

URL: <https://stvp.stanford.edu/clips/following-instincts-and-interests>

Sequoia Capital Chairman Michael Moritz underscores the importance of following your instincts despite the advice and expectations of others that would send you in different directions. Popsugar Founder Lisa Sugar urges those who don't yet know their path to simply explore their interests until they discover their passion. Emily Ma, a lecturer in management at Stanford, interviews.



Transcript

If you were sitting in the audience, Yeah what would you tell your younger self? If you could go back to that time and give yourself a piece of advice-- Three words.. What's that? Three words.. Three words, all right.. Follow your instincts, which is very easy to say, but incredibly difficult to do.. A little more context? Everybody, when they're wondering about what they should do after college or after university, you have the weight of expectations on your shoulders.. You have college bills that you might have to pay.. You have parents who have expectations for you in a particular direction.. And whether you like it or not, subconsciously you carry all that stuff with you.. And if you want to go in a different direction from what you've spent the previous 20, 25 years of your life almost being programmed to go and do, that's a very difficult thing to do.. How about you, Lisa? I think for me, it's more that it's just OK if you don't have it figured out yet..

I mean, when I left college, the internet barely started.. So the job that I would create for myself, there's no way I would have known that that's what I was going to do.. And I didn't know 100% what I wanted to do yet.. So I think really it's also trying new things and just getting yourself out there and experimenting and figuring out what is your gravitating towards and liking, and then follow that direction..