Greetings -

Released a new episode this morning: [#55 - Jocko Willink, retired Navy SEAL, Part I of II: objective, strategy & tactics, leadership, protocols, dealing with death, and applying the many lessons learned from war](#).

In part 1 of this 2 part series, Jocko Willink, retired Navy SEAL, discusses some of his most important lessons learned from his time commanding some of the world's most expert special forces operators including the importance of understanding the objective and strategy (and then tactics) of a mission, why humility is the greatest trait a leader can have (and certain times when it's not), as well as the necessity of having proper protocols in place to deal with whatever comes your way. We also talk about how Jocko prioritizes his military and family obligations with his love for jiu-jitsu, as well as how to decipher what really matters in life. Finally, we go through the US history with respect to various wars from World War I, all the way forward, and much much more.

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- Peter

P.S. In case you missed it, I have chosen to create a **subscription support model for the podcast moving forward.** The podcast and blog archive will remain free for all, but **the subscription is designed for those that want to support our work and want access to additional, exclusive content. Please** [click here](#) **to learn more and subscribe.**

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