**The Last Lecture**

I really enjoyed watching The Last Lecture. I loved how, despite everything he has been through and is currently going through, he is still able to look back on his life with joy and appreciation for everything he’s accomplished. I think we can all reflect on our lives and think of the challenges we’ve had to overcome, and (maybe a bit apprehensively) acknowledge that we are probably better for it. It’s just like Randy said, he probably learned more from not playing in the NFL than he learned from childhood goals he actually did accomplish.

People are capable of so much, and I often think that we don’t give ourselves enough credit or grace for everything we’ve accomplished and overcome. I was actually just talking to my mom yesterday about how some people go through so much more adversity than others, but they are often the strongest and kindest people despite the unfairness of the world. This lecture was a good reminder to be appreciative.