



What to Expect Mentally During Ranger School



When humans are thrust into an unfamiliar, harsh, life changing experience, they must recognize they will have certain negative thoughts that if not checked, may lead to a sense of defeat. Acknowledge these thoughts up front and prepare now to counter them even before you begin training, in order to successfully complete Ranger School.

A normal human reaction to Ranger School is that you are going to want to quit every day! Accept that fact. The tendency is also to think you are the only one that is having this negative thought. This isolates you in this new harsh environment. You start looking around and thinking “everyone else is adjusting fine and seems to be stronger than I am.”

The best response is to first recognize when you are having this thought and second recognize that everyone around you is thinking the exact same thing; you are not alone! Remain calm, be confident in the fact that you are not alone, “if they can keep pushing through this...so can I.”

Remember the Ranger Tab is not about you...it is for your Soldiers whom you will lead into combat. The skills you acquire in Ranger School will be their best Life Insurance Policy.

Jay Robinson



Attacking Ranger School

“One Bite at a Time”



One of the biggest mental mistakes Ranger Students make is visualizing and dwelling on Ranger School as a 61 day long course. When you think of Ranger School in this magnitude you very quickly enter into the mind set of, “My gosh...61 days of no sleep, no food, carrying heavy weights, I don’t think I can do this” etc. In doing so you have already put your mind in a state of disability.

When entering into a long term harsh environment it is best to break it down into smaller manageable “mental” pieces.

Example:

- Think of Ranger School as three blocks of time: Darby, Mountains and Swamp Phase.
- Break those down into even further smaller manageable pieces. Darby breaks down into Ranger Assessment Phase (RAP) Week than Darby.
- Break RAP Week down even further: PT Test, consisting of Push Ups, Sit Ups and Run.
- Finally laser lock into each event. This begins day 1 with the Push Ups for the PT Test. Focus on this one event, correct form, back straight, locking out your elbows, “I have plenty of time to knock out 49 push ups, one at a time, too easy.”
- Once you are finished with each event congratulate yourself. Part of mental toughness is “mentally” rewarding yourself when you accomplish something no matter how trivial it may seem.

Using this mental thought process, breaking challenges down to their simplest form, will help you to successfully accomplish each task, not becoming mentally overwhelmed along the way. Conquering Ranger School is like eating an elephant, and how do you eat an elephant...one bite at a time!

Jay Robinson



Building Mental Toughness For Ranger School

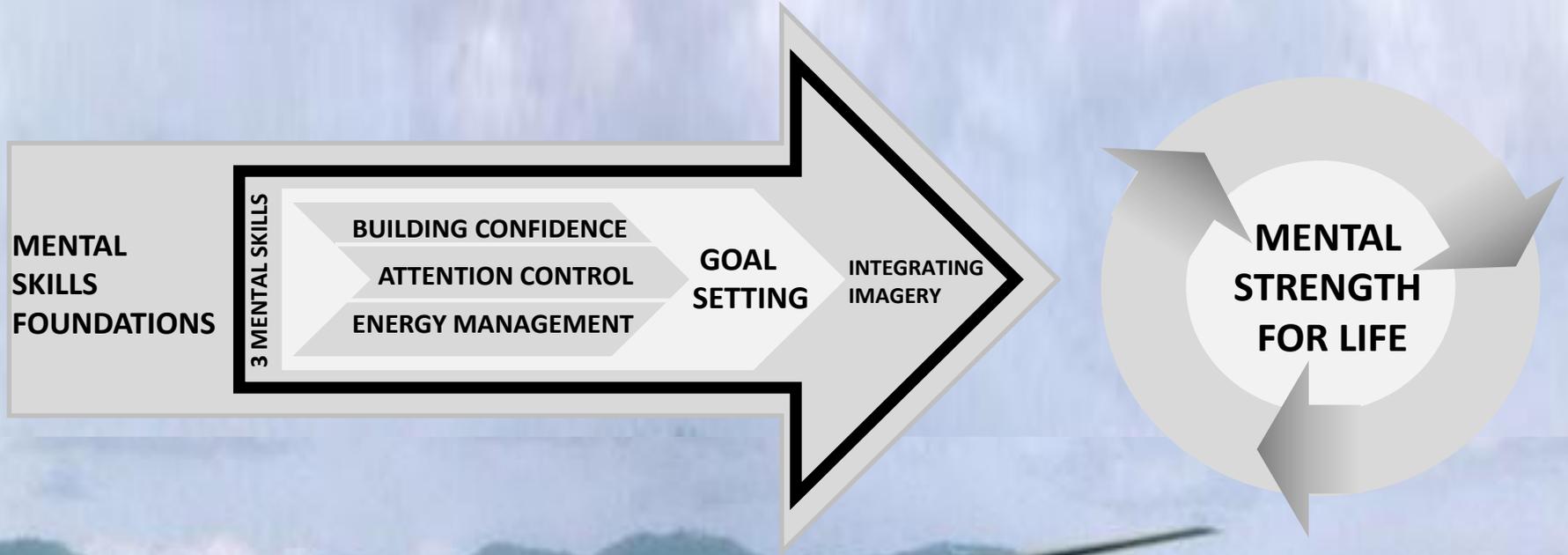


This is the law... The purpose of fighting is to win.
There is no possible victory in defense... The
sword is more important than the shield and skill is
more important than either. The final weapon is the
mind . . . All else is supplemental.

- John Steinbeck

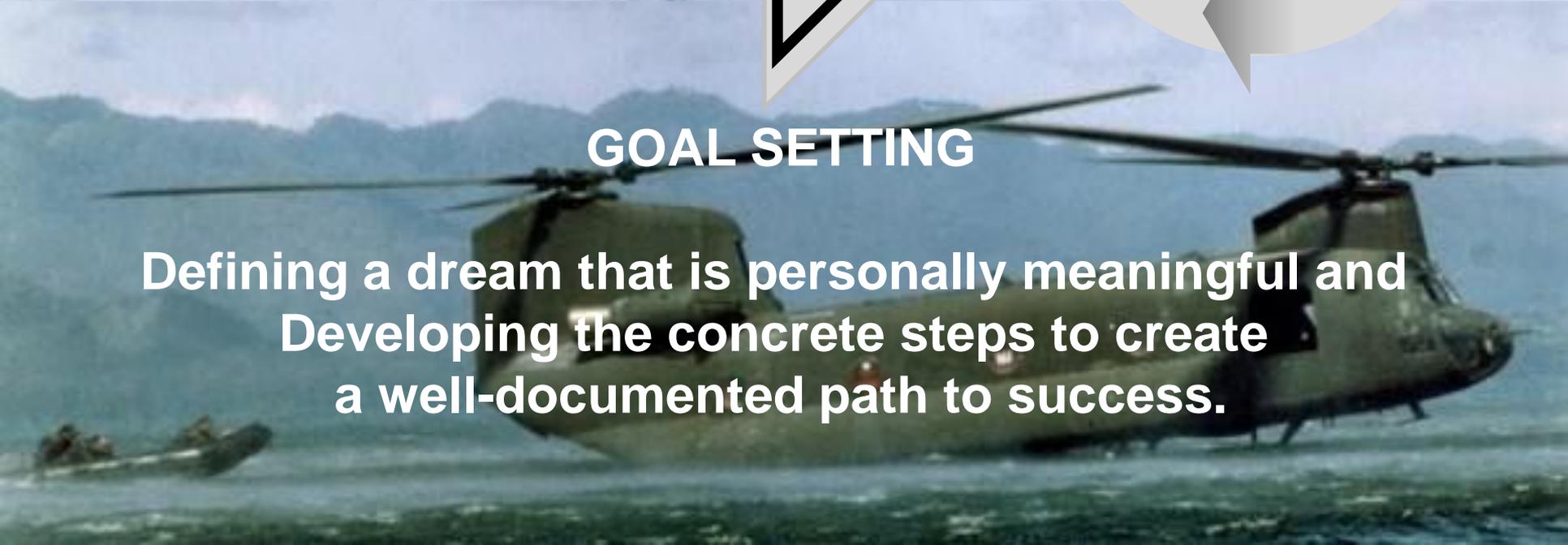


Ranger Performance Education Model



GOAL SETTING

Defining a dream that is personally meaningful and
Developing the concrete steps to create
a well-documented path to success.





Lou Holtz: Success

- Goal-oriented
- Believe
- Set a plan
- Work for it
- Aim high!
- Expect good things to happen





Developing Your Personal Goal Plan





Outcome Goal: Define Your Dream

*I Want To Graduate
Ranger School !*

- The process begins with a powerful and personally meaningful dream or goal:
 - Does it give you goose bumps when you envision it?
 - Does it keep you awake at night because of excitement and anticipation?
 - Does it send chills down your spine when you think about achieving it?



Know Where You Are Right Now



➤ What specific strengths do I bring to this challenge? Which areas need improving?

➤ What obstacles might get in my way?

➤ What have I learned from my past experiences that will help me understand my situation?

➤ Where am I now in relation to where I want to be?



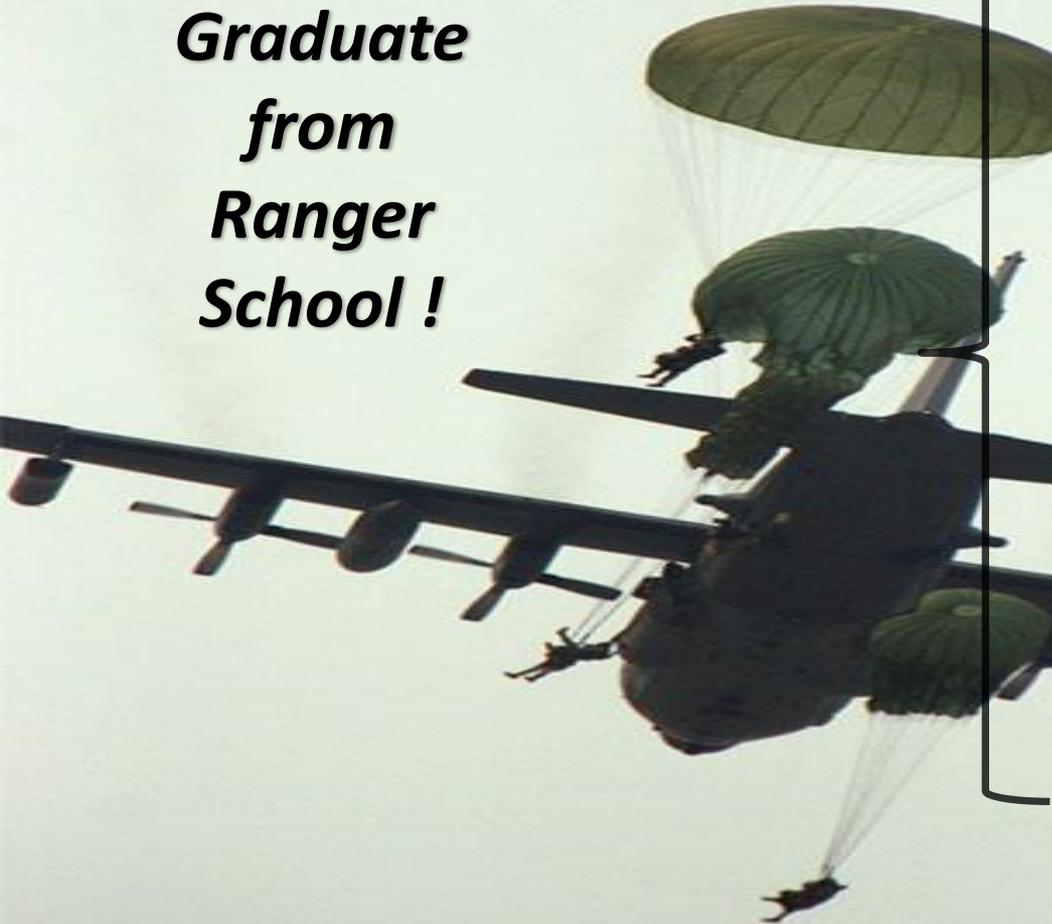


Identify Your Big Rocks:

The Here and Now Priorities



***Graduate
from
Ranger
School !***

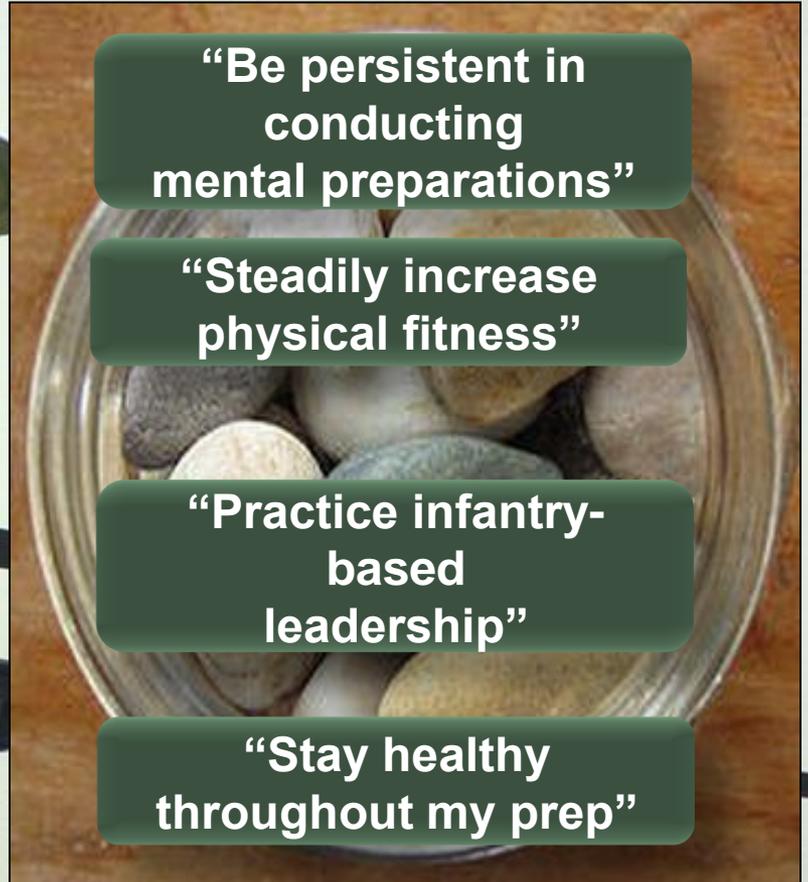


“Be persistent in conducting mental preparations”

“Steadily increase physical fitness”

“Practice infantry-based leadership”

“Stay healthy throughout my prep”





Attitudes and Actions: Examples

**Graduate
from
Ranger
School !**

**“Be persistent in
conducting
mental preparations”**

**“Steadily increase
physical fitness”**

Attitudes

- *My intestinal fortitude is rock solid and unwavering.*
- *“All I need now is to want it badly enough!”*

Actions

- *I say the Ranger Creed nightly.*
- *I talk to other Rangers for guidance.*
- *I read the book, “No Excuse Leadership”.*



Attitudes and Actions: Examples



*Graduate
from
Ranger
School
in 2012!*

**“Practice infantry-
based
leadership”**

**“Stay healthy
throughout my prep”**

Skills

- *I read the Ranger Handbook, FM’s and develop the skills I will need in Ranger School.*
- *I practice those skills, land navigation, writing OPORD’s, going on patrols.*

Health

- *I eat healthy and stay hydrated.*
- *I take care of any physical issues as they arise*



EXAMPLE OF A PLAN TO GRADUATE FROM RANGER SCHOOL IN 2012!



I steadily increase my physical fitness

- ✓ I lift shoulders and back twice a week for 40 minutes, varying the intensity of each workout.
- ✓ I run five days a week, averaging a 7:15 pace for at least 40 miles/wk.
- ✓ I swim at least once a week for 800 meters.
- ✓ I ruck march with a 35 lb pack six or more miles weekly.
- ✓ I shoulder more than my share of the task, whatever it may be, more than 100%.
- ✓ "If you want to shine, you got to burn."

I conduct mental preparations

- ✓ I talk to other Rangers for guidance.
- ✓ I read the book, "No Excuse Leadership".
- ✓ I keep a motivation tab in my patrol cap.
- ✓ I say the Ranger Creed nightly
- ✓ I am mentally alert, physically strong, and morally straight.
- ✓ I've survived food and sleep deprivation before and I know I can handle it again!
- ✓ My intestinal fortitude is rock solid and unwavering.
- ✓ "All in need now is to want it bad enough!"

I practice Infantry-based leadership

- ✓ I read a section from FM 7-8 at least three times weekly.
- ✓ I practice writing OPODs.
- ✓ I carry the Ranger Handbook with me at all times.
- ✓ I listen to my imagery scripts weekly.
- ✓ I am a technically and tactically competent team player who makes my battle buddies successful.
- ✓ I know the basics of patrolling. I know the battle drills. I know troop leading procedures.
- ✓ Gallantly, I show the world that I am a specially selected and well-trained Soldier.

I stay healthy throughout my preparations

- ✓ I eat four healthy meals a day and stay hydrated by drinking 2 liters of water daily.
- ✓ I stretch before and after all workouts.
- ✓ I tend to my feet and deal with all blisters and hot spots before they become issues.
- ✓ My equipment is well-maintained and my boots are broken in and comfortable.
- ✓ I am fresh and injury-free on report day.
- ✓ Ranger School begins long before Ranger School begins.
- ✓ Pain is temporary, the tab is forever.



RANGERS LEAD THE WAY





What you will get out of Ranger School



Ranger School is designed to teach a particular life skill and the leadership you will need as you exercise that life skill.

- **Life Skill:** Dig into your well of intestinal fortitude to accomplish a task you would otherwise think yourself incapable of accomplishing.
- **Purpose:** Know that you possess the ability to reach a culminating point (physical, mental or emotional wall) and step beyond it to accomplish the mission.
- **Application of the Life Skill:** Encounter and defeat the enemy on the battlefield, in any and every situation or environment imaginable.
- **Leadership:** Know yourself, how you respond when you reach a culminating point, then how to step beyond that point to lead others in combat to defeat the enemy.

"A coward turns away, but a brave man's choice is danger."

- Euripides (484 B.C. - 406 B.C.)