

Admiral McRaven's Life Lesson #1: Make Your Bed  /UTAustinTexas 

If you want to change the world

— START OFF BY —

MAKING YOUR BED

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MAKE YOUR BED AND CHANGE THE WORLD!

Do you want to **change** your life and change the world to make it a better place? William McRaven is an **admiral** in the United States **Navy** and he has some good ideas on how to do this. He says don't be afraid to try new things that are **difficult**.

Also, he says never **give up**, and never quit when something is difficult. Many people **agree** that these are very good ideas. But, Admiral McRaven also has another idea. His idea is very different. He says that you have to **make your bed** every morning to change the world. He gives two **reasons** for this.



MAKE YOUR BED AND CHANGE THE WORLD!



First, after you make your bed, you will want to do more work, and then more work ... and then more work. This is important because you must do lots of work when you want to change the world.

Second, sometimes work or school is not easy and you will feel bad, but when you come home and see a beautiful bed, you will feel happy. And when you feel happy, you will not be afraid to try difficult things tomorrow. Tomorrow, you will go back to work or school and feel great. Make your bed every day, says Admiral McRaven, and you can change your life and change the world!

MATCH THE WORDS ON THE LEFT WITH THE MEANINGS ON THE RIGHT.

1. change	_____	A. why something happens
2. admiral	_____	B. to stop doing something difficult
3. navy	_____	C. a country's armed forces at sea
4. difficult	_____	D. to think another person has a good idea
5. give up	_____	E. to make something become different
6. agree	_____	F. a high rank or position in the navy
7. make your bed	_____	G. not easy
8. reason	_____	H. to make your bed look nice

USE THE ABOVE WORDS TO COMPLETE THE SENTENCES. CHANGE THE FORMS OF VERBS AND NOUNS WHEN NECESSARY

1. I don't think English is _____. I think it is easy!
2. We are losing the basketball game, but I don't want to _____.
3. Jennifer says the new movie is really good. I _____ with her.
4. I want to become a better student. I want to _____ myself.
5. Do you want your bedroom to look nice? Then _____.
6. My father is not a general in the army. He is an _____ in the navy.
7. A: Why is John at home?
B: He's sick.
A: That's a good _____.
8. Sam is a soldier in the army, but I want to be a sailor in the _____.

COMPLETE THE SENTENCE.

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| 1. William McRaven is an | B. reasons why we should make our bed. |
| 2. Don't be afraid | C. you will want to do more things. |
| 3. There are two | D. you can change the world! |
| 4. After you make the bed, | E. you see beautiful bed. |
| 5. You will feel happy when | F. admiral in the United States navy. |
| 6. When you make your bed, | G. to try new things. |