

Speech dialogue used in video: What starts here changes the world. The average American will meet 10,000 people in their lifetime. Ten-thousand people. That's a lot of folks. But if every one of you changed the lives of just ten people, and each one of those people changed the lives of another ten people, and another ten, then in five generations, 125 years, the class of 2014 will have changed the lives of 800-million people. Over twice the population of the United States. Go one more generation, and you can change the entire population of the world. Eight-billion people. But changing the world can happen anywhere, and anyone can do it. So what starts here can indeed change the world. But the question is, "What will the world look like after you change it?" Well I'm confident that it will look much, much better. So here are the ten lessons I learned from basic Seal training that hopefully will be of value to you as you move forward in life. If you wanna change the world, start off by making your bed. Find someone to help you paddle. Measure a person by the size of their heart, not by the size of their flippers. Sometimes no matter how well you prepare or how well you perform, you still end up as a sugar cookie. It's just the way life is sometimes. If you wanna change the world, get over being a sugar cookie and keep moving forward. You will fail. You will likely fail often. It will be painful. It will be discouraging. At times it will test you to your very core. Sometimes you have to slide down the obstacles head-first. There are a lot of sharks in the world. If you hope to complete the swim, you will have to deal with them. So if you wanna change the world, don't back down from the sharks. At that darkest moment of the mission is a time where you need to be calm. If you wanna change the world, you must be your very best in the darkest moments. And if I have learned anything in my time traveling the world, it is the power of hope. The power of one person. One person can change the world by giving people hope. So if you wanna change the world, start singing when you're up to your neck in mud. Don't ever, ever ring the bell. You are moments away from graduating. Moments away from beginning your journey through life. Moments away from starting to change the world for the better. It will not be easy, but you are the class that can affect the lives of 800-million people in the next century. Start each day with a task completed. Find someone to help you through life. Respect everyone. Know that life is not fair and that you will fail often. But if you take some risks, step up when the times are the toughest, face down the bullies, lift up the downtrodden, and never ever give up, if you do these things, the next generation and the generations that follow will live in a world far better than the one we have today, and what started today will indeed have changed the world for the better

- Air Force ROTC Detachment 890 - Charlottesville, VA - University of Virginia, James Madison University, Liberty University, Piedmont Virginia Community College

- Song: "Time" by Hans Zimmer

- Speech: University of Texas at Austin 2014 Commencement Address - Admiral William H. McRaven (Watch full speech: <https://youtu.be/pxBQLFLei70>)

- Filmed with: Canon Rebel t7i, GoPro Hero 6 Black - Edited with: Final Cut Pro X