



# Design Your (Summer) and 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 my boss 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.



# Career Dream (Version 2.0)

I lead an exceptional team of humans that share a commitment to empower people to live their best life and impact the planet. I am an inspired supporter of the stakeholders in my community who need guidance as they map out their next steps. I am wildly supportive of our constituents, fun, and a great listener. Our office is a tight-knit community of people who care for each other and our stakeholders. 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

## 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 executive director to stay connected and deal with any client challenges as they come up.

## Career-Related Consequence 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.  
... 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 executive director to stay connected and deal with any client challenges as they come up.  
... or I will clean out the hallway closet.

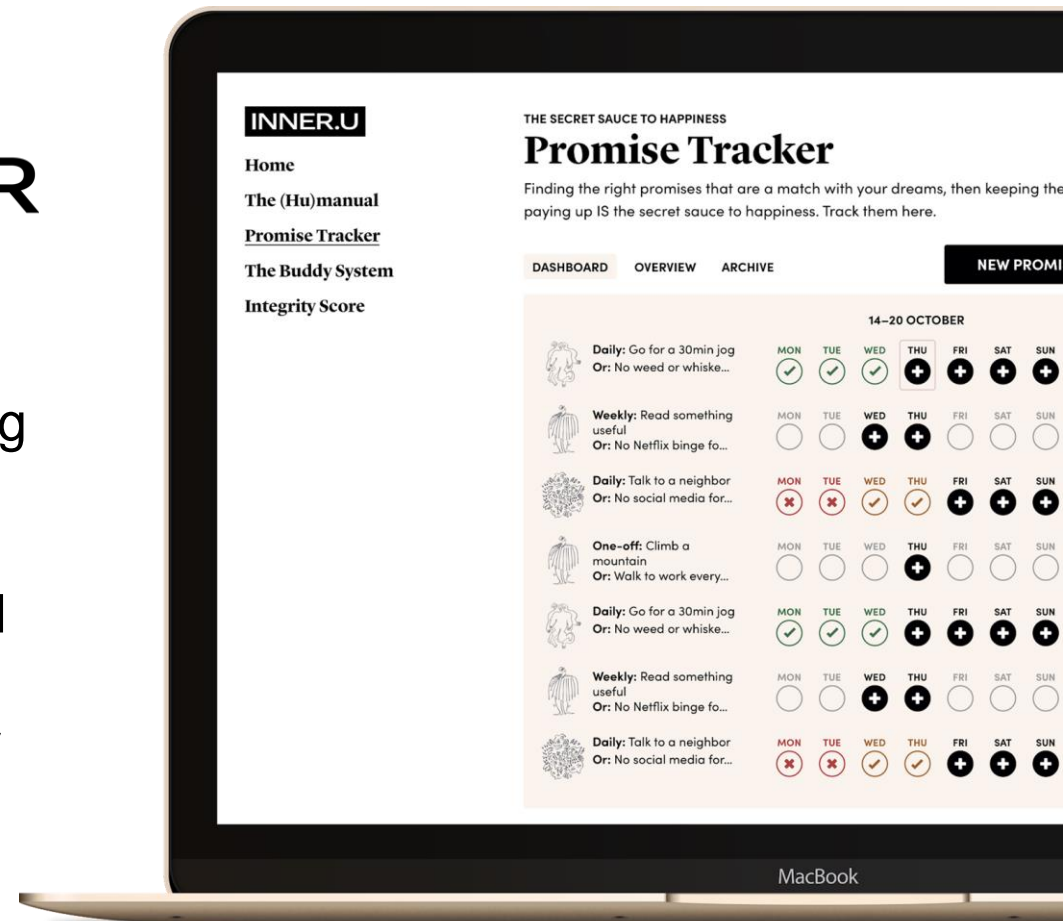
1. Find a buddy
  2. Go public with your promises
  3. Put in a self-imposed consequence
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# HG

# Learn to Human Better at Work

## INNER.U CAREER

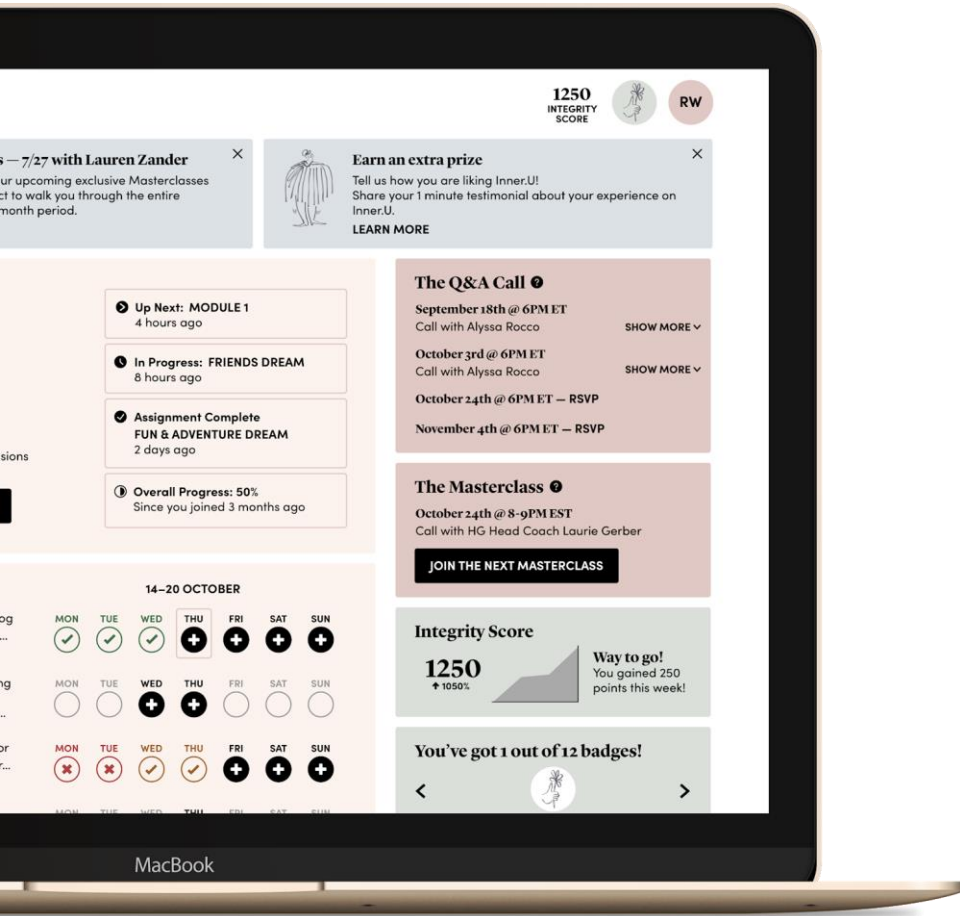
Inner.U CAREER is our online coaching course that gives you the tools you need to stop playing small in such a HUGE area of your life. Whether you're out to find a new job, step up and lead at your current one, resolve issues, curate your thoughts, or cause INSPIRED results.



# HG

## Here's What You Get

- 12 audio coaching sessions with Lauren Zander
- Assignments with hot tips, tools, and cheat sheets
- 1 FREE private coaching call
- A 6-week coaching Masterclass with a Certified HG coach
- The Promise Tracker: our integrity-boosting, life-simplifying digital butt kicker!
- Integrity Score: Analytics on your progress, your Personal Integrity, and your dreams
- The Buddy System: A community of people cheering you on!
- Prizes, badges, and free stuff for being awesome.
- Oh, and lifetime access to all of the above



The logo consists of the letters 'HG' in a white, sans-serif font, positioned on the left side of a vertical blue gradient bar that transitions from dark blue at the top to light blue at the bottom.

Next Steps:

**INNER.U CAREER**

**Learn to Human Better at Work from  
wherever, whenever!**

~~**\$650**~~ **\$500**

24 hours only

**CODE: EDU325**

**[bit.ly/EDU\\_0618](http://bit.ly/EDU_0618)**

To learn more, schedule a complimentary consultation with a Handel  
Method certified coach:  
[bit.ly/CONSULT-06-18](http://bit.ly/CONSULT-06-18)



Thank You!

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