

WHAT ADVICE
WOULD YOU
GIVE TO A
YOUNGER
YOU?

#BEANASTRONAUT



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00:00:00,000 --> 00:00:04,230

Just try to be a good team member. And appreciate the experiences and the

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people that you encounter along the way. The advice I would give to younger me is do

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00:00:08,040 --> 00:00:11,940

hard things and do work on important things. So, work on things that you think

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00:00:11,940 --> 00:00:15,660

matter. To do the best I could at everything, which is something I try to

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do anyways. And just to continue to pursue my passions. To actively seek out

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00:00:20,100 --> 00:00:25,320

and look for and find the one thing in the world that motivates you more than

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00:00:25,320 --> 00:00:30,990

anything else. It's okay to dream big. You're gonna only truly be satisfied if

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00:00:30,990 --> 00:00:35,100

you pursue things you're passionate about. Try new things, try doing new

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00:00:35,100 --> 00:00:39,059

things, meet new people. That will just kind of help you get out of your comfort

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zone and always just kind of stay open to learning new things. I would tell a

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00:00:43,550 --> 00:00:51,120
younger me to just stay curious, learn as
much as you possibly can,

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00:00:51,120 --> 00:00:56,460
ask questions, don't be put off when you
don't understand something, just keep

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00:00:56,460 --> 00:01:02,789
that curiosity alive. That it's important
to always love yourself and the people

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00:01:02,789 --> 00:01:07,530
around you. And know that failures are
part of the process of growth. And if you

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00:01:07,530 --> 00:01:11,850
want it bad enough, you will get to your
destination. I think I would tell a

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00:01:11,850 --> 00:01:16,740
younger me never to close the door on
yourself. I think it's really easy when

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00:01:16,740 --> 00:01:20,610
you're somebody who has big dreams and
goals to kind of talk yourself out of

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00:01:20,610 --> 00:01:25,409
pursuing those things, and luckily for me,
I've had the right nudge from the right

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mentor every time I was about to do that.
You know I got told at one point in

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00:01:30,030 --> 00:01:35,549
college, "You should be doing more of this
or more of that." And it wasn't what I

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00:01:35,549 --> 00:01:40,079
wanted to do. And I didn't take that
advice and I'm glad I didn't. You should

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00:01:40,079 --> 00:01:45,899
do what you feel passionate about and
that doesn't just need to be the

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00:01:45,899 --> 00:01:48,990
only things that you think will get you
towards your goal. If you like playing

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00:01:48,990 --> 00:01:53,159
sports, play sports. Like sports were a
big thing for me and sometimes I had

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people tell me,
"Hey, that's taking time away from other

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00:01:56,160 --> 00:01:59,640
things you should be doing." But, it was
really important to me and I think

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helped me get here in the end. So, I think
just do whatever you love doing and

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00:02:04,050 --> 00:02:07,200
you'll find that because you're doing
something you love, you'll be passionate

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00:02:07,200 --> 00:02:11,640
about it and you'll succeed. If I were to
talk to my 18-year-old self and give him advice,

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00:02:11,640 --> 00:02:20,160
it would be to focus on fewer things and
not try to do absolutely everything. Just

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try and focus on a few things and do them incredibly well. Strive to have a

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00:02:24,360 --> 00:02:28,680
better work/life balance. That's a really hard thing to do in the military and in

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00:02:28,680 --> 00:02:32,550
this profession and something I still struggle with today. So, I think if

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00:02:32,550 --> 00:02:35,489
older me said to younger me, "This is important." Maybe I would have listened more.

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00:02:35,489 --> 00:02:41,610
The experiences sometimes get watered down when you get busy or by other

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00:02:41,610 --> 00:02:45,270
things that make you nervous along the way. And so, to really step back and

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00:02:45,270 --> 00:02:48,330
appreciate the experiences. Especially the really unique ones that

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00:02:48,330 --> 00:02:51,690
maybe other people don't get to encounter. If I were to give some advice

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00:02:51,690 --> 00:02:58,560
to a younger me, it would be to find mentors early. There are a lot of people

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who are interested in your success and want to see you do well and have the

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00:03:06,090 --> 00:03:10,320
resources that you may or may not have
that will allow you to pursue your

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00:03:10,320 --> 00:03:16,650
interests and follow your passions. The
advice I would give to any young person

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00:03:16,650 --> 00:03:21,540
pursuing this career or a STEM career is
that it's really never too early to get

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00:03:21,540 --> 00:03:26,430
involved. I was so surprised every time I
asked somebody, "Hey, I have, you know, no

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00:03:26,430 --> 00:03:30,720
experience in this particular thing, but
I would love to give it a try. Would you

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00:03:30,720 --> 00:03:35,280
give me a shot in your lab or your
research team or wherever?" And how often