

URL: <https://stvp.stanford.edu/clips/self-motivation-is-key>

Dan Widmaier, co-founder and CEO at Bolt Threads, shares that self-motivation is the key to getting things done. Look internally, hunker down and focus your energy to move the company forward.



## Transcript

- My last thing, and this is just small.. As an entrepreneur, no one is going to tell you how to do your job better than yourself.. And the great entrepreneurs, in my opinion, find a way to self-motivate.. For myself, it's how you cause enough anxiety, enough motivation, to channel all of your energy into making the business go forward.. So the example here is, if you put yourself in a boring office situation everyday, it's pretty hard to motivate yourself to do extreme things, to make risk-based decisions, 'cause, bolt, no amount, or day one at your startup, no amount of cutting costs will get you to profitability.. You're gonna have to make risky decisions and take chances to get there, which I imagine, if I was hanging upside down on a rock like this, you're pretty motivated to make some risky decisions if you have to..