

LAND YOUR DREAM JOB

SEVEN-STEP DREAM JOB PROCESS

Once you make a decision, the universe conspires to make it happen.

– RALPH WALDO EMERSON –

STEP 1: ESTABLISH YOUR FOUNDATION

The first step in the Seven-Step Dream Job Process is vital for success. It helps you to create a strong personal foundation that allows you to come from a place of clarity and strength as you begin to define your dream job.

STEP 2: BREAK THROUGH BARRIERS

This second step shows you how to identify personal barriers that have kept you from achieving your dreams. Once you can clearly identify a barrier, you learn how to formulate methods to overcome and put them in perspective. You will gain clarity about what you want from life, and learn to shift from a place of *shoulds* to acting on your *wants* and doing what you love.

STEP 3: IMAGINE NEW POSSIBILITIES

In step three you utilize your imagination to conjure up images of what is truly possible. Imagination is a tool to go beyond your status quo and become clear on what you want. You will be amazed at how many dreams manifest themselves once you tap into what is possible.

STEP 4: UNLEASH YOUR INNATE GIFTS

In step four you recall different times in your life when you have been fulfilled. From this place of fulfillment, you identify your innate gifts that directly lead to a place of satisfaction. This step is particularly helpful in defining what you love to do and applying those insights to the creation of your dream job.

STEP 5: DEFINE YOUR DREAM

In step five you create your personal dream job. A specific action-step process helps you gain clarity about the activities to which you are most drawn. You will have identified your core values, clarified common themes in your life, and brought all of these together to declare your dream job.

STEP 6: FORMULATE YOUR STRATEGY

In step six you formulate the approach, strategy, and schedule needed to reach your dreams. As you define your plan, you begin turning it into action steps. This step helps you become clear on the daily and weekly routine needed to bring your strategy into a realized dream.

STEP 7: LAND YOUR DREAM JOB

In step seven you declare your commitment, dedication, and inspiration toward landing your dream job. Once this declaration is made, you are guided through a handful of activities that will move you toward and help you to land your dream job.

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TOP 10 REASONS WHY YOU MUST HAVE YOUR DREAM JOB

One does not work to live; one lives to work.

– MAX WEBER –

1. Allows You To Be Your True Self All of The Time

It takes a tremendous amount of energy to step into a false persona for work and not be your true self. Your dream job will enable you to not be "Jekyll and Hyde" but will allow you to be your true self at all times and not waste energy.

Jill interjected here *"I can really relate to this point. I feel like this all the time at my current job. I have to put on a false identity to fit in at work and it is really draining my energy. I'd love to have a job where I can be myself and express all aspects of my personality."*

2. Incorporates Your Values

A dream job will have the same values as you and will not ask you to embrace values that do not resonate with you or to go against your beliefs. If you have a concern for the environment, for example, your dream job will not ask you to be involved with toxic waste dumping.

"This would be great for me," said Jill, *"I am very environmentally conscious and while my current company is not doing anything to harm the environment, I'd love to work for a place where they are actually contributing positively to environmental research and care."*

3. Fits Into Your Life

Your dream job will integrate perfectly into your lifestyle and will fit you wonderfully. It will feel like a natural part of you and will not hinder your life and other aspects of your life (family, hobbies, interests, etc.). This does not mean that there will not be times when your job will interfere with your life - that is something that will happen. But a dream job will interfere with the rest of your life significantly less than other jobs. For example, your dream job may offer you flex-time so that you can work at home at times to spend time with your family. You will still have to work but it will offer you more flexibility and more of what you want.

Roger identified particularly with this point. *"This is what has been missing from so many of my jobs. It's probably also a major reason why I've jumped around from job to job so often. I don't fit in well to traditional 9 -5 hours and I like the freedom to create my own projects. That's not a quality I've been able to find in corporate America."*

4. Allows Yourself To Tap Into Your Unique Gifts

Everyone has different gifts and qualities - your dream job will allow you to tap into your unique gift and express it fully. You'll notice that work will feel more effortless due to the use of your gifts and you'll begin to notice the impact you're having on all that you touch.

"I've had this experience a few times," shared Roger, *"I've had times when I was writing and the writing just flowed effortlessly. When this has happened, I've gotten great feedback on my writing and had great personal and professional success with it."*

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5. Gives You Energy Instead of Draining You

You feel energized by your job instead of drained and exhausted by it. You look forward to it and embrace every part of it. You start to notice that you have energy for other things both in and outside of work. Having more energy has the benefit of helping you to become more creative and enthusiastic. Imagine the possibilities when you harness all the energy that will fill you.

"This is one point I want to write down and carry with me," Said Jill "I love the idea of being energized by my work instead of dreading it and finding no passion for it. It is so intriguing to me because I've been at this draining job for so long it almost doesn't seem possible that I could find work that would make me enthusiastic."

6. Enables You To Align With Your Passion and Do What You Love

There is an ease that comes with cultivating your passion. You'll feel as if you're coming to your true home and doing what you're meant to do in this lifetime. As you do what you love, you realize your purpose is being fulfilled and you feel satisfied and comfortable.

7. Helps You To Make a Difference to Something You Believe In

It enables you to feel good about giving to your job knowing that you are making a difference in some way and your unique talents and gifts are being used to bring about change to something that is important to you.

8. Is Enjoyable & Doesn't Seem Like work

You wake up every day excited about going to work instead of dreading it. You can have fun at work and feel happy about doing your job. You might find yourself asking "Do I really get paid to do this work? It feels more like a hobby than a job."

9. Follows Your Wants Instead of Your Shoulds

You listen to your intuition and your heart instead of your rational mind and/or what society and others think you "should" do. As you listen to what you want, you begin to know yourself more clearly. The rest of your life starts to rearrange itself around who you truly are and not who you were supposed to be.

"This is probably the biggest thing I want to change. I have been living my life according to shoulds for over 10 years now. I've been basically ignoring my intuition and doing what others think I should be doing and what a responsible person would do. I'm finding it hard to get to know myself again but it's an exciting process and I can't wait to continue it," replied Jill.

10. Fulfills You

You feel a sense of completion. The work you do, how you do it, and the responsibilities and roles all come together in a way that makes you feel satisfied. You know the work you are doing is having impact and you are truly serving your purpose.

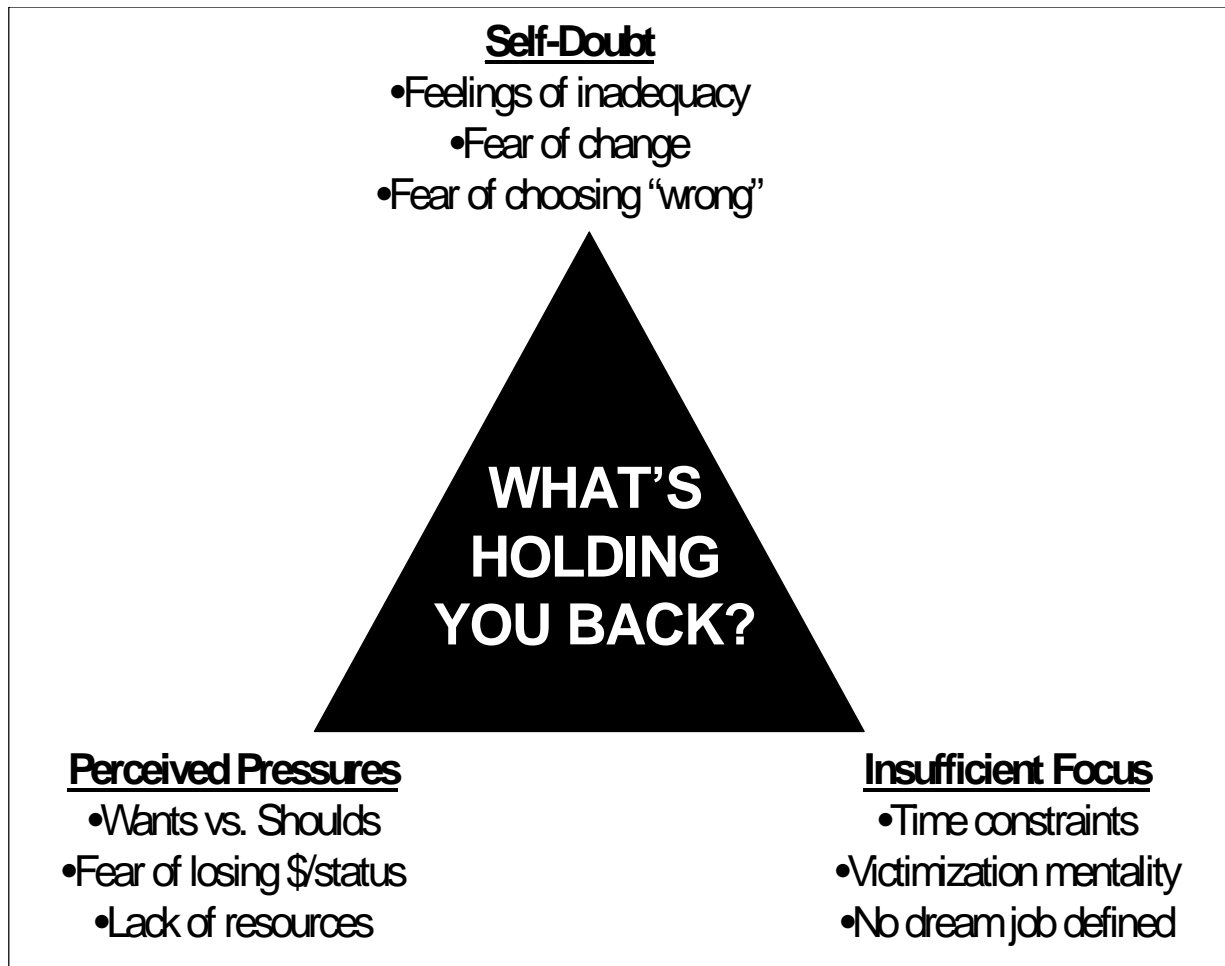
"Yes!" exclaimed Roger, "This is what I want. I want the whole picture to come together and to feel it deep within me that this is what I am meant to do."

TOP OBSTACLES TO MAKING YOUR DREAM JOB A PRIORITY

During all my years in prison hope never left me.

– NELSON MANDELA –

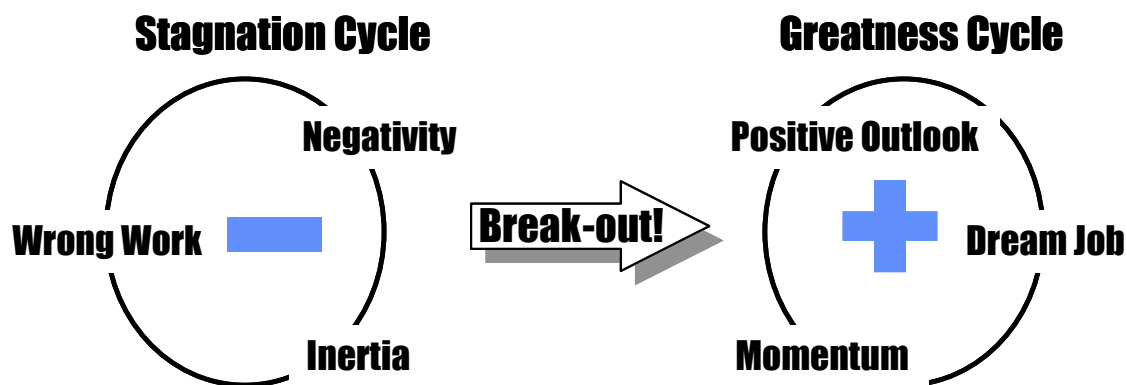
Maybe you've thought that your dream job doesn't exist or that you could never possibly achieve it. Like many people, you may not have explored your opportunities because you're reluctant to commit to the required process. Self-doubt, perceived pressures, and insufficient focus may stop you on the path to your dream job before you've even started. In this section, we'll take a closer look at these obstacles.



STAGNATION TO GREATNESS

The table below outlines the key steps in moving from stagnation to greatness.

Doing the wrong work can lead to negative emotions and inertia that create a trap or stagnation cycle. When you aren't using your gifts and talents, you may experience frustration, loss of confidence and a feeling of being overwhelmed. Although these painful feelings should motivate you to find your dream job, they may instead lead to distraction and procrastination. To break out of this destructive cycle, you need to deal with some of the negative emotions and begin taking steps toward your dream job. By managing how you feel about yourself and initiating action, you'll move into the greatness cycle that leads to your dream job.



Stagnation Cycle	Break Out!	Greatness Cycle
<p>Negativity</p> <ul style="list-style-type: none"> • Fear of Failure or rejection, not believing in yourself • Fear of Success • Sense of scarcity (money, time, etc.), Comparing and Despairing 	<p>Emotions</p> <ul style="list-style-type: none"> • Past satisfactions - future successes • Space for intuition • Be grateful • Self care 	<p>Positive outlook</p> <ul style="list-style-type: none"> • Confidence, growth and completeness • Fun and effortless • Feeling of abundance -> make more \$
<p>Inertia</p> <ul style="list-style-type: none"> • Socialization, looking outside • Daydreaming • Being too analytical • Lack of Support 	<p>Actions</p> <ul style="list-style-type: none"> • Make it public, get support • Find role models • Beat your personal best • Take the first step and keep moving! 	<p>Momentum</p> <ul style="list-style-type: none"> • Momentum • Attract resources • Express true self • Raise greatness in environment

In the next sections, you'll revisit what may be holding you back and how to break-out of the self-defeating habits that keep you from being your best.

STAGNATION: WITHOUT LIMITATIONS AND BARRIERS

The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome. The hilltop hour would not be half so wonderful if there were no dark valleys to traverse.

– HELEN KELLER –

I found that Jill and Roger each had a set of barriers that were standing in their way and preventing them from daring themselves towards their dream job. Jill told me *"I'm good at coming up with practical, realistic reasons why something won't work. And the barriers I see are very real to me and very scary and hold me back."*

I responded, *"Barriers, though they are imaginary obstacles, seem very real at the moment you experience them. What you must realize is that whenever you find yourself resisting anything during this dream job process, know that it is fear talking. When you begin to understand why you're having difficulty moving forward in the process, you can identify the fear and be ready to move on with confidence and embrace your greatness."*

"So you're saying that it's really an unwillingness to confront the fear that's standing in my way?" questioned Jill.

"Exactly," I agreed enthusiastically, *"A barrier rises up and you begin to second guess yourself with self-doubt. Your subconscious whispers how much easier it would be to stay with the familiar and avoid taking a chance on the unknown. You listen to this and continue to struggle and let indecision overcome you. The solution is to take action and use the momentum you create to carry you toward the life you want and deserve."*

Fear is a self-defense mechanism designed to help us avoid harm. Normal fear protects us and allows us to harness our defenses and take preventive measures. Abnormal fear paralyzes us and builds a threat into far more than it is in an attempt to make us avoid risk. When you find fear beginning to twist the truth, face it with courage and faith in yourself. Reduce fear to its simplest elements and find out just how small it really is."

"How do I do that?" asked Jill.

"Let's define your fears and barriers that stand in the way of you and prevent you from being able to make finding your dream job a priority. Once they're identified, we can begin to discuss ways to overcome them."

1. Time

We must take time for ourselves, but it's difficult to commit time, especially when you are working a full-time job. We're taught to put others needs and wants before our own and often wind up tired, overscheduled and with no energy for ourselves. Schedule daily appointments with yourself in order to take time away from your busy life and become clear on where to direct your energy and time.

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2. Fear of change and success

Many people enjoy the status quo and don't want to make a change to become more successful. Though they state that they do indeed want success, they choose to stay in their comfort zone. Success is the unknown and the unknown is often feared. Increased success means change and an increased level of responsibility. It takes courage and risk for most of us to take the leap and find a fulfilling job. After we've achieved success, we must maintain that success and that takes effort. We must live with a new reality, a new view of ourselves and a new way of relating to the world. It is so much easier to daydream about "someday" than it is to actually take the steps to make "someday" a reality and live it on a day-to-day basis. That requires work and commitment and many of us find it easier to live in the daydream of "what if" than to make it "what is".

3. Fear of failure

Fear of failure is the most common fear of them all. We fear so many things about failure. We fear making a fool out of ourselves, losing our security, stepping backwards instead of forward, making the wrong decision, not being able to live up to standards (whether they are ours or society's) and we fear being labeled a failure or a loser. There can be so much fear that it is often paralyzing. We have no idea where to begin to deal with all the fears that we just simply stay where we are.

4. Isolation and lack of support

Isolation is a dream job killer. We all need support to land the job of our dreams. Daring ourselves and moving forward are often facilitated when we have a great support system. When we find ourselves trying to go it alone, it's more likely that we'll have setbacks and just stay where we are. In many cases, understanding who you are and what you enjoy doing is enhanced with the help of others. If we don't have support, it's often too overwhelming and easier to just play it safe and stay at our current level of mediocrity.

5. *Shoulds* from family and society

Throughout our lives, we hear many messages about how we *should* act. We become conditioned and socialized to act in acceptable ways that may not always be in our best interests. We often live a life doing what others tell us we *should*. We're told/taught "Don't rock the boat," "Fit in, be like everyone else", "This is how it's done" and more. Being like everyone else may not be where our greatness lies and we wind up not even knowing what we *want* in a dream job. We fear rejection so much that we often play small just to fit in. We take our place as one of the mindless worker ants, trudging through the same routine, complaining about the same problems and realizing the same small results. We must move from our *shoulds* to our genuine *wants* or desires.

6. Financial obligations and fear of poverty

Financial obligations such as mortgages, credit card bills, college savings for children and more can restrain us. If your survival depends on your income alone, this is a fear you may experience when facing dramatic changes in your life. Recognize that you have control over the changes you wish to bring about and can do so gradually while maintaining a secure income from a familiar source. Thus, you can ease into the life you want one step at a time and reduce the threat of poverty.

7. Not knowing what you would love to do

Most people don't know what they want or what they enjoy doing. They don't know what they value or believe in. They aren't sure where they are going and how to get there. This frustration of not knowing freezes people from taking the risk and having the courage to find out what they would love to do.

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8. Comparing and Despairing

There will always be someone who is "better". Someone who has more, lives better, is more fulfilled, etc. Comparison is a losing game. It lets us run round in endless circles and provides many excuses for not doing anything more - "I'll never be as good an actor as Meryl Streep so why should I even go on any auditions?", "I'll never be able to get a recording contract like Garth Brooks so why should I work on my singing career?". The fact that acting is your passion or singing speaks to your soul gets lost somehow.

9. Self Doubt

We see ourselves as less than who we really are and feel we are unworthy to receive all that we deserve. Our own fears, limitations and mental criticisms alienate us from our goal. Self-doubt is one of the biggest obstacles to achieving our dreams. We often ignore ourselves in favor of others. We value their opinions too highly and our own too little. The only real approval that matters is that which comes from inside us. We're the only people who know what we truly need and want. This makes us our own best judge of whether or not what we're doing is right and good for us. We must shift from self-doubt to belief. If we tap into our true gifts and unleash our essence, we come from a place of strength. It is possible to be all we can during the dream job process.

10. Fear of making the wrong decision

Each decision you make will lead you down a unique path with challenges and opportunities of its own. You may have several options you would like to try and worry that only one will be the right one and spend endless time trying to decide which is best. Thinking a situation through in a thorough manner is a good thing. We weigh pros and cons and find the best way to achieve our goals. However, analyzing can be used to avoid action. We can make endless lists, but if items never get checked off the list, what good is it? It's easy to get lost in the details and never get around to doing anything because you're too busy planning for every possible contingency. Life is not so easily split into right or wrong, black or white. It is made up of many shades of gray. Don't allow analysis to become an excuse for inaction.

*When I dare to be powerful, to use my strength in the service of my vision,
then it becomes less and less important whether I am afraid.*

– AUDRE LORDE –

Roger laughed, *"How did you get inside my head? Your point about daydreaming came straight from my internal voice. The time to stop daydreaming and make plans and carry through on them is at hand. The fear of success was something that has also been in the back of my mind for a while too. I never put it in those terms before - I never thought of it as a fear. But it is and it's one that I have and now I can begin to deal with it."*

"I also find myself allowing my fears to control me and paralyze me more often than I'd like. I am afraid of rejection and I fear not succeeding at my dream job. But if I'm not even pursuing it, how will I know if I'll fail or succeed?" he continued.

"These are important insights." I told him, *"It's vital that we identify your barriers so we can address them individually and then move to finding the best way for you to overcome them. Jill what points did you find true for you?"*

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Jill found that she resonated with the points about comparing and despairing and being too analytical, "*This really made me realize that I am so analytical that I avoid action. I want the one perfect solution and I keep trying to find it before I take any steps forward at all. Comparing always puts me behind and is something I really want to overcome. I also focus on others and their approval, not realizing that it is my approval that matters most. I really am conditioned to listen to everyone else's shoulds instead of my wants. This is enlightening and I can see I'll be revisiting it often.*"

"Good. Let's get this all on paper. Make a list of your barriers - choose the top three barriers that limit you from your dream job. Discuss ways and steps you'll take in order to overcome them. You can use the top ten mentioned above or think of some on your own." I directed.

I know the price of success: dedication, hard work, and an unrelenting devotion to the things you want to see happen.

– FRANK LLOYD WRIGHT –

1.

2.

3.

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"Ok, so I've identified with quite a few of these barriers especially the fear of failure" stated Roger, "Now what? How do I get beyond them?"

"First, realize that failure isn't something you can avoid. It's something you can learn from. Imagine a toddler taking her first step. She gets a step or two and then sits down in surprise. She thinks about it, and tries again, eliminating what doesn't work and doing more of what did. We have to do that as well - review what you did, determine what worked and what didn't and then get back up and try again. Risk is a part of our daily life and failure is always a possible result of that. But failure is merely a tool, a way to tell us if we've achieved our goal or not. The proper way to respond to failure is to simply reassess your actions, regroup and try again."

"That's a good perspective to view it from." agreed Roger, "I've been collecting stories of famous people who've experienced substantial failure and that helps - to know that I'm in the company of some great people. Thomas Edison, Elizabeth Cady Stanton, Benjamin Franklin, Margaret Mead, Winston Churchill, Harriet Tubman, Theodore Roosevelt, Susan B. Anthony - they were all geniuses and all knew monumental failure. They learned from their mistakes and moved on to tremendous success."

"That's a great thing to do - continue to collect stories and use them for inspiration." I encouraged him. "A role playing exercise might also help. Imagine you're a coach and have to advise a stranger on this problem. As a coach, you have no emotional attachment to the issue and are calm and logical and able to identify clear steps this person can take to overcome this problem."

Examples:

My barriers include:

I can't afford to try for my dream.

I don't have time.

My training is in another area.

I'm too old to start over.

The potential solution:

Break the goal into smaller affordable segments.

Track your activities and determine what time is available and how you can use it.

Look at ways your training can apply to new areas.

Look at it not as starting over but as evolving to a new level.

STAGNATION: THERE'S MORE TO LIFE THAN MONEY

*Often people attempt to live their lives backwards;
They try to have more money, in order to do more of what they want, so they will be happier.
The way it actually works is the reverse.
You must first be who you really are,
then do what you need to do, in order to have what you want.*

– MARGARET YOUNG –

"Money is certainly important for survival but satisfaction is equally important for long-term happiness. Many of us fall into a particular line of work by accident. We learn of a job opening through a friend or we accept a new job that offers higher pay," I continued.

Jill nodded, "I've stayed with my job this long because of the benefits and because on some level, I believed I didn't have any options for anything better."

I responded, "Staying with a job merely because you've found a level of comfort there through familiar faces, routine tasks or a level of salary that you can survive on doesn't mean you've found what can ensure a lifetime of happiness. Many people with a college degree who restricted their vision to openings only within their field of expertise have discovered that. You might be surprised to learn that the percentage of people who are actually working in the field they specifically received a degree in is quite small. In most cases, we major in that which we believe offers the greatest opportunity for success at the time. Newspapers report a severe shortage of engineers and suddenly many of those intent on success major in engineering. Or teaching. Or law. It becomes the 'soup of the day' syndrome."

Jill agreed, "I've spent many years studying this field and, because of the cost involved, I assured myself that I truly loved this profession. Now, ten years down the road, it's lost its allure. But I've allowed the perks and salary I've achieved to convince me. I'm locked into this life. My field of vision has shrunk to only that which I currently do. It doesn't make me happy. It doesn't fulfill the dream of what I could be. I've only accepted it this far because I believed that's the way life is."

I feel pressure constantly from co-workers, friends and just the news of the world in general. Everyone seems to be working for an internet company and making tons of money. I see co-workers leaving to work at "dot coms" and they don't care if they work 80 hours a week at a job they don't particularly care for. Their goal is stock options and a payoff at some point down the road. They don't know what these companies sell and they don't even particularly care. All they want is the house in a good neighborhood, fancy car in the driveway and vacations at a resort and more. They think that the only way to get that is to work for a dot com because that's where the money is at now."

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I replied, *"This is one of the biggest and most common – it used to be known as the fast track trap. During the 1980s and 90s, it was considered a badge of honor to be on the fast track. That meant that you were going places fast. People on the fast track worked 70-100 hours each week, dedicated themselves completely to their careers and the pursuit of success and had their jobs become their main source of identity and fulfillment. Today, I think it might be updated to the Dot Com trap, to reflect the immense draw of internet companies."*

Jill continued *"I feel a sense of failure if I'm not making a certain amount of money. It feels like I'm wasting my talents and selling myself short. My co-workers are paying their dues and waiting for a big payoff. It feels like if I don't do that, I might be missing out on something really big."*

I mentioned, *"They're buying into a get rich quick mentality in order to be able to afford a dream lifestyle at some point in the future rather than going through the process and being happy and living their dream life **while** they're working. They're not living their life as a whole and being happy in the moment."*

"That's true" agreed Jill, "And there's more to it as well. The cost of living keeps going up and pushes me towards that kind of a job as well. If I want to have a good home in a good area, I need a job making a certain level of income to be able to afford it. Rents are increasing, home prices are increasing, and food and clothing prices are increasing. Everything is increasing and I need my income to increase to keep up with it. And it seems the easiest way to do that is to work at a dot com company."

I added, *"Part of that involves sacrifice. If you want a house, you may have to move to suburb instead of a city. You may have to drive a car instead of a popular sport utility vehicle. It all comes down to what you want out of life. Do you want to remain stuck and have wealth and money continue to limit you from following your passion? In their journey to achieve this goal on the fast track or dot com track, many people impose restrictions on themselves. They don't take time to 'stop and smell the roses', spend time with their families, enjoy a hobby or focus on having work that truly satisfies them. Every second is focused on status instead. The concern is more with the public perception of what success is and applying that perception to their lives that everything else is neglected."*

"Yes!" exclaimed Jill, "I've been so caught up in having the right kind of car, wardrobe, education, portfolio and job that I did exactly what was expected of me. I feel that the corporate reflection of me overshadows my real identity. However, now that many corporations in my industry are downsizing, I've come to realize that the identity I hold out to the world is no longer mine. I look into the proverbial mirror and the reflection doesn't satisfy me."

I told her *"To me that says that you need to examine what's important to you so that you're free to pursue the goals that will have true meaning in your life. At that point, it won't matter what the rest of the world thinks or does. You'll be forging your own path driven by the determination that comes from within you and your chances of success and true happiness will be much, much greater."*

"How do I do that?" asked Jill.

"Stay more present minded to enjoyment today. Remind yourself that life is too short to worry about only making money. Appreciate all the aspects of life and don't be so focused only on the monetary aspect of it."

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Realize that the 'keeping up with the Joneses' that you've been doing is unconscious. You don't even realize that you're doing it. Take some time to evaluate what you spend time and energy on and look at the trade-offs. I have a 4 step process that can help you to be more aware:"

1. Realize that you're doing it. This may take some time and effort because you've just been traveling this path for so many years and unconsciously reacting.
2. Step back and question it.
3. Notice what you're missing out on.
4. Think about how much energy you expend to make money. When you spend it, ask yourself if it's worth the life energy you're putting towards making it.

"We're basically talking about how much is enough then? Focusing on what do I really need? " said Jill.

"That's right. The concept of 'enough'. If we keep adding to our sense of what is enough, what gets taken away from us by doing that?" I replied.

"I'd say first and foremost, our sense of perspective. We stay stuck in the same way of looking at things unconsciously, as we just discussed. I'd also say our time, our life, our relationships, peace of mind and a tremendous amount of energy." said Jill.

She continued, "When you said the last step in the process above - about thinking about the energy you put out towards making money being worth what you get for it - that really hit home for me and made me think. I realize how much effort and energy I put out buying things. I have to go to the store, purchase them, bring them home, unwrap them, dispose of the wrappings, maybe assemble them, find a place to put them, maintain and clean them, and so much more that's really draining me of a lot of energy. I really think that I'd feel much freer by simply cutting back on so much buying. And I think my house would be a lot more clutter free. Having that sense of space and freedom would contribute greatly to my being able to focus on what's really important to me."

"Now that I've identified that I'm on the fast track, how do I step off? It's a difficult decision to make. I've spent a lot of time, money and effort to get where I am. The public perception of who I am is a powerful motivating force. But I'm beginning to realize that the only way to hold onto this image is to keep running - to keep working 12-16 hours each day, commuting 2 hours each way, to continue to give up activities I enjoy and relationships too. I've found myself sitting in traffic thinking of all I could be doing instead. I've found myself at home making to-do lists instead of enjoying a quiet moment. This isn't the way I want to live my life. I want things to change!" Jill exclaimed.

"I think for the most part you answered your own question." I smiled at her, *"You realize you have no time to slow down and enjoy the fruit of your labor. You understand that the fast track is a never ending treadmill that only continues to speed up and if you want to stay on, you have to focus solely on what it demands from you. Or you can simply step off and focus on what would satisfy you. You've already made that decision by coming to see me.*

This is an emotional subject for many people. Let's take a few deep breaths and do a fun exercise. "