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MART 120

The Last Lecture

It’s been some time, but I have seen this presentation before. And yet I still found many of the talking points and “lessons” to be somewhat inspirational. He gives us advice on how to approach life, how to overcome obstacles, how to maximize your potential, and how to process those important decisions that everybody has to face. One of my biggest struggles in life has been depression, which can effect just about every facet of life. I often struggle to find and maintain motivation to do the things I work towards. School is a struggle, work is a struggle, lifestyle choices are a struggle, and even just doing fun things I want to do can be a struggle. The line “Brick walls aren’t there to keep us out, they’re there to let us prove how badly we want something” is a powerful statement. If life gets difficult while pursuing a goal, you can either stop, turn around, or find a way through. Turning around is a perfectly fine option – people spend the majority of their lives in jobs they don’t like because they felt “it was too late”. Better to change course and benefit from the new surroundings. Tearing down barriers is also a great option – you want what’s on the other side, and now you can have it. But this takes a lot of energy and fortitude, and my fluctuating motivation makes it temporarily impossible to make either decision quite often. I want to do better at maintaining focus on my valued direction, even if it turns out to be a moving target. But at times, I need to just sit things out for a while, because my own well being is important as well. It’s not an easy balance, but I feel I am getting better at it all the time.