**This is Water by David Foster Wallace**

[**https://www.youtube.com/watch?v=ms2BvRbjOYo**](https://www.youtube.com/watch?v=ms2BvRbjOYo)

**David Foster Wallace is one of my favorite writers. This is a commencement speech he gave at a college graduation. I think it is excellent advice and I use it every day. I wish I could have gotten it when I was your age. If you appreciate my style of laid-back positivity, it stems from meditation and the type of mindfulness that Wallace describes in his speech. Give it an open-minded listen please and I apologize for the few instances of bad language. Here is a shorter version with no profanity.**

[**https://www.youtube.com/watch?v=eC7xzavzEKY**](https://www.youtube.com/watch?v=eC7xzavzEKY)

**A few questions:**

1. **What does Wallace say is really important in life?**

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1. **What does he say is capital T True?**

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1. **What are you most excited about now that you are graduating?**

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1. **What are you most anxious about now that you are graduating?**

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1. **Is there anything that you would like to ask me? Ask away!**

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