# Transcript: Motivational Minute - EP 22 - Rest and Recovery - Sean Jensen

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

Speaker #1 (Narrator):

WGU's IT Audio series, flexible, portable, profound.

Speaker #2 (Sean Jensen):

Hello, This is Sean Jensen with your motivation minute. Recovery. If you're tired, learn to rest, not to quit. I remember working through my degree a few years ago and wondering if I could really make it happen. I was working a full-time job that required in excess of 40 hours a week, and also travel each month at home where my wife and our two little boys, both in diapers and growing and exploring, very exhausting. I had community responsibilities as well, and along with a balance of family life and everything else, I was tired. Studying was not desirable as a result, I'm sure most of you can attest to that. But remembering why I was working for the degree, the future, and promise that it would bring us all, the needs it would meet. I came to the conclusion that I would have to accept being tired and just study anyway. I certainly rested when I could, but I learned to adjust and committed to not quitting. You can do this, you are able, believe that and take strength in your reasons for this sacrifice. 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.