

Dreaming up Your Dream Job

What were you doing during the times you've felt most alive and happy?

Do these experiences have any common elements?

How might you incorporate them into your work or make a living doing these things? Dream big.

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Here's an example:

Activities during which I felt most happy and alive:

- ▶ **Swimming** - enjoying the silence and stillness of being underwater.
- ▶ **Hiking** - enjoying the softness of dirt under my feet and the quiet.
- ▶ **Talking and bonding** with my sorority sisters and women from my book and running clubs.
- ▶ **Helping Chris learn ultimate Frisbee** - cheering him on, encouraging him, running.
- ▶ **After yoga** - feeling calm, like everything makes sense, there's no need to hurry or force things to happen.
- ▶ **During meditation** - when my worries fall away and I feel calm and in the right place.

Common elements of my happiest moments:

- ▶ Physical activity.
- ▶ Bonding with women.
- ▶ Encouraging people to be kind and appreciate themselves.
- ▶ Being in nature - being overwhelmed by the natural world and feeling small within it.
- ▶ Experiencing inner silence.

Opportunities to make a living combining these activities and elements:

- ▶ Teaching women meditation and yoga.
- ▶ Encouraging women to expand their skills and reach beyond their perceived limits.
- ▶ Teaching meditation and yoga at a wooded retreat center
- ▶ Holding self-love and empowerment retreats in beautiful, natural locations.