# Transcript: Motivation Minute - Ep 1 - You Against You - 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 we're looking at today is,"It is you against you every day. Make sure the right you wins." There's really not much new in this quote that you don't already know. I think the message I take out of this is to be present in your life and in your thoughts. Don't get stuck on autopilot. Remember, you are in charge of how you react in your daily decisions. You decide whether to move ahead or to get behind.

I would add to this to believe in yourself. You will always be equal to the task placed before you. Nobody is perfect at this. It's a constant struggle for us all. But every day, make sure the right you wins more times than it loses. That's the real challenge.

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