I think what affected me the most from the Last Lecture was when he was given advice from John Snotty(? The captions were odd) along the lines of "Wait long enough and people will surprise and impress you". I think it's a thoughtful sentiment, and in some cases very true. But my pessimistic side does think that the idea of being impressed along with surprise isn't as often as we'd like it to be. Another part that stuck out to me was when he was told by President Cohen to emphasize the importance of having fun. I wholeheartedly believe that, due to humans being so fickle, we tend to forget to enjoy the process of life and fulfilling our goals, instead ruminating and staying in our anxious thought patterns (at least I do). It really is important to enjoy the process.