Welcome to
US Army Ranger School

MENTAL TOUGHNESS
THE RANGER MINDSET
OPORD
Operation Ranger Mindset

1. **Situation:** You are planning to attend the US Army Ranger School

2. **Mission:** O/O read this presentation and conduct 100% of the written exercises in order to establish a proper Ranger Mindset and succeed as a Ranger School Student

3. **Execution:**
   a. Phase 1: Print out this workbook
   b. Phase 2: Read It!
   c. Phase 3: Discuss with Rangers, CSF2 Reps, and fellow potential Ranger Students
   d. Phase 4: Complete the exercises seek assistance as needed from resiliency resources such as CSF2.
   e. Phase 5: Attend Ranger School and Graduate!

4. **Service and Support:** Pre-Ranger School Instructors, Ranger Graduates, CSF2/ACEP

5. **Command and Signal:** Your chain of command and pre-Ranger program

The most essential element of combat power is leadership that provides purpose, direction, and motivation in combat.
Recognize Why You Are Here

Recognizing that I volunteered as a Ranger, fully knowing the hazards of my chosen profession, I will always endeavor to uphold the prestige, honor, and high esprit de corps of the Rangers.

Ranger Training = HARD

It will test you mentally, physically, emotionally, and relationally.

It will push you beyond what you thought you were capable of and make you a better leader, teammate and Soldier.

Being a Ranger requires Grit and the ability to Embrace the Suck.

It requires stubbornness of mind always finding a way to drive forward regardless of circumstance.

In order to do so, you will need to continually remind yourself “this adversity will prepare me to lead my fellow Rangers successfully in combat.”

“Remember that the Ranger Tab is not about you…”
Anonymous Ranger
Acknowledge The Facts…

Acknowledging the fact that a Ranger is a more elite soldier who arrives at the cutting edge of battle by land, sea, or air, I accept the fact that as a Ranger my country expects me to move further, faster and fight harder than any other soldier.

“The purpose of fighting is to win.”

John Steinbeck

Ranger Training = PROCESS

Rangers never lose sight of the mission.

When 61 days seems too much to manage, Rangers will focus on finishing each phase.

When finishing the phase seems too much to manage, Rangers will focus on finishing the patrol.

When finishing the patrol seems too much to manage, Rangers will focus on finishing the task.

When finishing the task seems too much to manage, Rangers will focus on finishing the next step.

With a mission mindset committed to the process, Rangers continue to move forward.
Ranger Training = **RELENTLESS**

A Worthy Goal…

Never shall I fail my comrades. I will always keep myself mentally alert, physically strong and morally straight, and I will shoulder more than my share of the task whatever it may be, one-hundred-percent and then some.

“The helmet and spear are carried for the protection of the individual alone, but the shield protects every man in the line.”

*Warrior Ethos by Steven Pressfield*

Establish a Mental Skills Foundation

Consider what past or present experiences could help build confidence:

**Mental Example:** Study the 5 paragraph OPORD. Study the Troop Leading Procedures. Memorize the Ranger Creed

**Physical Example:** Successful completion of a “tough mudder”, 20K ruck march, triathlon

**Moral Example:** Led a team in college or combat and made sound critical decisions

What **attention control** and **energy management** practices of **mindfulness** help you focus?

**Example:** Prayer and Meditation
What is Your “WHY?”…

Gallantly will I show the world that I am a specially selected and well-trained soldier. My courtesy to superior officers, neatness of dress and care of equipment shall set the example for others to follow.

Leaders understand “Why” to inspire themselves and those they lead to accomplish what others only dream about.

Ranger Training = GOALS

Why do you want to be a Ranger?

What are your guiding principles and strength that you will rely on?

Who has set an example or standard for you as a current Army Ranger?

What are the areas you need to improve technically, tactically, mentally, physically, personally to become a Ranger?

Leaders understand “Why” to inspire themselves and those they lead to accomplish what others only dream about.
What is Your “WHY?”…

Who has set an example or standard for you as a current Army Ranger?

Ranger Training = Example
What is Your Why?
***write it down!***

Ex. “I want to graduate Ranger School in order to become a highly qualified small unit leader.”

Know Thyself
Your Non-Negotiable Virtues/Values?
***write them down!***

1.
2.
3.
4.
5.

Ex. “My Self-Discipline in physical and mental conditioning is unmatched by my peers. I set the standard.”

Ex. “My integrity with my peers is rock solid. I am a trustworthy and reliable leader.”

Gallantly will I show the world that I am a specially selected and well-trained soldier. My courtesy to superior officers, neatness of dress and care of equipment shall set the example for others to follow.
Ranger Training = **SKILLS**

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<thead>
<tr>
<th>What Are Your Strengths?</th>
<th>What Needs Work?</th>
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<tr>
<td>Competencies</td>
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<td>Ex. PT, Land Nav, OPORD, Field Craft</td>
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1. 
2. 
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**Attributes**

Ex. Patience with others, refusal to quit

1. 
2. 
3. 

Ex. Increased humility, active listening

1. 
2. 
3.

Energetically will I meet the enemies of my country. I shall defeat them on the field of battle for I am better trained and will fight with all my might. Surrender is not a Ranger word. I will never leave a fallen comrade to fall into the hands of the enemy and under no circumstances will I ever embarrass my country.
Ranger Preparation = GOALS & SKILLS

Ranger Preparation Goal #1
Tactical, Technical, Professional
***write it down!***

Action Plan:
Ex. Goal: Conduct 12 mile Road March in 2:45
Action Plan: Conduct a six week train up increasing both time and distance standards.

Ranger Preparation Goal #2
Tactical, Technical, Professional
***write it down!***

Action Plan:
Ex. Goal: Conflict Resolution
Action Plan: Speak up when I have a problem with a peer, use active listening, and seek a mutual solution.

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**Ranger Preparation Goal #3**
Mental, Physical, Emotional, Spiritual, Relational
***write it down!***

**Action Plan:**

Ex. Goal: Execute 100 pushups in 2 minutes.
Action Plan: Do 3 sets of max pushups x 3 times p/week x 6 weeks

**Ranger Preparation Goal #4**
Mental, Physical, Emotional, Spiritual, Relational
***write it down!***

**Action Plan:**

Ex. Goal: Maintain daily Self-Control
Action Plan: Implement daily 5-10 minutes of prayer/meditation and “mindfulness” drills in calm or under duress.

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Who Will You Become?

Readily will I display the intestinal fortitude required to fight on to the Ranger objective and complete the mission though I be the lone survivor. Rangers Lead The Way!

“The returning warrior may not realize it, but he has acquired an MBA in enduring adversity and a Ph.D. in resourcefulness, tenacity and the capacity for hard work…the returning warrior possesses the Warrior Ethos, and this is a mighty ally in all spheres of endeavor.”

Warrior Ethos by Steven Pressfield