

## Career Management Digest

### Live Your Dreams

Think about the successful people you know; perhaps they are famous athletes, movie stars, governmental or community leaders, a high school coach or someone you work with. Success might not have been easy for them, but with determination and drive, success IS attainable. Walt Disney is quoted as saying, "If you can DREAM it, you can do it". Disney's entrepreneurial career started at 9 years old and he continued to try different things. Most of them were unsuccessful. By the time he was 16, he dropped out of school. He found success in his artwork, only to have challenges with ownership rights and employees. When Disneyland opened in 1955, lots of challenges affected opening day. When Disney began to purchase swampland in Florida to build a second theme park, many told him turning a swampland into a theme park was never going to work. He persevered. You know the rest of the story.

Each and every day, people are living their dreams. People become millionaires. Families grow and flourish. People's health improves and life expectancy rises. People continue to create new careers, learn new things and re-invent themselves. You can live that dream, too.

Have you ever looked at someone who seems to be successful and wished that it could be you? People dream of wealth and success all of the time. Anyone can reach that dream, create a new business or make a difference in medicine or science. Relationships can be successful and filled with laughter, joy and love. Perhaps your dream is to discover the next best thing (Television shows like "Shark Tank" show us it CAN happen). Maybe your dream is something more personal, such as finishing a degree, starting a business or a family, exchanging bad habits for something more healthy or wise. Maybe your dream is a new home or a new car. Bottom line-everyday people are improving their lives. It involves taking a dream and making it a plan that you can commit to following. Below are some simple decisions that can start you on to the world of Living (and loving) Your Dream.

**Make a decision to improve yourself.** Are you going to improve or stay the same? No matter what your past successes (or failures!) might be, you are at a place in your life right now. The past has made you who you are today, but is this who you want to be or where you want to be I the future? The decision about what you will

become is made each day and every day. You have the power.

**Assume responsibility.** I know people who always blame the other guy because they didn't get that job, or that promotion or someone came in and bought that car they had their eye on, etc. Ask yourself what are YOU doing to take responsibility?



**Put your plan together.** Once you have decided change, you will have to have a plan. It doesn't have to be a complicated plan; indeed it can be very simple. Perhaps you decide to become a kinder, more helpful person. Every day smile more, ask how you can help or what you can do to make life easier for someone. Perhaps you want to advance in your career. What can you do, EACH DAY, to make that happen? Read an article about the future trends in your industry. Sign up for a computer or professional development class and do your homework. Every day. Remember the expression, "A penny saved is a penny earned"? Maybe make it more than a penny! If you want mon-

ey to spend on a vacation, or on holiday gifts or a new car decide how much you need to save each week (or day) and DO. IT.

**Take action.** Dreamers are sometimes given a bad rap because they only have big dreams but no action to back it up. Don't be one of those people. Someone once told me that a dream is only a dream until you: 1. share it with others (so you have someone to be accountable to) and 2. If you put your plan into action by actually doing something. People who have great ideas are a dime a dozen. People who act on their dreams and ideas are the select few, but they are the ones who gain the wealth, health and wisdom that is available.

**Check in at least once a week.** Check in on yourself and your plan on a regular basis. If you have measurable goals (i.e.: Save \$10 a week, apply for three new jobs a week, walk 10 miles a week, study 6 hours a week, don't miss any weekly night classes for the nine weeks of class) you have a "measure" or standard to meet.

Be a dreamer. Assume responsibility. Make a plan, take action and check in. And don't forget to give yourself credit for moving forward on the path toward that goal. If you need a visual, make one! You can have a calendar that you cross off a goal met each day-why not? Tell someone you've been saving that \$10 a week and you now have \$100 saved. Share the good news when you get an interview. And why not share your grades with your family once you complete that nine week course?! You never know who you will motivate to pursue their own dreams.

~Valerie Kvale, Placement Specialist, Workforce Development, Inc., Freeborn County

### The Four People Who Will Help You Achieve Your Goals

“What do I want?” Ask yourself that question as you’re working hard and reaching for your dreams. Persuasiveness Coach and Speaker Shari Alexander makes a living assisting people in reaching goals. She said the articles you can find online are great, but seem to be missing four things: The people who will help you meet your goals. It’s easy to miss these people; here are some things to help you identify those supporters:

**1. The mentor** As Joseph Campbell famously points out with *The Hero’s Journey*, all great heroes have a mentor. Alexander reminds us of a few: Think Luke Skywalker and Yoda. The Karate Kid and Mr. Miyagi. Harry Potter and Professor Dumbledore. You want to find someone who is experienced, who has a listening ear and will offer you good advice. Once you find them, build a relationship with them. Listen to them.

**2. The mark** Alexander calls the “mark” the person you want to influence. This reminds me of an ABC television show called “The Toy Box”. Creatives present their new toy ideas to a group of mentors as they make their way to the “marks”: the panel of child experts. Hearing a “YES” could mean your toy will soon be on the Toys R Us shelves.

**3. The sidekick** Think Batman and Robin. Captain Kirk and Dr. Spock. Richie Cunningham and The Fonz. Peter Pan and Tinkerbell. Who will be there to cheer you on and get you through tough times as you work on your dream? The sidekick can also be a team: the guys on your production line, those you see every day at the gym or the people in your book club.

**4. The connector** According to Alexander, this role is often overlooked. Who do you know who knows someone who works at XYZ company, etc. There’s always someone who knows that someone you need to be successful. You never know where you will find the connector: It could be LinkedIn, a Social Media groups, the guys you play poker with or the outside vendor that you work with to order parts and supplies for your company. “Who do I know who is connected to that person?” Our world is flatter than ever. Our marks are often just a LinkedIn connection away. The connector is the person who can introduce you to your mark. He or she makes the connection so you can make magic happen.

[www.shari-alexander.com](http://www.shari-alexander.com)

For complete article, go to: <https://www.entrepreneur.com/article/254562>

### Imagine if these famous people had given up on their dreams....

1. Actor **Will Smith** owed the IRS \$2.8 million dollars in 1989. In 1990, he signed with the tv show *Fresh Prince of Bel-Air*.
2. Painter **Vincent Van Gogh** sold only one painting out of 900 during his lifetime.
3. Actor **Sidney Poitier** was rejected from the American Negro Theater for his difficulty in reading and his accent. He dropped out, worked as a dishwasher and practiced. He went on to be the first black man to win an Oscar.
4. Director **Steven Spielberg** was rejected twice by USC’s prestigious film school.
5. Poet **Emily Dickinson** published only a dozen of her 1800 poems in her lifetime.
6. NBA great **Michael Jordan** was rejected by his high school varsity basketball team when he was a sophomore.
7. Children’s author **Dr. Seuss** had his first book, *And To Think That I Saw It On Mulberry Street*, was rejected by 27 publishers.
8. Prime Minister **Winston Churchill** lost his first campaign for British Parliament.
9. **Oprah Winfrey** was fired from a Baltimore TV station for being “too emotionally involved” with her stories.
10. Singer **Bruno Mars** was allegedly rejected by a music industry executive because he wasn’t white. They wanted a white singer for the song, “Nothin’ On You”.



Workforce Development, Inc. is an Equal Opportunity Employer/Service Provider and a proud partner of the American Job Center network. This information is available in alternative formats for people with disabilities by calling 507.292.5180 or by using your preferred relay service.

Workforce Development, Inc. | 2200 Riverland Drive | Albert Lea MN 56007  
Tel: 507.369.1472 | Fax: 507.379-3413 | Email: [valeriekvale@workforcedevelopmentinc.org](mailto:valeriekvale@workforcedevelopmentinc.org)  
Web: [www.workforcedevelopmentinc.org](http://www.workforcedevelopmentinc.org)

