# Transcript: Motivation Minute - Ep 7 - No Weekends Off - Sean Jensen

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

Speaker # (name optional):

Hello, everybody. This is Sean Jensen with your Motivation Minute. The quote I'm looking at today says, "There are no weekends off when you're chasing your goals."

When I'm speaking with new students, the fact is always brought up that this is not a sacrifice free degree. There are times in your life when you have to make a choice between your future, either near or far, and your present. Always focus on the future and that long-term goal, that is where your attention should be. You will sacrifice time and weekends during this process. But in the end, you will look back and be happy that you did.

When I look back on my time spent in earning a degree, I don't remember what I sacrificed because that is not what was important. I know it was hard, but today, I'm happy. Whatever sacrifices I made were worth it. So stay committed. Make that sacrifice and keep your eyes on the prize.

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