# Transcript: Motivation Minute - Ep 5 - Friendly Accountablity - Sean Jensen

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

Speaker (Sean Jensen):

Hello everybody. This is Sean Jensen, with Your Motivation Minute. We're going to take a quote from Abraham Lincoln today. It goes like this, "I'm a success today because I had a friend who believed in me, and I didn't have the heart to let him down."

I've had a lot of conversations over the years with students about some of the tips and tricks they use to be successful. One that has come up from time to time, is the use of family and friends to help them with accountability. Make your efforts of school known to those around you. Inspire them to ask you how it's going, so that you actually have to answer that question. That's accountability, right?

I had one student who told me that he purposely celebrated whenever he passed a course by announcing it on social media, people would then ask him about it and they would celebrate with him, and it really kept him going. My advice is always to use any motivation, any technique, anything that can help you. I find that this particular accountability technique is a lot of times forgotten or not used at all.

That's it for today folks. Have a great one. Remember, impossible is just an opinion, so go make it happen.