# Transcript: Motivation Minute - Ep 6 - Leonardo DaVinci - 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. The quote I'm looking at this week is by Leonardo da Vinci. He said, "It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things."

I really like this quote because I think it's applicable to what we do in our daily lives here at Western Governors as students. You've got to get a little perspective in your life, and that's a valuable thing. Sit back and look at what's really going on. Look at the decisions you're making. With life we never know what's going to come up and as students, things come up constantly. We end up addressing the needs as they come to us and eventually, these things that come up start to take over our lives without us really even knowing or being aware. We become reactionary and it gets stuck in autopilot. Things start to happen to us, instead of us happening to things. I don't know if that makes sense to you, but I think we put out fires as they happen and pretty soon we've just lost control without even really knowing it.

So I'd say ask yourself some questions. Do you let fires interrupt your plans that maybe shouldn't? Do you let less important priorities affect your efforts to successfully earn a degree? Do you let things happen to you instead of you happening to things? Got to remember that you have control and choice in how you react to everything that comes up in your life. Don't let anything stop you or give power to less important events or happenings. You are in charge and I think we got to remind ourselves of that very fact daily.

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