As someone who has spent many years interested in the power of positive thinking, I found the Last Lecture to be a very inspiring talk. Randy Pausch’s ability to view the obstacles of life and strive towards achieving his dreams really speaks volumes about how the attitude individuals choose can open or close doors for future goals.

There were many quotes and anecdotes within his speech that I found prolific. Specifically, the advice given to Randy by John Snoddy about giving people enough time and they will surprise you. This mindset is an important reminder that fostering those strengths in others comes full circle. That by living a life with positivity and finding inspiration in others, we can find inspiration within ourselves. By viewing people with less cynicism and a willingness to accept their help, you can achieve more than what may have been possible with the narrow focus of an isolated point of view.

I felt that I identified with a lot of the content contained within Randy Pausch’s lecture. As mentioned previously, I have always been interested in positive thinking and I personally have overcome obstacles in my life just by changing my mental state from one of defeat and negativity to one of hopefulness where I focused on my dreams and desires. I also believe that Karma is real and that our actions contribute to our successes or failures.