

Student #1

When Kasey introduced himself as an entrepreneur, I was expecting a presentation focused on an advertisement for his business or a speech persuading us to become entrepreneurs, instead, it was dark and down to earth as Kasey explained his struggles. There were instances where Kasey would talk about his business Family Dream Fitness but it was never the main part of his presentation instead it would always connect back to how he used it to help himself when he was struggling with his mental health and how he wants to share this information with others in need.

Kasey never left his business as the main point of the presentation instead he focused on his struggles during and after college with anecdotes of him losing his mind as he struggled to juggle between his work and family. By doing so, Kasey didn't sugar coat life and pretended everything will be alright for us, instead, he told us about the reality and how we shouldn't have our expectations to be perfect and it is important for us to love ourselves and expect for the worst to come and by doing so we can prepare ourselves for it when it happens.

Kasey's advice reminded me of a recent situation with my friend Nathan, he recently got into a car accident with a parked car in Garage H, thankfully he was unharmed and dealt with it as best as he could by leaving his contact information with the damaged car.

Situations like these are why we should expect the worst in life since we shouldn't believe that everything will be perfect, instead, we should work our mental and physical health to prepare ourselves for unexpected situations. When Kasey said that "People don't want to be bad" I was a little skeptical about his statement since our previous speaker, Matt's mom said that there are people in prison who don't feel any remorse for killing others. While I do believe some people don't want to be bad due to their mental health, I believe that some people don't feel remorse for their actions and will continue to be bad.

Overall, Kasey stayed honest to us and advised us about the need to stay healthy to combat our anxiety and depression by strengthening our physical and mental health. As a result, I want to respect his advice and try and create a daily routine for myself since I haven't exercised much in the last four years.