

The Power of Purpose and Presence With Dakota Meyer



Dakota Meyer is the CEO of Dash Strategies, a full-service firm that delivers tactical solutions for public-private partnerships, government contracts, and complex community challenges. A U.S. Marine Corps veteran and Medal of Honor recipient, he has translated his battlefield leadership into successful ventures including Dash Hydrate and Own the Dash. As a best-selling author, active firefighter, and advocate for veterans through organizations like Hiring Our Heroes, he remains deeply committed to public safety, resilience, and high performance. Driven by the mantra “If you can, you must,” Dakota empowers veterans, first responders, and communities to lead with purpose and courage.

Here’s a glimpse of what you’ll learn:

- [01:56] How Dakota Meyer’s tough upbringing built his resilience
- [03:37] Lessons from Dakota’s father that shape his approach to parenting
- [07:10] Why Dakota became a certified nanny before fatherhood
- [09:51] Why military transition is a lifelong process
- [14:41] The challenge of identity loss after leaving the military
- [17:41] How Hiring Our Heroes connects veterans to jobs
- [23:06] Managing anxiety and PTSD through mindset, routines, and purpose-driven living
- [27:53] How cutting toxic people out can help you become your best self
- [30:55] The power of community and accountability and why no one should transition alone
- [40:55] Why living for your “dash” matters more than wealth

In this episode...

Coming home from military service isn't the end of the battle — it's the start of a whole new one. For many veterans, the transition back to civilian life is filled with uncertainty, identity loss, and emotional strain. Families also carry the weight, especially spouses who hold things together while their loved ones return home changed — or sometimes don't return at all. So how do you rebuild when the mission shifts?

Dakota Meyer, Medal of Honor recipient and veteran advocate, shares how he navigated life after service — from becoming a hands-on father to battling anxiety and redefining success. He opens up about lessons from his tough upbringing, why he became a certified nanny, and how he stays grounded as a dad. He also talks about losing the structure of the military, the struggle to find purpose, and how programs like Hiring Our Heroes help veterans reconnect with meaningful work and community.

In this episode of the *Mission Next Podcast*, host Phil Randazzo sits down with Dakota Meyer, CEO of Dash Strategies, to talk about fatherhood, identity, and what it means to live your “dash.” They discuss mental health, personal growth, and why true success isn't measured by money or medals — but by how you lead, love, and live with purpose. Whether you've served or not, this episode is for anyone seeking direction and resilience in life after change.

Resources mentioned in this episode:

- Dakota Meyer on [LinkedIn](#) | [Website](#)
- [Dash Strategies](#)
- [Toyota](#)
- [U.S. Chamber of Commerce](#)
- [Into the Fire: A Firsthand Account of the Most Extraordinary Battle in the Afghan War by Dakota Meyer and Bing West](#)
- [The Dash: Making a Difference with Your Life by Linda Ellis and Mac Anderson](#)

Quotable Moments:

- "Transition is a process, not a moment in time — you're always transitioning into something new, both in and out of the military."
- "You might not choose anxiety, but you do choose every single day whether it's going to be a great day or not."
- "Don't justify who you are today by what you did back then — focus on what you're doing now and where you're going."

- "You can't do anything in life and be successful on your own — find your team, hold each other accountable, and keep pushing each other to be better."
- "It doesn't take money to be a good human being; what matters is how we live, love, and how we spend our dash."

Action Steps:

1. Clarify your purpose and "why": Knowing your "why" helps provide direction during challenging transitions and keeps you focused on meaningful goals rather than distractions or superficial measures of success.
2. Embrace continuous learning and preparation: Proactively preparing yourself addresses the challenge of feeling unprepared for new roles and builds confidence in tackling unfamiliar situations.
3. Build and maintain a strong support network: This addresses the feeling of isolation or lack of camaraderie that often comes during transitions by creating a team environment for growth and resilience.
4. Focus on service and helping others: Centering your actions on service counters feelings of purposelessness and helps foster a sense of belonging and contribution beyond past achievements.
5. Let go of past identity and prioritize growth: This shift helps overcome the challenge of being stuck in "glory days" and opens up opportunities for personal and professional development in civilian life.

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This episode is brought to you by [American Dream U](#), a nonprofit organization dedicated to providing a seamless transition for service members moving from military to civilian life.

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