

Make your bed

Titre(s): Make your bed : little things that can change your life... and maybe the world / Admiral William H. McRaven (U.S. Navy retired)

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Résumé ou extrait: If you want to change the world, start off by making your bed. If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride and it will encourage you to do another task and another and another. By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that the little things in life matter. If you can't do the little things right, you'll never do the big things right. From Admiral McRaven's university of Texas commencement speech.

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