

## Student #2

I enjoyed today's guest speaker very much. At first, I didn't know what to expect when Kasey got up in front of the class and began speaking. After he introduced himself and gave a brief background of what he does, he began talking about his uncles' drug problems, his grandma's dementia, and the story of how he was checked into a mental hospital after almost committing suicide.

I thought it was going to be another sad presentation with a lesson to teach us, but it wasn't at all. Kasey is a very interesting guy who, in my opinion, has accomplished a lot in his young life. I thought it was very impressive how he published his own book and started his own personal health website. I think a lot of what he had to say, and his message of positivity was really good for us college kids to hear.

He talked about the importance of self-love, which is something that I think a lot of people in today's society need to focus on. The presentation was very inspiring, and I felt motivated when I walked out of the room. Kasey talked a lot about entrepreneurship and how important it is to make money of your own creativity. I agree with that opinion, but not all people in this world are built for that. Lots of people are better suited making money in different ways that utilize their brain.

For example, one might be better suited learning a trade or having a specialized job such as a doctor or lawyer. There are many 'inside the box' people whose minds simply don't work in that creative, business savvy way. Would it be ideal to be able to monetize something that results from your creativity? Yes. But in reality, some people just don't have that creative element that Kasey was blessed with.

I do agree with Kasey's point that everyone should understand the basic principles of business and entrepreneurship because of how prevalent it is in our society. Another main topic of Kasey's discussion was exercise; specifically, how the lack of exercise is detrimental to one's health, especially in the later years. I exercise on a regular basis, so what Kasey said about the importance of exercise resonated with me.

A lot of the things he suggested to those who are non-active such as drinking a bottle of water and doing 10 squats when you wake up are easy and simple things that can make a huge difference. What I believed to be the overall focus of Kasey's presentation was overall personal health, both mental and physical, and different ways to accomplish that.