# Transcript: Motivation Minute - Ep 8 - Gritty People - Sean Jensen

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

Speaker # (Sean Jensen):

Hello, this is Sean Jensen with your Motivation Minute. Today's quote comes from Angela Duckworth, she said, ''Gritty people have a growth mindset, when bad things happen, they don't give up."

Among other attributes and practices that lead to successfully earning a degree, grit has to be at the top. Life does not stop simply because you were working for a worthy goal, like an education, unplanned things do indeed happen, and anyone who survived 2020 knows this in spades. COVID-19 and the upheavals that accompanied it sent many of you for a loop. It was not an easy year and yet we are still here striving to become something better despite the events that transpired. That is the message I would give to you, be gritty, persevere, overcome, do not let unplanned for events effect negatively the things that you are still pursuing.

Indeed, you still have control over your reactions, and your personal grit is essential in that effort. Make the decision to move forward with continued or renewed effort to successfully earn this degree. Don't let anything slow you down or endanger that goal. You still got this.

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