But true Synaesthesia are pretty rare but um they don't have to fight for this trait It just kind of emerges for them He didn't know it but one day he was talking to me and he he was embarrassed to tell me he's like you know what's weird is when I when I think of numbers I I have colors in my head and and I go what do you mean He he says hollow was zero and I remember seven is yellow I don't remember any of them but he he just rattled off like 123456789 You know he says you know hollow white clear all of you know just rattled off these colors So he had this this he had that synesthesia and it gave him some kind of weird ability to memorize numbers So uh you know he'd be in a bar and talk to some girl and he'd say what's your number And he would just he would know it for two years He would just know it And that also made him incredibly good at playing guitar because now like the scale and the fret board of a guitar is this it's a mathematical thing that he has all in this weird this weird coloration scenario Going on So there's so he's this guy and you know and and very uh very emotional guy a very emotional guy who would you know I you know I was talking earlier about being a balance for someone I had to balance this dude out on a daily basis sometimes you know he'd be so mad about something you know 11 day he'd be I hate the teams I hate all these guys and I'd say yeah I'd get it man And the next day I'm never getting out of the teams you know he would he would oscillate that bad and I would tell him hey you're hey bro you're oscillating again and just would do anything and he and he loved his guys and would do anything for his guys And um so when he died

you know we're uh we're at his we're at his it's not his funeral it's before the funeral It's like the um the open casket thing the wake thing and myself his brother Alex um Le Fab and who I wrote Extreme ownership with and JP Dannell who's one of my brothers who who works with us at Echelon Front now is with us in Ramadi and was very close to Seth and and we're like everyone kind of cleared out for us And um we we go in there and I think JP gave him JP had one of those memorial bracelets with guys names on it that had died and JP uh gave that to him and I think Leif gave him some surf wax because also Seth was a was a surfer And um and I gave Seth his black belt because he started training jiu jitsu with me and he had he had his purple belt he'd gotten his purple belt I gave him his black belt and um and everyone was just quiet and you know J JP was telling the story the other day Um and and I just said we will not fail him meaning that him Mark Mikey Chris Seth n countless other guys They they they're not here They don't have the opportunity to do the things we do They don't have they don't have the opportunity to get up in the morning So that's what it is man I won't fail those guys