

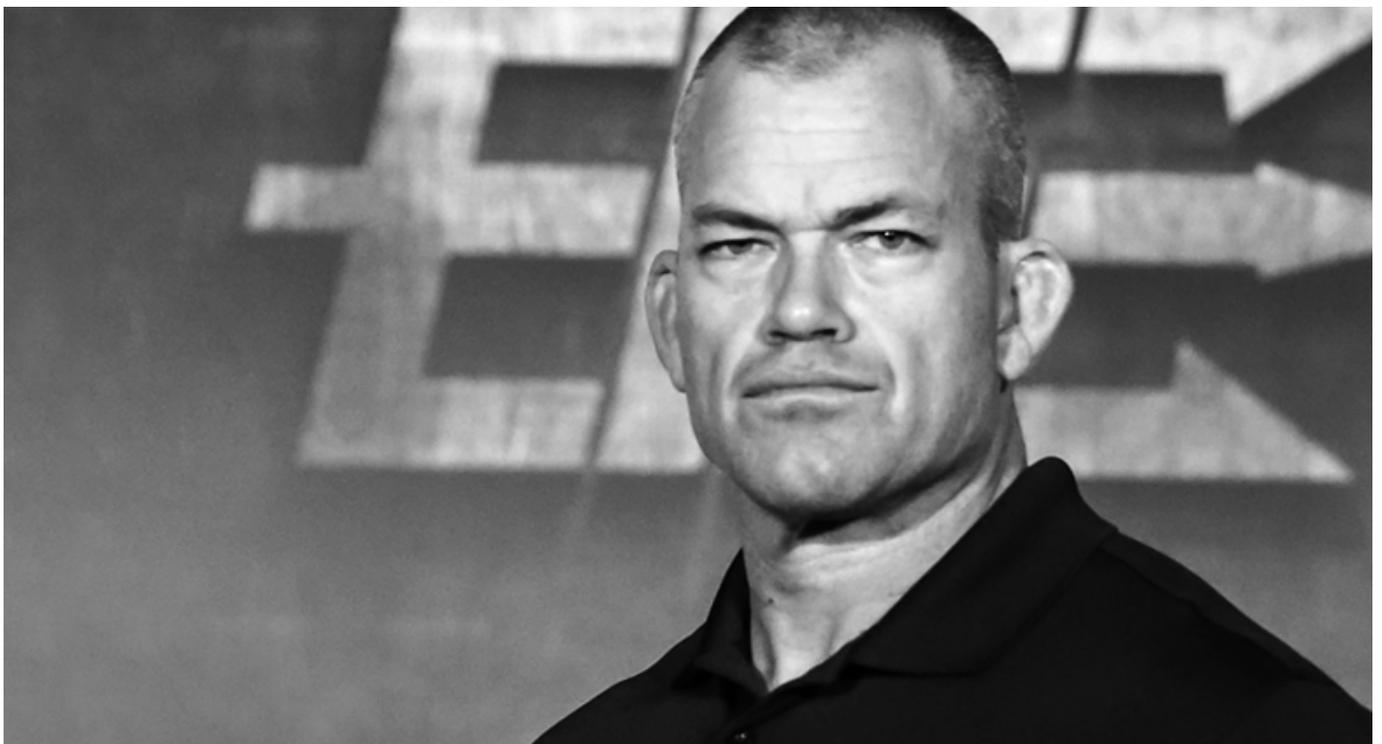
[Full Schedule] Jocko Willink Daily Routine of Workout in 2023

written by Sharu | November 11, 2022

The whole secret of life is to find out what is one's destiny to do and then do it. Success is different things to different kinds of people, but all want to have a successful life. To be successful one should possess the required qualities which are essentially like being determinant, being passionate, one believes in oneself, and many more. We grow great by dreams and one should not just dream, but also work hard to make the dream come true. One such person who worked towards his dream and made them come true is Jocko Willink, let's take a look at his daily routine and some interesting facts about him.

Who is Jocko Willink?

John Gretton Willink is a prominent American podcaster, author, and a retired United States Navy officer under the branch of United States Navy for the units SEAL Team 1, SEAL Team 2, and SEAL team 3. He was born on September 8th, 1971 in Torrington, Connecticut and he graduated from the University of San Diego, he has contributed to wars like the Iraq war Battle of Ramadi and is a recipient of the Silver star Bronze star Medal, also he has achieved the rank of lieutenant commander.



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Daily routine

Every day is different, every moment is different and we cannot expect the outcome of the very next moment, so we should embrace each and every moment and live life to its fullest, our daily routine impacts our lifestyle and has a great influence on both our mental and physical health, personal and professional life, successful people follow a different kind of routine, according to their lifestyle, let's take a look at the daily routine of Jocko Willink.

Mornings

- **Jocko wakes up at 4.30 am**

Jocko wakes up at 4.30 in the morning, he is likely to be a morning person and does most of his works at early in the morning.

- **He workouts everyday**

The first thing that he does after waking up from bed is work out, he has a scheduled work timetable which is divided into four sessions namely pull, push, lift squat and some cardio work and other exercises

- **He surfs after his workout**

After his workout, he goes to the San Diego beach for a quick surf.

- **He works on his projects**

After returning from the beach, he gets into his work includes a number of projects.

- **He skips his breakfast**

He mostly skips his breakfast everyday and he directly eats lunch.

Afternoons

- **Lunch**

Lunch is his first meal of the day skipping his breakfast, his lunch will include Steak, chicken and salad.

Evenings

- **He spends time with family**

After his long day of work, he spends time with play, playing guitar.

- **Dinner**

His dinner usually includes steak and some veggies.

- **He goes to bed at 11 pm**

After setting everything for the next day including his to-do list, he goes to bed at 11 pm.

Personal Interest and Facts

He usually loves to spend time with his fame and loves playing guitar, he is a hardcore fan of music since his childhood and he plays guitar during dinner time with his family every day.

Name: Jocko Willink

Also known as John Gretton Willink Jr.

Birthday: September 8, 1971

Age: fifty (50)

Zodiac sign: Virgo

Birthplace: Torrington, Connecticut, United States.

Known as: Soldier, Author.

Height: 1.8 M

Spouse/Ex: Helen Willink.



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Learning from Jocko Willink

- Jocko can be called as the king of disciple. His poses a complete leadership personality and is down to earth and a humble being.
- He is also courageous and is never afraid of anything in his life which made him as one of the highest performing military teams in the world and he has fought in battles with great spirit.
- His message to people is to get the work done without quitting.
- Discipline is a matter of personal will and he fits into his discipline like no other.
- What we can drive from him I that a leader must exercise extreme ownership simultaneously, that leader must employ decentralised command.



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Jocko Willink Quotes to Inspire You Towards Success

- A leader must be humble but not passive; quiet but not silent.
- A leader must care about the troops, but at the same time the leader must complete the mission, and in doing so there will be risk and sometimes unavoidable consequences to the troops.
- Leaders must own everything in their world. There is no one else to blame.
- War teaches you about honor, brotherhood, and humility, and leadership.
- The goal of all leaders should be to work themselves out of a job. This means leaders must be heavily engaged in training and mentoring their junior leaders to prepare them to step up and assume greater responsibilities.
- To implement real change, to drive people to accomplish something truly complex or difficult or dangerous – you can't make people do these things. You have to lead them.