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As a commander of the forces that killed Usama bin Laden and a Navy SEAL for 36 years, Admiral William McRaven knows a thing or two about courage and changing the world. In one of the most inspiring commencement speeches (full video below), Adm. McRaven advised graduates at his alma mater – the University of Texas at Austin – on how to change the world.

Here are his 10 life lessons for grads on how to go about doing that:

1. If you want to change the world, start off by making your bed.
2. If you want to change the world, find someone to help you paddle.
3. If you want to change the world, measure a person by the size of their heart, not the size of their flippers.
4. If you want to change the world get over being a sugar cookie and keep moving forward.
5. If you want to change the world, don't be afraid of the circuses.
6. If you want to change the world sometimes you have to slide down the obstacle head first.
7. If you want to change the world, don't back down from the sharks.
8. If you want to change the world, you must be your very best in the darkest moment.
9. If you want to change the world, start singing when you're up to your neck in mud.
10. If you want to change the world, don't ever ever ring the bell.

<http://www.utexas.edu/news/2014/05/16/admiral-mcraven-commencement-speech/>
<https://www.youtube.com/watch?v=pxBQLFLei70>