

The Last Lecture

I thought this lecture was really timely especially viewing it with the growth mindset module. My favorite line was “Experience is what you get when you don’t get what you wanted.” This resonated with me because I had been thinking a lot about what the point of life is. In other words, what’s the point of life if there’s no guarantee that it will pan out in a way you’d like despite your best efforts? I can see how this thinking is distorted, but I hadn’t found any satisfactory answers to replace it. A lot of the things we’d like in life require effort and suffering and it usually doesn’t turn out how we envisioned. Compared with the ideal inside of our heads, sometimes life seems better if we just kept inside of our sanctuaries where disappointment and loss can’t reach us.

I do believe that experience is the main course. It seems like the thing we can appreciate. It also seems ideal to have big dreams just to keep us going each day. It’s refreshing to hear someone assert its value. As someone who often struggles to view things in a positive light, there’s something healing about hearing someone value the journey and effort over the outcome. To encounter, to feel, to be impressed upon and affected by life outside of our heads and witnessing growth can make the troubles worthwhile. To view brick walls as chance to experiment and put in more effort instead of an indication of being unworthy is also helpful.