# Transcript: Motivational Minute - EP 24 - An Inch of Movement - 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. Steve Maraboli said, take action. An inch of movement will bring you closer to your goals than a mile of intention. I hear the following words often during weekly calls from students. I didn't get as much done as I wanted to. That statement and others much like it have come to be par for the course, so to speak. Hey, that's okay. Life hands circumstances that we're not always prepared to handle in the moment. However, you are always given two options when these things happen. Option 1 is to give up simply because you aren't going to be able to meet your goals this week. Why not just wait until next week? Next week things will be better and you will have more time. Option 2 however, is to take the inch or inches, even though you will fall short of the mile. It's as simple as that. Don't put any progress on the shelf simply because you will not meet your goals. Take every chance you will get to progress, whether it's big or small. That choice, that consistency will drive you to success despite the slowdowns that often seem to plague us. That's it for today folks. Remember, impossible is just an opinion. So go and make it happen.

Speaker #1 (Narrator):

WGU, a new kind of U.