

THE EXTRA POINT

BY JERRY ROBERTS



1771 Mastering Uncertainty: Reflections of a Navy Seal

Rich Diviney dedicated 21 years to serving as a Navy SEAL, where he led and participated in missions across the globe. In that time he learned a lot about what made people tick and how to help them develop the mindset that would allow them to succeed in difficult and dangerous situations. I'm Jerry Roberts, and part of his message is what all of us can benefit from hearing. That's coming next on The Extra Point.

Rich Diviney completed multiple combat deployments and had the distinction of commanding a Navy SEAL unit.

Additionally, he launched the SEALs' "Mind Gym," aimed at enhancing mental resilience among soldiers to improve performance under stress.

What distinguishes those who excel in high-pressure situations from those who falter? This question lies at the heart of Diviney's teachings.

High performance under stress isn't exclusive to Navy SEALs; it's not about being fearless or possessing superhuman abilities. Instead, it revolves around harnessing natural human capabilities — skills that can be developed and applied when needed.

In his book, *Masters of Uncertainty: The Navy SEAL Way to Turn Stress into Success for You and Your Team*, Diviney offers key insights into mastering high-pressure situations. I'll give just one today, but I think you can use it.

It's called the Mastering Uncertainty Method. High achievers aren't superheroes; they employ a systematic approach to navigate chaos effectively. Diviney developed the Mastering Uncertainty Method, derived from observing elite SEALs, athletes, and business leaders. This method equips individuals to turn chaotic situations into advantageous outcomes.

He calls the first step "move horizons," and involves anchoring yourself in the present and

identifying what you know and can control.

Diviney gave the example of an ultrarunner. I'm sure Ray and other runners know the definition of an ultrarunner, but I didn't until yesterday. I'll get to that in a moment.

This man once weighed 450 pounds. As you might expect, life can be a struggle at that weight. He wanted to make a change. He's not alone. America has a monstrous obesity epidemic, and most people feel powerless to beat it. We're part of that here in Guam. It's about uncertainty, yes, but it's also about frustration and feeling defeated.

Here's where the "move horizons" concept comes in. The man knew he needed to just start moving more and activating his body. As for what he could control, this might sound silly, but day 1 he bought a pair of running shoes. Day 2 he put them on and went outside. That day he walked to his mailbox, and then the street corner.

The distance increased to a few blocks, then a few more. One day he walked a mile, then went further. Eventually, he broke into a jog, though it might actually have been a half-trot of sorts.

Diviney's next step is called "keep going," and it's about setting meaningful objectives that stimulate dopamine release in the brain. That shot of dopamine motivates us to want to do more.

The man who began his journey at 450 pounds and could hardly walk eventually jogged for short distances, steadily increasing his capacity, and worked up to a marathon.

Today he is an ultrarunner, which means he participates in races longer than the standard marathon distance of 26.2 miles. Ultrarunning events can vary significantly in distance, ranging from 31 miles to 100 miles.

(Con't.)

Diviney's insights reveal that the ability to thrive in uncertainty is not just a trait of elite warriors like Navy SEALs, but is a skill accessible to everyone.

By learning to navigate unpredictability and building resilience, individuals can unlock their true potential in any arena.

The book is *Masters of Uncertainty: The Navy SEAL Way to Turn Stress into Success for You and Your Team*, by Rich Diviney.

That's the Extra Point. Be responsible and make something good happen today. For 93.3FM, the Ray Gibson Show, and First Hawaiian Bank, I'm Jerry Roberts.

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For information on training and consulting services with Jerry Roberts, please click this link: guamtraining.com

