

Transcript of YouTube Video, including time stamps, see below

https://youtu.be/YbMOOGW_A2Y

00:01

one thing i always remember

00:04

is your dream

00:06

i have been teaching for a long time

00:08

upwards of a thousand students a year

00:10

for 20 years and one of the first ways

00:13

that i lay the foundation for the

00:15

semester

00:16

is by asking students one by one what is

00:20

their dream

00:21

so this week i'm back on campus for the

00:23

very first time in a very long time and

00:26

in my wellness course particularly i

00:28

walked around the room and i had

00:30

students that had dreams of owning their

00:33

own business

00:34

running a restaurant being sponsorship

00:37

like things i'd never even heard of

00:39

being a sponsorship

00:41

event planner all these other things and

00:43

my point being that

00:45

the way i motivate myself is to get up

00:47

to the highest place possible

00:50

so that the view is clear

00:52

so ask yourself what is one dream that

00:55

pulls you forward no matter what is

00:58

happening

01:01

[Music]

Accompanies blog post

<https://drandreadinardo.com/2022/02/05/dont-be-pushed-by-your-problems-be-led-by-your-dreams>