



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – January 17, 2025

[The CAFMA Connect YouTube Channel](#) – Like, Subscribe, Watch, and Learn



Discipline through Duty

Jocko and Chad discuss essential lessons on discipline and intentional living that extend beyond personal ambitions to promote a culture of accountability and resilience. They share valuable insights on how to take control of your life, overcome obstacles, and achieve freedom through unwavering discipline. Whether you're setting your New Year's resolutions or facing life's challenges, this episode provides foundational principles needed to lead with conviction and purpose to accomplish your goals.

The Chief's Desk

As we begin the new year, there's often much discussion about New Year's resolutions. These resolutions typically focus on improving ourselves, whether it's getting fit, achieving a new goal, or learning a new skill. Frequently, this process starts with looking in the mirror and not liking what we see, which raises the question: What do we want to see in the reflection?

As we enter 2025, it's crucial for us as an organization to reflect on what we want CAFMA to look like. What do we hope to achieve and how do we want to improve? We often set our personal resolutions with good intentions; however, good intentions alone do not lead to success. Achieving our goals requires strategic thinking about our objectives, creating a roadmap to reach them, monitoring our progress, and maintaining the discipline to follow through.

The first three steps—strategizing, planning, and monitoring—often seem easier, fueled by the hope of a brighter future. While plans can be made and progress can be tracked, discipline is the essential component required to achieve our goals.

In a recent episode of [The Resilient Show](#), Chad Robichaux, the founder of Mighty Oaks, was joined by retired Navy SEAL officer, author, and co-founder of Echelon Front, Jocko Willink. They discussed topics related to discipline, leadership, and resilience for 2025. Although their conversation lasted an hour and twenty-five minutes, I found it easy to follow as they explored the concepts of discipline and success that can impact us both personally and professionally.

Jocko Willink is a retired U.S. Navy SEAL officer and the co-author of the book *Extreme Ownership*. He has received several prestigious awards for his military service, including the Silver Star and the Bronze Star. Willink dedicated 20 years to serving with SEAL teams, notably commanding SEAL Team Three's Task Unit Bruiser, which became the most highly decorated special operations unit of the Iraq War. Today, he is a prominent podcaster, as well as the CEO and leadership instructor at Echelon Front.

During the interview, Jocko addressed Chad's question about maintaining work-life balance while pursuing his personal goals. He referenced the four laws of combat leadership from his book *Extreme Ownership*: "Cover and Move," which underscores the importance of teamwork; "Simple," which advocates for simplifying complex challenges; "Prioritize and Execute," which emphasizes the need to tackle issues in order of importance; and "Decentralize Command," which empowers leaders at all levels within an organization to make decisions.

These principles, although derived from combat leadership, provide valuable insights that are highly applicable to both our professional work at CAFMA and our personal lives. I will work to incorporate these concepts as we strive for positive changes, and I encourage you to reflect on each of these laws and consider their relevance to your roles and responsibilities.

Upcoming Events:

Aug. 26 – Meeting - Strategic Planning Update

Aug. 27 – Meeting - Supervisor Kuknyo

Aug. 28 – PRCC Chiefs Meeting

Aug. 29 – Firefighter Interviews

Board Meeting:

Board Meeting: Jan 27

CAFMA – 1600-1800

Although we've faced significant challenges as an organization over the past year, I am optimistic about what we can accomplish in the future. It is often through difficult times that we find the greatest potential for growth. As we embark on this new year, we have a fresh opportunity to enhance our performance, strengthen our unity, and achieve the goals we've set. While we will encounter new challenges, with the right mindset and approach, we will succeed—together.

Have a great weekend!
