

Laura E Grooms

I really enjoyed Randy's talk, it was very insightful and inspiring. Something that affected me most was the thought of Randy and other people having childhood dreams and honoring them. As a child I'm sure I had dreams but I don't remember them nor were they that important to me (only realizing that now). Randy actually completed his dreams and I have no clue what dreams I have currently or want to pursue in the future. Randy has inspired me to make goals and hold myself accountable.

This school year I want to get mentally and physically healthier so I began a new "challenge" last week called The Two Day Rule. Essentially I will only allow myself two days of rest between working out. Last week I went to my first work out of a Ab Lab at the University Gym. I had never been to a work out class before and oh boy it ruined me. After my class I went for a swim in the river and I haven't felt that alive in a while. I love that pure feeling of health and nature. Four days later my abs still are in pain. After that on Tuesday, I went back to the gym on Thursday and I couldn't really work out properly because of my abs so I just biked a few miles on the bikes. Now it is Sunday and I have to workout again and I am looking forward to it actually!

With that being said, Randy had said "It's not about how to achieve your dreams, it's about how to lead your life" and that has made me excited to set more goals and stretch my brain and myself to be the best me I can be.