# Transcript: Motivational minute – ep 11 Procrastination thief – 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. There's a Cree Indian saying that goes like this, procrastination is the thief of dreams. Then of course, Nike said, yesterday, you said tomorrow. Here's another saying I like, is humorous, it goes like this, it says if it wasn't for the last minute, I wouldn't get anything done.

I have lived in the procrastination space often in my life, and even especially as a student. I can tell you I spent many sleepless nights as a student studying or getting papers ready to turn in the following day. In my heart and mind I know this is not the place to be, I think we all do. During the times when I did not live in that space however, I was always more satisfied, more confident and happier as a result of my progress. Today is your reminder of the same thing. We all need to hear it from time to time, stop procrastinating if you are, give yourself less stress as a result, and remind yourself that you are equal to whatever task or tasks you are avoiding.

Be confident you can do this. 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.