What affected me the most with this talk is how positive his mindset is while living with this tragedy. You can tell by the way he talks about his problem that he knows that its bad but he has accepted his fate and moved on. That may sound morbid but I feel I would have the same reaction if I was faced with a problem like his. To keep a steady head and start doing the things you want in life is what Randy is trying to tell us. I believe he's saying that life is short and to take his situation for example. I think this because in the talk he only speaks on his cancer for only a small period of time and he doesn't seem bothered by it at all. I think he came to the realization that this is just how his life is so he should just keep living and doing what he wants instead of dwelling on a problem that can't be fixed.