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The Safety Consortium was founded in 1995 to serve the safety needs of construction and mining businesses. We offer our courses on a monthly basis to facilitate people being able to receive training, testing and certification in a timely manner. We are proud to have worked with many of the top mining and construction companies providing their people with quality training.

**Upcoming Classes:**  
Nov. 1-3, 16-18  
Dec. 6-8, 20-22  
Jan. 3-5, 17-19

### Online Training Available!!!

Check out our new website! Register for in-person or MSHA-approved online training at <https://thesafetyconsortium.com/>  
We have partnered with BIS Safety and Consulting to provide a comprehensive suite of online training options, including OSHA 10 & 30, Hazmat and Flagger. All levels of courses from Beginners and Supervisors. These courses are available on our new website: check out our homepage for online training information!



Happy Marine Corps Birthday and Veteran's Day!  
In 2014, McRaven organized his strategies into 10 life lessons for his commencement address at the University of Texas at Austin. In Make Your Bed by Admiral McRaven, there are 10 lessons to you and expands on the experiences that formed them.

Keep reading to learn more about Admiral McRaven's 10 lessons.

### Admiral McRaven: The 10 Lessons to Know

Military life is often exhausting, terrifying, and emotionally challenging. You have to be strong and disciplined to make it through the rigors of training and war. Admiral William H. McRaven, a retired Navy SEAL with 37 years of experience, faced many challenges during his career. He found strategies along the way that helped him through the difficult times. **Many of these strategies resulted from his experiences as a SEAL-in-training and a Navy officer.**



### Lesson 1: Start Each Day with an Accomplishment

The first of Admiral McRaven's 10 lessons is: start your day with one successful task completed, such as making your bed, and you will find the motivation to tackle others. **When you make your bed first thing in the morning, you start the day with purpose and confidence.** You will feel a sense of pride, and that same pride will greet you at night when you come to your made bed. This type of satisfaction will wash the day's struggles away and prepare you for tomorrow.

### Lesson 2: Success in Life Requires Teamwork

Life is full of struggles. Going through hard times alone is much more difficult than relying on the help of others to get you through. **You need people you can count on to help navigate life's difficult moments.** The same is true for achieving success in life. The more others support you, the stronger and more confident you become.

### Lesson 3: It's What's Inside that Counts

Everyone has more to them than what you're able to see. You must look beyond skin deep to a person's heart. **You must reserve judgment and prejudice until you get to know who a person is.** Even the meekest person can do great things, so value people for their character, not their appearance.

### Lesson 4: A Setback Is Only Permanent if You Let It Be

It's easier to assume the world is against you than it is to admit that sometimes life just isn't fair. But at the end of the day, **you are the only person responsible for determining your fate.** Don't complain and fall back on misfortune as an excuse for why you can't be happy. When you face disappointment, take the hits and move forward in whatever way you can.

### Lesson 5: Use Failure to Your Advantage

**When you fail, you can cower with defeat and give up, or you can use failure to push yourself harder and grow stronger.** Learn from your mistakes. Don't be afraid of trying again. If you can persevere through the consequences of failure, you will be better prepared for other difficult challenges that lie ahead.

### Lesson 6: Be Daring in Life

If you live in fear of failure, struggle, or humiliation, you will never do what is necessary to achieve your goals or reach your potential. If you play it safe and limit your actions to mitigate failure, you will never know what you're made of. **You must be willing to push yourself to the limit to achieve something great.** Dare greatly in life and receive great rewards.

### Lesson 7: Keep Courage Close

Courage is a powerful emotion. With courage, you can surmount any obstacle. With courage, you can stand up to any bully. Without it, you place yourself at the mercy of life and the actions of others. You have the courage inside of you to stand up to forces of oppression. **If you want to accomplish your dreams, you must look inside and call up your courage.**

### Lesson 8: Stand Tall in the Midst of Darkness

There will be many moments in life when your spirit gets crushed and you lose hope for the future. These are the moments in which you must search for the best version of yourself. You must rise to the challenge of moving forward with strength and dignity. **In the darkest moments, do what must be done to show the world your best, and you can survive anything.**

### Lesson 9: Inspire Others with Hope

Admiral McRaven's lesson 9 says that with hope, you can move mountains and give those suffering a reason to keep moving forward. Raise your voice during dark times to inspire those around you. **Be the one who makes a difference in someone else's life by giving them hope for the future.** It only takes one person to show someone that tomorrow will come.

### Lesson 10: No Matter What, Never Give Up

Life is full of moments in which the odds of success seem so small, you can't imagine ever winning. Throwing in the towel seems like the most logical thing to do. **But when you reach the precipice between quitting and continuing, hold steady and take another step forward.** As long as you keep moving forward, your life will be in your control. If life is going to beat you, make sure you go down fighting.