

## DREAM BIG

When was the last time you dreamt about something major you want to make happen in your life? Sounds obvious, but the first step toward making a dream come true is to actually have a dream. Think about an area of your life, like your career, family, friendships, or hobbies. What do you really, really want?



## WHERE TO START

Children dream big. They never think small because they aren't hindered by the standard limitations that hold adults back. If you ask a child what they want for their birthday, they might pull out a list mentioning robots, swimming pools, a house pig, or a real dinosaur.

## SO WHAT CAN YOU DO?

**So, dream big - what you think, you become.** Remember to dream big and aim high. With hard work, determination and some smart planning, you are capable of so much more than you think. Focus on what you want, not what you don't want. For example: "I'm passionate about the stories I'm producing. I have a talented, loyal team I collaborate with brilliantly. I wake up excited to start my day."

**Dream big but plan small.** While it's important to dream big, it can seem overwhelming when we set huge goals. Break down your big goals into smaller ones and then tackle them individually so you are more likely to keep moving ahead. Also: whatever dream you have needs to be part of your daily schedule - we are happy to help you create an IDP!

**Remove potential roadblocks.** Start saying no to things, habits or

**Get the right support.** It's really important to surround yourself with people who are like-minded and supportive. Don't try and do it all alone. Ask your colleagues, family or friends, find a mentor or coach who can support you along the way.

**Get motivated.** When working towards a big goal or dream, it's important to stay motivated every day: Writing down your 'why' and practicing visualizations of how you will feel once you reach your goal were found to be helpful.

**"Failure" is part of the journey.** Generally, the bigger the dream, the harder it can be to reach. Every successful person has failed – learn from your mistakes and know they are just part of the process.

**Track your progress.** When working towards a goal, it's important to have regular checks to

surroundings that will lead you away from your goals . If you want to learn a foreign language but notice that you spend an hour every night on social media, switch your phone off.

see how you are progressing. If you aren't tracking well, it's time to reassess and see what you can do to keep improving and succeeding. Don't forget to celebrate each milestone along the way!

*Do you remember? Last time we talked about "Building your Career."*

*Here are our top five take home points:*

**Identify your transferable skills.** Identify and be conscious of all the skills you have accrued and demonstrated over time and how you applied them. That will help you in the future when growing into a new role.



**Quantify your achievements.** Regardless of the field(s) you work in, managers want to see quantifiable achievements to know that you can make a positive change in any situation. So, identify numbers or facts you can use to quantify your success.

**Show, don't tell.** The value of action is far greater than that of mere words. Use this as a principle in your daily life.

**Anticipate needs.** To succeed in your job, you will have to be well aware of what your manager needs. Stay a step ahead of your supervisor by asking yourself, "If I were my boss, what would I want done next?" By making sure you get things efficiently done in time, and take the initiative to do them yourself, you will be showing a positive, go-getter attitude to higher management.

**Create solutions.** Everyone can turn their problems into their manager's problems. Be the solution provider, not the problem creator. If you don't have the authority to give the final verdict on a problem relevant to your work or department, then make sure you offer solutions.

Want to learn more? Check out this website for free, self-directed group learning!

## Acumen

*The VTTC tested the classes on Human Centered Design / Design Thinking and Systems Design.*



## ADDITIONAL DEVELOPMENT OPPORTUNITIES

### AOT LUNCH & LEARN SERIES

Stay tuned for upcoming Lunch & Learns in-person and through Skype.

#### **Life Cycle of a Roadway**

January 22, 2020 | Dill Large Conference Room

## ENGAGING YOUR AUDIENCE

You've probably heard about this two day workshop: It is highly participative with each attendee giving several types of "real world" presentations. Individual critique is used after each presentation, where positive aspects of each presentation are reinforced and options are given for turning negatives into positives.

**January 9 & 23, 2020**

Both sessions held from 8:30 am - 3:30 pm | VTTC Room 114A

**[REGISTER](#)**

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## MENTORING

Become a mentor! During your year at the Transportation Leadership Institute as an emerging leader, you learned a lot about yourself, the organization, and networks. Pay it forward and consider becoming a mentor; invest in others in our workforce! You are the perfect mentor to support others stretch and grow!



**[Please click here and fill out the mentor application so we can reach out when mentees approach us.](#)**

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## INDIVIDUAL PROFESSIONAL SERVICES

The VTTC launched one-on-one professional coaching services. Offering one-on-one services will address the following crucial areas highlighted in AOT's Strategic Workforce Report: Quality of Life, Learning and Development, Managers and Supervisors, and Employee Retention. Trained VTTC staff can cover multiple topics and is happy to help with any other topics or questions employees would like to work on.

**[REGISTER](#)**

### Sources

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