

URL: <https://stvp.stanford.edu/clips/accept-and-embrace-change>

Genome Medical Co-Founder and CEO Lisa Alderson describes the importance of having a general life plan that provides “directionality,” while also being open to new opportunities, acquiring new knowledge and discovering your passion along the way. Sticking to the same old routine will not allow you to leave your mark on the world, she says.



Transcript

- Pick up knowledge along the way.. Find your interest, find your passion, sort of take that in as it comes and be willing to really bridge to what that future might be for you.. I look at that as have kind of a directional plan.. So when I was in my early 20s, I sort of had the life plan mapped out, and by the time I was in my late 20s I realized, you know, directionality here is good, like it's good to be purposeful.. You clearly want to have a guide, if you will, but I think you want to be open to opportunity along that journey.. I think you also really want to be able to accept and embrace change.. I can't tell you how many people I know that end up just kind of doing the same thing because it's comfortable.. That will not change the world.. That will not allow you to leave a mark...