# Transcript: Motivational Minute - EP 23 - Exciting Challenges - 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. Today's quote is from Carol Dweck. It says, "In a growth mindset, challenges are exciting rather than threatening." That is a hard attitude to adopt at times. I was not perfect and I'm still not perfect at accepting challenges and struggle with something that is preferable in my life. I have known people who'll actually wished and prayed for them, what? I have often wondered if they were in their right minds when they told me that. However, I would be lying if I said that this statement is not true. When I've accepted challenges as learning experiences, I always conquered them with less pain and grew stronger and wiser much more than when they were absent in my life. I see the challenges you go through each day as we have our calls. I would remind you of the incredible growth you are getting from them. Take them on, learn what you don't know, relish your growth, and enjoy your success. You are awesome people. Yet you are still getting better each day because you chose the challenge of an education. Don't quit, keep pushing. You've got this. That's it for today. Remember, impossible is just an opinion, so go make it happen.

Speaker #1 (Narrator):

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