

**CAN'T HURT ME:
MASTER YOUR MIND
AND DEFY THE ODDS**
by David Goggins

Interactive Worksheet

INTERACTIVE SHEET FOR NOTES

Reading alone won't help you understand the actionable notes. You need to engage with the content. Answer the question below (just type inside the boxes) to outline your future steps:

1. What are you doing to stand out from the crowd?
2. Write things you don't like doing:
3. Think about one failure of your past and study it below:
4. What are the things sabotaging your growth? How can you improve them?
5. Why are you doing what you're doing?

Don't forget to save your changes.