



# You Must Be Dreaming: Design Your Quarantine & Beyond



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## The 12 Areas of Life:



### **Self**

How You Feel About  
Yourself, Personality  
Traits & Habits



### **Body**

Health, Weight &  
Appearance



### **Love**

Dating, Marriage, Sex &  
Romance



### **Spirituality**

Self-defined



### **Career**

Business, Work &  
School Life



### **Money**

Earnings, Savings &  
Money Management



### **Time**

Relationship to Time, To  
Do's & Time Management



### **Home**

Where you live, Your  
Space



### **Family**

Immediate & Extended  
Family & Parenting



### **Friends**

Old & New Friends



### **Fun & Adventure**

Indulgent Time, Vacations  
& Extracurricular



### **Community & Contribution**

Participation in Your  
Community

## Helpful Hints on How to Write a Dream:

- Be specific. Capture what it looks and feels like.
- Write it in the present tense.
- Have it be a stretch but not a pipe dream.
- Be kind in it. Focus on what you want, not what you don't want.
- Be honest. Admit every last thing you want.

I will stop being frustrated with my team, especially the dean and her crazy requests. I will actually like going to work and the things I get to do. The people I work with (even remotely!) will be decent and not work me to the bone, stopping making so many requests of me all day. We get to the end of this crisis in one piece, able to get back to business as usual, sooner than later. I am able to not be bored or scared anymore.

I lead an exceptional team of humans that share a commitment to empower students to live their best life and achieve their career dream. I am an inspired supporter of the stakeholders in my community and an important bridge between university leadership, faculty, and the students who need guidance as they map out their next steps. I am wildly supportive of the students, fun, and a great listener. The graduating students get the support they need for their job hunts.

Our office is a tight-knit community of people who care for each other and our students. I lead my staff with grace and inspired wisdom. Our communication is awe inspiring. We ride the wave of the pandemic on a high, building even stronger connections and programming. We are heroes.

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## **CURRENT REALITY:**

Rate Yourself.

(1-10) with a 10 sublime and a 1 excruciating.

Explain yourself.

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**Allow us to introduce you to your Career dreams'  
current advisory board: YOUR HEAD.**



The  
Chicken



The Brat



The Weather  
Reporter

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## **PERSONAL INTEGRITY®**

is the ability to make and keep a promise to yourself that is a match with your dreams. It is the alignment of your heart (your desires), your mind (your plan), and your body (your actions).

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## **The Promise Land: Effective Promises**

- Step 1: Be realistic
- Step 2: Stretch yourself
- Step 3: Be specific
- Step 4: Use powerful language
- Step 5: Manage the external world

## **Here are some CAREER-related promise examples:**

- I will check in on each of my staff members weekly to ensure they feel well supported and that we have an open line of communication while we remain quarantined.
- I will spend 2 hours on Monday morning designing my week. I will add all activities to my calendar to ensure progress on my unit's strategic objectives.
- I will schedule a weekly check-in call with the dean to stay connected and deal with any student challenges as they come up, if they come up.

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- 1. Find a buddy**
  - 2. Go public with your promises**
  - 3. Put in a self-imposed consequence**
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I will check in on each of my staff members weekly to ensure they feel well supported and that we have an open line of communication while we remain quarantined

... **or** I will throw \$5 on the ground.

I will spend 2 hours on Monday morning designing my week. I will add all activities to my calendar to ensure progress on my unit's strategic objectives

... **or** I will give up wine this weekend.

I will schedule a weekly check-in call with the dean to ensure we have a consistent line of communication open and I have space to share top student challenges on a regular basis

... **or** I will clean out the hallway closet.

# HG

# Learn to Human Better at School

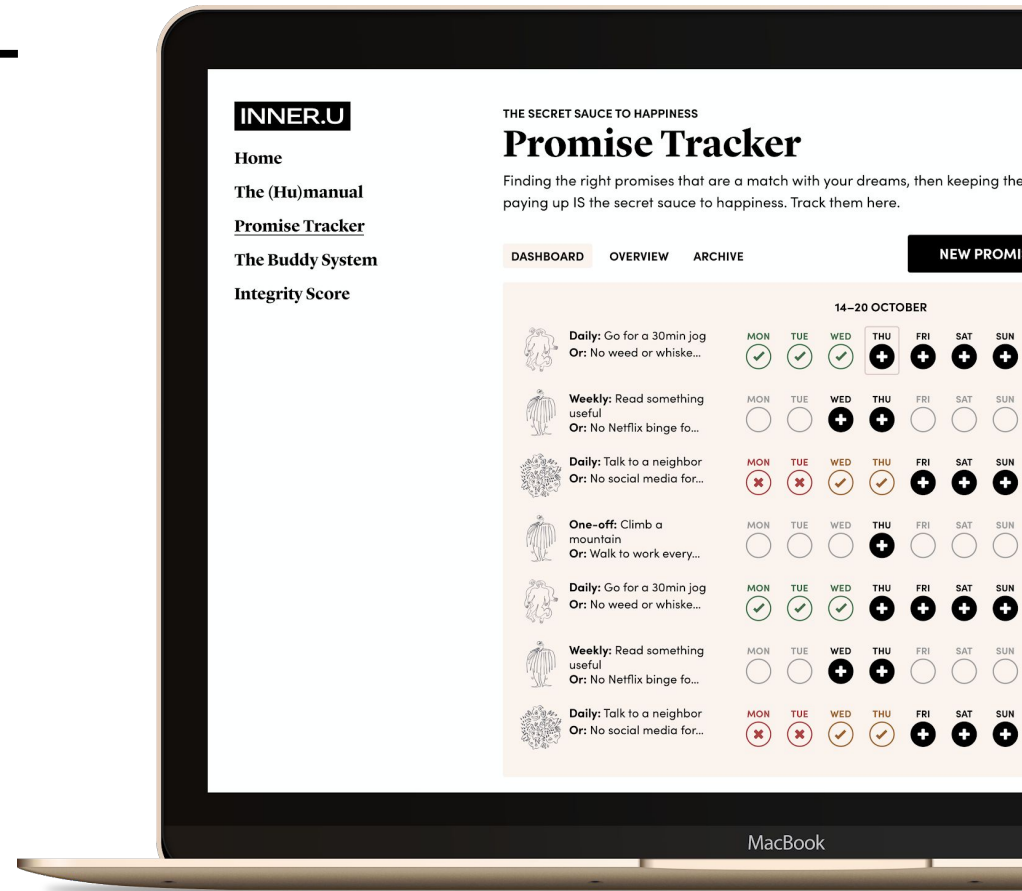
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