

## Awesome And Truly Inspirational



**Matthew McConaughey is an Oscar-winning actor.**

**He delivered this awesome commencement address at the University of Houston graduation ceremony in 2015.**

**It is a MUST READ...**

"We've all got two wolves in us, a good one and a bad one, and they both want to eat.

Best I can tell, we just got to feed that good one a little more than the other one.

Happiness versus Joy...

Happiness is an emotional response to an outcome - if I win, I will be happy, if I don't, I won't.

An if-then, cause and effect, quid pro-quo standard that we cannot sustain because we immediately raise it every time we attain it.

You see, happiness demands a certain outcome, it is result reliant. If happiness is what you're after, then you are going to be let down frequently and be unhappy much of your time.

Joy though, Joy's a different thing, it's something else. It's not a choice, not a response to some result, it is a constant. Joy is "the feeling we have from doing what we are fashioned to do," no matter the outcome.

Personally, as an actor, I started enjoying my work and literally being happier when I stopped trying to make the daily labour a means to a certain end. For example, I need this film to be a box office success, I need my performance to be acknowledged, I need the respect of my peers.

All these are reasonable aspirations, but the truth is, as soon as the WORK, the MAKING of the movie, the DOING of the deed became the reward in itself - I got more box-office, more accolades and respect than I'd ever had before.

See, JOY is always in process, under construction - it's in the constant approach, alive and well - in the DOING of what we are fashioned to do... and enjoying doing it.

The Dissection of Success...

The easiest way to dissect success is through gratitude. Giving thanks for that which we do have, for what is working, appreciating the simple things we sometimes take for granted.

We give thanks for these things and that gratitude reciprocates, creating more to be thankful for. It's simple, and it works.

I'm not saying be in denial of your failures. No, we can learn from them too, but only if we look at them constructively.

As a means to reveal what we are good at, what we can get better at, what we do succeed at.

Life is a verb. We try our best. We don't always do our best. And since we are the architects of our lives, let's study the habits, the practices, the routines we have, that lead to and feed our success... our joy, our honest pain, our laughter, our earned tears...

Let's Dissect THAT and give thanks for THOSE things... and when we do that what happens? We get better at them...and have more to dissect.

The Key To Success...

It's a get rich quick on the internet, 15 minutes of fame world we live in.

See it every day. But, we all want to succeed, right? Question we have to ask ourselves is, what success is to us, what success is to YOU.

More money? OK, I got nothing against money. But maybe it's a healthy family? A happy marriage? To help others? To be famous? To be spiritually sound? To leave the world a little bit better place than you found it?

Continue to ask yourself that question. Your answer may change over time and that's fine, but do yourself this favor: whatever your answer is, don't choose anything that will jeopardize your soul. prioritize who you are, who you want to be, and don't spend time with anything that antagonizes your character.

Don't drink the kool aid man!! it tastes sweet today but it will give you cavities tomorrow. Life is not a popularity contest. Be brave, take the hill but first, answer the question, "What is my hill?"

For me, it's a measurement of five things - fatherhood, being a good husband, health, career, friendships. These are what's important to me in my life right now. Because I want to keep ALL 5 in healthy shape, and I know that if I DON'T take care of them, if I don't keep up maintenance on them, ONE of them is going to get weak, man, it's going to dip too deep into the debit section, go bankrupt, get sick... die even.

The Process Of Elimination...

So first, we have to DEFINE success for ourselves, then we have to put in the work to MAINTAIN it - take our daily tally, tend our garden, keep the things that are important to us, in good shape.

Defining ourselves by what we are NOT, is the first step that leads us to really KNOWING WHO WE ARE.

You know that group of friends you hang out with that really don't bring out the best in you? They gossip too much, or they're kind of shady, and they really aren't gonna be there for you in a pinch?

Or how about that bar we keep going to, that we always seem to have the worst hangover from? Or that computer screen that keeps giving us an excuse not to get out of the house and engage with the world and get some real HUMAN interaction?

Or how about that food we keep eating? Tastes so good going down but makes us feel like crap the next week when we feel lethargic and keep putting on weight?

Well those people, those places, those things - STOP giving them your TIME and ENERGY. Just Don't GO there, put them DOWN - and when you do this, when you do put them down, when you do quit giving them your time, you inadvertently find yourself spending MORE time and in more PLACES that are more healthy for YOU, that bring YOU more joy

WHY? Because you just eliminated the who's, the where's, the what's and the when's, that were keeping you from your identity. Trust me, too many options, I promise you, too many options, will make a tyrants of us all.

So get rid of the excess, the wasted time, decrease your options... and you will have accidentally, almost innocently, put in front of you, what is important to you by process of elimination.

Knowing who we ARE is hard. It's hard. Give yourself a break. Eliminate who you are NOT first, and you'll find yourself where you need to be.

Make Voluntary Obligations...

I'm not talking about those obligations. I'm talking about the ones we make with ourselves, with our God, with our own consciousness.

I'm talking about the YOU versus YOU obligations. We have to have them. Again, these are not societal laws and expectations that we acknowledge and endow for anyone other than ourselves. These are FAITH based OBLIGATIONS that we make on our own.

These are not the lowered insurance rate for a good driving record, you will not be fined or put in jail if you do not gratify the obligations I speak of - no one else governs these but you.

They are secrets with yourself, private council, personal protocols, and while nobody throws you a party when you abide by them, no one will arrest you when you break them either.

Except yourself. An honest man's pillow is his peace of mind, and when you lay down on the pillow at night, no matter who's in our bed we ALL sleep alone.

These are your personal jiminy crickets. And there are not enough cops in the entire world to police them.

It's on you. It's on YOU.

We do our best when our destinations are beyond the "measurement," when our reach continually exceeds our grasp, when we have immortal finish lines. And when we do this, the race is never over. The journey has no port. The adventure never ends because we are always on our way.

So do this, do this, and let them tap us on the shoulder and say, "hey, you scored." Let them tell you "You won." Let them come tell you, "you can go home now." Let them say "I love you too." Let them say "thank you."

Take the lid off the man-made roofs we put above ourselves and always play like an underdog."

Turn the page...

We often keep running in circles in life. No matter how hard we try to change things for the better, something keeps us taking back to where we were.

In this merry-go-round, what we have to realize is that we are the authors of our own story. The mistake we make, is that we believe we can't change, change is hard, or external things are to blame.

But if we realize our power, to create life on our own terms, then change will come easy. First we have to make the internal shift.

You ever get in a rut? Stuck on the merry-go-round of a bad habit? I have. You are going to make mistakes — own them, make amends, and move on. Guilt and regret kills many a man before their time. Turn the page, get off the ride. YOU are the author of the book of your life. Turn the page.

From Can to Want...

Don't say yes to opportunities just because you can. Say yes because you want to.

Many people never leave jobs they hate, because they *can* get promoted even though they don't want to do the work. They'd be better off opening their own yoga studio or becoming a fitness coach, but they keep doing soulless work for money.

Say yes to what you want, before it's too late.

Consider the example of Peter Dinklage, the Lannister from *Game of Thrones*. He spent 6 years doing data processing, a job he hated to the core, before he finally took a low-paying acting gig.

The point is, never do things because they're available to you, do them because you want to.

Just because you CAN? Nah... it's not a good enough reason to do something. Even when it means having more, be discerning, choose it, because you WANT it, DO IT because you WANT to.

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*Matthew McConaughey takes 21-day trips by himself to get away from the noise of the world. He travels to places where nobody speaks his language and knows him by his name. These adventures serve as a purge, a cleansing ritual for him.*

*He was tired, anxious, and confused about his newfound fame, so he went to Peru.*

*And on the 13th day, he "crossed the truth".*

*As he was going for a walk, he turned a corner and there was this beautiful scenario – a thousand butterflies in front of him. No way further.*

*He had an epiphany. He realized that "All I want, is what I can see, and what I can see, is in front of me."*

*In that moment, he let go of all anxieties, guilt, anticipation and fully embraced the present moment.*

*To cross your own truth, you have to get away from the noise. Go away for a weekend to be with yourself and see what you find.*

*"You see, I crossed a truth that morning. Did I find it? I don't know, I think it found me. Why? Because I put myself in a place to be found. I put myself in a place to receive the truth."*