



Ex-Navy SEAL Reveals 10-Step Daily Routine for Success

Description

Former Navy SEAL DJ Shipley shared his fitness tips on the Mulligan Brothers podcast. After 17 years of military service, Shipley believes that good fitness does not come from joining the '5am club', which is a popular trend of waking up very early. Instead, he thinks long-term success relies on simple habits that people can keep doing over time.

Shipley has followed the same morning routine since 2004. He wakes up and goes to the gym at the same time each day. He suggests that instead of trying for big changes, people should focus on small successes throughout the day. This is what he calls "micro wins".

One easy habit he recommends is walking. Shipley says, "The average person can walk a mile in 20 minutes." He walks three miles each day, which anyone can do. He encourages people to walk once in the morning and once after dinner because it can help change their lives.

Shipley also believes in sticking to a diet that is easy to follow. He says the best diet is the one you can keep. By consistently repeating small actions every day, people can achieve meaningful results over time.

Vocabulary List:

1. **habits** //ˈhæbɪts// (noun): regular actions you do without thinking
2. **trend** //trɛnd// (noun): something many people begin to do
3. **micro** //ˈmaɪkrəʊ// (adjective): very small; only a tiny amount or size
4. **encourages** //ɪnˈkʊrɪdʒɪz// (verb): tells someone to do something helpful or good
5. **consistently** //kənˈsɪstəntli// (adverb): always the same way over a long time
6. **achieve** //əˈtʃiːv// (verb): get a good or wanted result

Comprehension Questions

Multiple Choice

1. How many years of military service did DJ Shipley complete?
Option: 10 years
Option: 15 years



Option: 17 years

Option: 20 years

2. What does DJ Shipley think about the '5am club'?

Option: It's the best way to achieve fitness

Option: It's not necessary for good fitness

Option: It should be followed strictly

Option: It's only for Navy SEALs

3. Since what year has Shipley followed the same morning routine?

Option: 2000

Option: 2004

Option: 2007

Option: 2010

4. How long does Shipley believe it takes to walk a mile?

Option: 15 minutes

Option: 20 minutes

Option: 25 minutes

Option: 30 minutes

5. How many miles does Shipley walk each day?

Option: One mile

Option: Two miles

Option: Three miles

Option: Four miles

6. What does Shipley call the focus on small successes throughout the day?

Option: Micro wins

Option: Mini goals

Option: Daily achievements

Option: Small steps

True-False

7. DJ Shipley believes that joining the '5am club' is essential for fitness.

8. Shipley has not changed his morning routine in the last 17 years.



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9. Walking can help change people's lives according to Shipley.
 10. The average person takes 10 minutes to walk a mile.
 11. Shipley recommends that people focus on large changes for better fitness.
 12. The best diet is one that is hard to follow, according to Shipley.

Gap-Fill

13. DJ Shipley shared his fitness tips on the _____ Brothers podcast.
14. Shipley follows the same morning routine since _____.
15. He encourages people to walk once in the morning and once after _____.
16. Shipley believes long-term success relies on simple habits that people can keep doing over _____.
17. The best diet is the one you can _____.
18. He suggests focusing on small _____ throughout the day.

Answer

- Multiple Choice:** 1. 17 years 2. It's not necessary for good fitness 3. 2004 4. 20 minutes 5. Three miles 6. Micro wins
True-False: 7. False 8. True 9. True 10. False 11. False 12. False
Gap-Fill: 13. Mulligan 14. 2004 15. dinner 16. time 17. keep 18. successes

CATEGORY

1. Health - LEVEL2

POST TAG

1. daily routine
2. ESL learning
3. esl news
4. Level 2
5. micro wins



6. Navy SEAL

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Author

aimeeyoung99

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