# Transcript: Motivational Minute - EP 16 - Smile - 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 (Shawn Johnson):

Hello, this is Shawn Johnson with your motivation minute. Do me a favor. Smile. I had an experience with a student this week that struck me as important. The student had failed an exam over the weekend and could have really let it affect her in a bad way. She has been through a lot this past year. Her personal experiences have been challenging to say the least, and yet she has decided to keep moving forward. She committed to getting as much done as she could in her current term and has shown some inspiring perseverance. However, with time going fast at the end of the term and the stress she deals with on a daily basis, this setback could have understandably resulted in her simply giving up. She didn't. She told me that she was testing again this weekend. She told me that she knew exactly what she needed to study. Her confidence was contagious. I had a feeling of being so proud of her, knowing what she had gone through and seeing her still press on. Being touched by this exchange, I smiled and I reminded her to smile as well. I don't know if she was touched by that, but I know that a simple smile has drained the stress from difficult situations and challenges in my own life. A simple smile has given me strength to stay on track. It has given me strength that I may have forgotten that I had. I hope she felt the same way. Do me a favor. Don't forget to smile. That's it for today. Remember, impossible is just an opinion. Go make it happen.

Speaker #1 (Narrator):

WGU, A New Kind of U.