

# 10 Motivational Speeches That Will Change Your Life

Motivating yourself only gets you so far. As professionals with targets, we must deliver, whether the week is just starting out or it has been a brutal one. It is precisely in these challenging times that a good motivational speech is most effective, encouraging us to overcome any psychological and physical obstacles preventing us from achieving our goals.

The great thing about people is that they can be influenced by attitude despite external forces at play. Once you're motivated by your coworkers or managers, suddenly that hidden resource is tapped, and you're energized and focused on your work again.

Many of the famous speeches that have led people to reach their highest aspirations were attributed to charismatic and articulate leaders. You may have seen or read some of those great words.

This collection includes some of our favorite motivational speeches full of motivational and inspirational words.

## Barack Obama, 2004 DNC Speech

The first African-American president of the United States, Barack Obama was first given a national stage as a keynote speaker at the Democratic National Convention in 2004.

There was no surprise in the fact he was addressing the convention audience since no one had seen him speak there before. He started by explaining his background, which was not dissimilar from that of other Americans, since after all, this is a nation of immigrants. In his speech, he instilled in the audience and the nation a sense of hope and opportunity for the future. depression motivation quotes, depression motivation video, depression motivation medication, depression motivation tumblr Four years later, he was elected to the highest office in the land.

## The Maharishi University, 2014 Commencement Address with Jim Carrey

From the sublime to the ridiculous, even comic actors like Jim Carrey can find inspirational words to motivate. By this point in his career, Carrey has gone from celluloid buffoon to philosophical guru. His first public demonstration of that was in 2014 at the graduation ceremony of Maharishi University, where he lectured these future managers to never settle for less than they want. He explained this by talking about his father, who, rather than be a comedian, chose to be an accountant. That life lesson wasn't lost on Carrey, who saved the world from another accountant.

## A Commencement Speech delivered by Steve Jobs at Stanford University, 2005.

Steve Jobs, Apple CEO, delivers one of the most motivational speeches at commencements, and no one would expect anything less from him.

A man who inspired a company to become one of the most successful in history, and who motivated people to want his products with a passion almost unheard of, was the go-to guy for rich insights. At the Stanford speech, he tells three stories: the first is about dropping out of Reed College, which he said was the best decision of his life. The second is about founding a company that led him to Apple. He also speaks about being diagnosed with pancreatic cancer. He learned to become stronger and more resilient through these challenges, which otherwise would have sent someone to the depths of despair.

## Al Pacino in Any Given Sunday

Since speeches are fictional in nature, it is not surprising that some of the most inspirational speeches are found in the arts. The film Any Given Sunday is an excellent example of this. I think it's cliché for a coach to motivate the team to get back on the field after humiliation, but not every coach is as motivated as Al Pacino. When he delivers the "The Little Things You Do Every Day Matter" speech on the importance of teamwork, the actor and script work together to create something bigger than either.

## Harvard Commencement Speech, 2007; Bill Gates

Aside from being funny and insightful, Microsoft founder Bill Gates' Harvard commencement speech provides insight into a side of the successful entrepreneur that might not have been apparent under the glare of fame and fortune. It is not in doubt that he is Harvard's most celebrated dropout, but he considered the environment at Harvard to be stimulating. He also emphasized the value of knowledge outside of a university, so as to develop broad outlooks.

## A Commencement Speech given by J.K. Rowling at Harvard University in 2008

Harvard will always be associated with Bill Gates, but there is also J.K. Rowling? Yes! The Harry Potter author uses inspiring words to offer lessons she learned too late. Her writing helped propel Rowling into the financial stratosphere, but she doesn't romanticize poverty. Ignoring the humiliation and depression of poverty, she feared failure, and yet it was failure that taught her the lessons she needed to succeed. Despite its unexpectedness, this is motivating because everyone experiences failure. And everyone can succeed.

## A Commencement Speech by David Foster Wallace, Kenyon College, 2005

David Foster Wallace wrote Infinite Jest, and whether or not you are familiar with it, he was a smart, troubled, sometimes densely convoluted writer. But he could also be straightforward, and this commencement address is a great example of that. His speech makes young minds realize that as educated as they may be, they can still hold a closed perspective. Such narrow thinking puts us out of perspective and falsely tells us we're the center of the universe.

By thinking this way, we lose sight of the interconnectedness of the world. We are all in it together. How's that for motivation?

## Power of Vulnerability by Brené Brown, 2014

Brown is a researcher whose speech on vulnerability is excerpted in this animated video. Vulnerability isn't often a subject that inspires and motivates people. Despite our familiarity with vulnerability, Brown notes that the fear of failure or not being good enough is what causes us to build walls, making it difficult to connect with others. Our greatest good can only be achieved by connecting to the larger whole and allowing our own worth to be reflected in the final product. Empathy is a choice. Make it.

## Harvard Business School class day, 2012 with Sheryl Sandberg

Sheryl Sandberg, founder of Facebook, addresses the Lean In movement in this keynote speech. She stresses opportunities, not titles, to make an impact. A linear path can be helpful to some, but it can become too rigid, leaving people on the sidelines, missing the exciting stuff that doesn't adhere to any particular plan. She also throws out the conventional wisdom that successful people are not emotional. She is all about passion, and sometimes that emotion will come out strongly. You don't want to become an automaton.

"Oprah Winfrey Commencement Address, Stanford, 2008"

Oprah motivates people daily. If you've ever watched her TV show, you know how she can get an audience motivated. With those inspiring words she shares with the Stanford class of 2008, she knows that the personal touch is the most significant and includes moving incidents from her life, including her feelings, failures and happiness. The bottom line is that even a success like Oprah's was not without its share of heartaches. You must persevere.