# Transcript: Motivation Minute - Ep 2 - Weak or Strong - Sean Jensen

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

Speaker (Sean Jensen):

Hello. This is Sean Jensen with your Motivation Minute. The quote I'm looking at today goes like this, "Do the things which make you strong, stop doing the things which make you weak, unless you want to be weak."

I spoke with one of your fellow students this past week about some of the things which were holding him back from being successful in his courses. He mentioned in all candor that he is a gamer and simply has a hard time saying no to game time when he gets home from work. In our conversation, he determined that his best course of action was to not go anywhere near his desktop gaming computer, and to simply get on his laptop when he gets home, and work on his studies for a couple of hours instead.

This is a decision to be strong and take control of his success. Is there something that's holding you back in your life, in your studies? Is there something that's making you weak? If there is, then make a new plan, make a better commitment, and prioritize your activities, and choose to be stronger. Unless of course, you want to be weak.

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