# Transcript: IT Podcast - Ep 82.5 - Motivational Minute Ep 18 - Anxiety Is A Waste

*The following transcript is a verbatim account of the video or audio file accompanying this transcript.*

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Speaker #1 (Narrator):

WGU's IT Audio Series. Flexible, portable, profound.

Speaker #2 (Sean Jenson):

Hello this is Sean Jensen with your Motivation Minute. Seth Godin said, "Anxiety is nothing but repeatedly re-experiencing failure in advance. What a waste." Anxiety is sometimes a constant companion for us as students. It is borne of fear of being unprepared and of being uncertain of our own abilities. Anxiety is a fallacy that only holds us back and diminishes what we truly are and what we can fully achieve.

Have you ever experienced an absence of anxiety in your studies or even in test-taking? How about in your work or in your other personal pursuits? I have had those moments in my life, and I can tell you that when they happen, they give you a sense of freedom of greater confidence and belief in yourself.

In those moments, you can experience a stronger feeling of peace and assurance. Anxiety is the enemy that you should push aside and give no place for. When you can do that, you become a new person, perhaps the real person you were meant to be. The best version of yourself. It is never easy to do, and I find it takes constant vigilance as it rears its head with every new challenge.

So fear not. Prepare yourself and have confidence. Don't waste time with anxiety, and flush it out whenever and wherever it rears its head. Then move forward with a clear vision and a clear mind and pass those exams with increased ease as a result.

That's it for today. Remember, impossible is just an opinion, so go make it happen.

Speaker #1 (Narrator):

WGU, a new kind of you.

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