

URL: <https://stvp.stanford.edu/blog/videos/be-fabulous>

According to Seelig, never miss an opportunity to be fabulous! She encourages everyone to embrace this idea and to help make the world a better place.



## Transcript

Never miss an opportunity to be fabulous.. What this actually is, is you can state another way, this is not a dress rehearsal.. If you're not going to do your best work now, when are you planning on doing it? We go through life often satisficing, doing the minimum amount to get by.. But in my class, I kind of make this rule the first the day of class.. I said I promise to do my very, very best and I expect the best from you.. I will not ever tell you what you need to do to get an A but I have to tell you the bar is really high.. I have no problem giving every single person in the class in A but I expect everyone to deliver 150% because that's what I'm putting in.. The interesting thing about this, students and everyone else that I had ever worked with completely and totally embraces this.. I think the reason is the people are waiting for people to give them this instruction, waiting to tell them to do their best.. Professors often are in situations where they tell people what to do to get an A and that really caps what you do..

Okay, I'll do just enough to get an A but when you open it up, all of a sudden it allows people to follow their passions, to follow their interests, to take things as far as they can.. I know just in working with my team here at STVP, everybody does an amazing job.. No one was ever told specifically what they have to do.. They're sort of pointed in a direction, including myself, and said okay, do the very, very best work.. It always blows my mind what can be accomplished by an incredible small team when everybody is doing an amazing job.. There's an interesting story that sort of fell out of this.. So I don't put up all these fancy slides and I had never dealt with fireworks in my classroom.. I just put it as part of bullet points in my list of things that I expect from the students in the class; showing up on time, delivery, and never missing an opportunity to be fabulous.. It's so interesting how sticky this idea is.. In fact, it is so sticky that it keeps popping up, people, students write to me, write this in emails, they put it in their assignments..

It's something that just keeps coming up and again, what happened is just a fun story here.. One of the students in my class last year was sitting outside and she had her little iPod Nano in and she was sitting there kind of rocking out before class and I had not seen the Nano before so I went up to her and I said, gosh, can I take a look at that, I haven't seen the Nano before.. Apparently, when you order a Nano online, you can have it engraved with something on the back.. She said yes, look.. She turned it over and the back was engraved with never miss an opportunity to be fabulous.. She didn't do this for me.. She did this for herself.. This is what she wanted to look at every single day.. It's something I want to leave you with because I think that if this is something we all embrace, it's something that sort of just makes the world a better place...