



What does this workshop have to do with the well-being or quality of life for spouses?

The Follow Your Dreams While You Follow the Military™ workshop can improve the well-being and quality of life for military spouses and families. These workshops give them tools, resources and inspiration to take action to improve that quality of life.

We know, from our own experiences as military spouses, as well as from talking with other military spouses over the years, when we aren't happy, we look for negatives — and very often blame the military for them.

And the reverse is true. When we are happy with our lives and possibilities, that positive/possibility thinking has a positive effect on how we view and handle military life — even the challenges. It changes the quality of our lives.

The main goal of this seminar is to improve the well-being of military spouses and families by:

- Empowering family members to take responsibility for and action towards their own joy in life.
- Showing spouses how this military life is full of possibilities for themselves personally — for their own dreams.
- Helping each person attending our workshop to leave impressed with themselves and what they can do, knowing what they need to make changes and knowing that they can take action.
- Providing a fun, interactive, motivational workshop full of information that spouses can put to immediate use in their own lives.

The added benefit of this workshop?

- To help family members be forces for retention rather than for separation.
- Spouses who adopt an attitude of creative/positive/possibility thinking — who are excited about their own lives — have a positive effect on military readiness and retention.

As President Bush said in an interview, “There’s an old military saying; Soldiers enlist, but families re-enlist.”

The Follow Your Dreams While You Follow the Military™ Workshop helps the military spouse see possibilities.

Let us bring this workshop to your community!

Kathie & Holly

Encl: Flyer, FAQs, Testimonials, Sample Article and Newsletter

What other military spouses say about this seminar

"Wunderbar!! I have gained worthwhile and valuable information on how to turn my dreams into reality. I wish I had a seminar like this to attend 15 years ago." — Gwendolyn A. Williams

"I would tell other spouses this about your workshop — For anyone who is depressed, down, missing their spouse, it's for them. For anyone not sure of what direction in life to take — career, hobbies, crafts, etc. — it's for them. It's a wake-up call. It lets you know you can do anything you desire and points out people who have."

— Felicia Streeter

"I'm writing from DC where I've deployed with the Red Cross Disaster folks (post 9-11). Can't tell you how much your workshop has helped me cope here. Stress can be a little high at times and I'm feeling extra specially skilled at dealing with it. Thanks to you both." — Carrie Mead

"I've never enjoyed anything so much yet learned at the same time." — Cynthia Behr

"Because of your seminar, I'm finally doing something that I totally enjoy. I opened and run the Office of the Red Cross here in Friedburg. It is all volunteer hours and I am in the office from 0900 to 1700 Monday thru Friday. Before your seminar I wouldn't even have considered taking on such a responsibility, because the stress level is sometimes very high. Now I don't let the stress bother me and enjoy what I'm doing so much. Are you coming back anytime in the near future? I sure hope so because there are many new wives who could use your help. Again my heart felt Thanks." — Carmen Garnes

"This was the best thing that happened to me in Germany!" — Alicka Ampry-Samuel

"The two of you make a good combo — mother and military/career woman. You are able to relate to the entire audience." — Kendra Coile

"Very motivating! Makes you not want to be a couch potato." — Barbara Connors

"You both make a great team. Thanks for making my life less stressful." — Blanca Howes

"I think it would be a good idea to do this seminar with your spouse prior to deployment."

— Amber Ricoszi

"Anyone and everyone could benefit from this seminar." — CPT Steve Adams (Well, he's military and a spouse so his comment counts here. His wife convinced him to come to the workshop after seeing us elsewhere.)

Client Testimonials

This seminar proved to be a great empowering source for family members to relate to their challenging experiences within a military environment. It provides tools to the audience to conquer fears, clarify dreams and the enthusiasm to accomplish anything. They give their audiences the inspiration to decrease limits and increase potential.

— Lucia W. Braxton, Chief, ACS, Ft. Stewart, Georgia

Thanks for your enthusiasm, motivation and professionalism. Your sessions were motivational and well received by everyone.

— Deborah Holton, AWAG Chairwoman

Your delivery is dynamic and motivating and your material interesting and practical. Feedback from participants has been exceptional.

— Heather Reekie, Family Advocacy Program Mgr, US Army

In my capacity at the Support Center, I interact with a large number of facilitators. None match your enthusiasm and ability to positively interact with every group you address. You make my job easy.

— Cheryl A. Vollmer, Family Support Center Mgr, US Air Force

Your seminar was, by far, one of the most professionally prepared and presented programs that I have had the pleasure to attend. Your seminar was enlightening yet challenging for those attending and weeks later I continue to encounter individuals talking about your enthusiasm and philosophies.

— LTC Fagan, US Army

Thanks for your superb seminars. I received exceptional comments from military personnel and non-military guests alike. The sessions were interactive, fun and motivational.

— MAJ David Burns, US Army Reserves

You truly put "happiness" into all of our lives last Saturday. The staff has not stopped talking about the training.

— Nancy Reeves, Child Devt Director, US Army

We heard similar comments from people throughout Germany and Italy — that they thoroughly enjoyed the four hours, they laughed a lot, and they learned a lot that could be immediately applied to their lives.

— William W. Alexander, Jr., Colonel, Asst. Depy Ch/S, Personnel, HQUSAREUR

Frequently Asked Questions

(Just skim to the questions that you have.)

Q: Can you show workshop results?

A: We have received testimonials and comments individuals have taken the time to write after the programs. Samples below:

— Email from Carmen Garnes, who attended our workshop in Friedburg: *“Because of your seminar, I’m finally doing something that I totally enjoy. I opened and run the Office of the Red Cross here in Friedburg. It is all volunteer and I am in the office from 0900 to 1700 Monday thru Friday. Before your seminar I wouldn’t even have considered taking on such a responsibility, because the stress level is sometimes very high. Now I don’t let the stress bother me and enjoy what I’m doing so much. Are you coming back anytime in the near future? I sure hope so because there are many new wives who could use your help. Again my heart felt Thanks.”*

—Emails from Diana McCartney, who attended our workshop in Wurzburg in September 2000 (who was complaining because she couldn’t pursue the Law degree she wanted because of living in Germany) –sent a few weeks after the workshop:

“Just wanted to let you know you have motivated and made a big difference in my life. I have volunteered for the JAG office and signed up for some distance learning law classes as I go to the library and check out books all the time to help me with my law career.”

And a followup email in January 2001:

“I still feel motivated as ever. I am still checking out books and taking distance learning classes. I started a savings account for me as well as my children for college. ...I hope one day soon you are reading I made my dream come true and it’s all thanks to your course that motivated me and let me think positive that every little bit of work I do towards my dream is a big step closer. Thank you. I’ve changed my life for the better and if I had the chance I’d tell everyone how powerful positive changes could be in your life. Everyone should attend one of your motivational classes.”

—Comment from a woman in Germany in 1996: *“I just wanted you to know. I attended your goal-setting workshop a few years back. I’m a single mom and needed a new car. But thought “How in the world?” But then I just followed what you said, came up with a plan, broke it down into mini-steps. Look out the window—that’s my car!”*

—Card from a woman in Germany after 1996 program: *“I was in the midst of moving in—with my husband away of course. I dropped a box and photos fell everywhere. My normal thought would have been—“Oh, no, why me?” But I thought of you two and called my kids in. We had a delightful hour going through the photos, reminiscing—and got them sorted and put away with no big effort. Thanks!”*

—Email after Germany conference 1996: *“You really changed my life –I’m even carrying around my goals in my wallet.”* Sheryl Ellick

We haven’t had any structured way to capture ongoing results in the past. We are changing that with an ongoing email newsletter to participants (who asked to stay on our mail list) where we ask for stories to share.

Q: How does this seminar differ from an AFTB or ACS Stress-Management or other service spouse information seminar?

A: These programs are often great! However, the people who give them do them as volunteers or adjunct to many other duties.

Frequently Asked Questions - continued

Kathie has been researching the area of stress management/time management/happiness for fourteen years. She concentrates on these subjects in her fulltime speaking and writing business. She has spent ten years polishing her presentation skills by attending Creative Training Techniques workshops, getting individual coaching, and studying the craft as a member of the National Speakers Association. She has taught Effective Speaking Skills for many years as well — through OPM in Europe and for ROTC Senior Cadets in the US.

Holly has years of research experience and training in the areas of child and family development with her two Masters programs, research and training positions with Johns Hopkins Hospital and others, and years of teaching in special education. For five years now, she has been part of a “living laboratory” raising twins during her husband’s deployment and frequent travel.

With this program you get:

- a workshop developed specifically with military spouses in mind
- a workshop developed and presented by military spouses who experience the same challenges their audience members face
- a workshop presented by professionals in this field

Whereas many service programs focus very much on the resources available on military installations and on the family team effort, our seminars focus on what each individual can do to take responsibility for and action towards their own joy and success in life.

Q: Why should we choose this workshop over other programs like Steven Covey’s 7 Habits of Highly Effective People or Cheryl Richardson’s Life Makeovers?

A: The Follow Your Dream While You Follow the Military™ program was created by military spouses who are living this life — not by an outsider getting feedback from people living this life or simply sharing general life skills. We pull in great ideas from lots of different experts — from people like Steven Covey, Cheryl Richardson, Barbara Glanz, Michael Gelb, Barbara Sher and others. We are always reading new books, newsletters and magazines, so that we can continually add new material.

We TEST out all the ideas in the real world of military life before sharing them. And we share ideas from the real experts — other military spouses.

Although we address family issues, relationships and priorities, our focus is on the military spouse. On what he/she can do to create a life that works for them within this military life. That means a bit of “me-focus” that often doesn’t happen for military spouses.

The reality is that, in today’s world, military spouses want to bring their own uniqueness, their own special interests and strengths to this military life. They want to live their lives based on their own priorities, not based on some proscribed way of how to be. New spouses often have a perception — a fear — of having to lose their individuality in marrying into the military. We encourage them to honor their own uniqueness. It is, after all, the diversity of the military family that gives us its strength.

Q: How much can a one-time seminar do to actually make changes for those who attend?

A: We know that some of those individuals attending will take the ideas and run with them. They’ll take action and make changes. The testimonials attest to that.

We also know that we can’t cover everything we know in four hours. And we know that everyone

Frequently Asked Questions - continued

We provide ongoing inspiration in a number of formats:

- We have a free ezine for those who ask to be on our list, to continue to send ideas, to announce new resources we discover, and to answer questions. (Sample enclosed).
- We have free articles available to communities who can use them in newspapers or newsletters or distributed in some other manner. Kathie has written regular columns on life skills for military spouses for many years — for the Army Times newspaper, for www.militarylifestyle.com and for many wives club newsletters. We offer those articles and new ones.
- And we offer ourselves as resources to participants, for ongoing questions. We respond to many individual issues asked of us through email, telephone or in person.

Q: What can you do to help market the workshop so that we maximize attendance?

A: We plan a number of things to supplement the marketing that you can do.

1. We provide marketing suggestions — a marketing checklist — based on Holly's real word experience marketing the very successful PEP orientation program that she cocreated and ran in Bamberg, Germany, (Army community) for 3 years. We share what has worked and not worked in other workshop locations.
2. We created our marketing flyer to work well as a workshop announcement to post and send around. All you need to add is the date, time, place and contact info, which can all be added by hand. That saves your sometimes overworked staff from having to create something new.
3. Our ongoing newsletter is creating an email list that we can email announcements to. We can say "The workshop will be offered at these locations and on these dates. Please spread the word to your friends who are located there." We know that word of mouth is the BEST marketing. Some of the spouses we want to reach can be distrustful of what they assume to be "official military programs," where they will listen to their friends who recommend a program to them.

Q: Why do we need two presenters for this program?

A: We know from experience that having two presenters greatly adds to the value to the audience members.

- We have two very different personality and presentation styles so we relate to different groups of the audience members.
- We have two very different lifestyles that allow us each to provide expertise and credibility to different aspects of each audience.
Holly is the mom of twins and has the Child Development/Family Relations training and experience to address parenting and family issues. She's been extensively involved in Family Readiness issues in the military community from creating the PEP welcome/orientation program for spouses new to Germany, to running a battalion Family Readiness Group during a deployment. Kathie has pursued a number of different careers during her many moves, has worked as a Corporate Personnel Manager and spent years doing Job-Finding Seminars and columns. She has had her own successful business for the past twelve years so can address the career/business concerns of audience members. Her 20+ years of Army Reserve duty, to include command time, add an element of understanding of the military member side of issues as well.
- Having two presenters reduces the workload of the onsite coordinator. There is no need to drive the presenter around or to feel obligated to take care of them. As military spouses, we have easier access to and familiarity with military posts/bases which eliminates the extra work coordinators have with a non-military presenter.
- When one person is presenting it's easy for the other to really watch the audience and note if there is any confusion. That's a lot harder for a sole presenter to catch.
- With two presenters, we can answer many more of the individual questions after the workshop.

Frequently Asked Questions - continued

Q: Do you really think this workshop impacts military Readiness and Retention?

A: We certainly don't profess that this is the magic answer to military readiness and retention issues. We do think it can be one piece of the solution.

We know, from our own experience and from that of other military spouses, that when we are excited about our possibilities — we focus on the positives. The negatives become less important and easier to deal with.

Tied into that is the poisoning effect. If I'm unhappy, I work very hard at spreading that to others — getting into the “ain't it awful” mode. And the reverse is true. If I'm excited and happy with things, I live in possibility thinking and pass that along to others.

We've both personally gone from the “there are only certain assignments that are acceptable” and “Why don't you get out of the military?” attitudes to ones of “Any assignment will be fine — there are possibilities and positives about each place — we'll figure out what they are.”

Possibility thinking can make spouses a force for retention rather than a force for separation.

And we do know that the tips we share can impact the wellbeing of family members. We — and many of our audience members — are living proof of that.

Let us know what other questions you have — we'll be happy to answer them.

Kathie & Holly

Follow Your Dreams While You Follow the Military™

Outline for a four to six hour workshop

The main goal of the workshop is to improve the total wellbeing for military spouses and families by:

- Empowering family members to take responsibility for and action towards their own joy in life.
- Showing spouses how this military life is full of possibilities for themselves personally and for their own dreams.
- Helping each person attending our workshop to leave impressed with themselves and what they can do, knowing what they need to make changes and knowing that they can take action.
- Providing a fun, interactive, motivational workshop full of information that spouses can put to immediate use in their own lives.
- Providing ongoing support and inspiration with free email newsletter, and email access for individual questions.

Note: This workshop requires a bit of “me-focus” that many military spouses don’t often get to have. We know from years of experience with this that participants will certainly learn many things they can share with the other military spouses they interact with and we encourage them to do so. However, we ask that they participate during this session strictly with themselves in mind for a change.

OUTLINE

Figuring out what it is you want in your life – Your dreams/passions

- Why is it important to figure this out? We share research findings from over 2400 studies done on happiness in life along with recent American Psychology Association’s “positive psychology” research.
- Wake up calls. We share examples of individual wake-up calls that caused people to make changes. Participants will participate in a “wake-up” call exercise to get them to look at their own lives.
- Description of the Ideal Life Exercise. We share an exercise on how to figure out personal passions/dreams and how to add them into your life even in the midst of the busy, challenging, sometimes difficult life of a military spouse. We share examples of how this has worked for other military spouses.

“A culture with dreams is finished, it has nothing to motivate it” Joseph Campbell

“To know what you prefer instead of humbly saying Amen to what the world tells you you ought to prefer, is to keep you soul alive.” Robert Louis Stevenson

Start working towards adding it into your life. Is it really possible?

- Mind set - attitude and possibility thinking. We share examples from military life.

“The happiness of your life depends on the quality of your thoughts” Marcus Antonius

“Most people are about as happy as they make up their minds to be” Abraham Lincoln

- Goal-achieving tips, tools & techniques — ways to move towards those dreams. We’ll incorporate a group brainstorming exercise to show the possibilities, no matter the situation or where someone is stationed. We’ll share lots of simple but effective goal-achieving tools and ways to overcome obstacles.
- Saying NO to the things you don’t want to do so you can say YES to the things you do want to do. We share tips, tools and resources. We share ways to add some pause and space and quiet to even the busiest life. *

“When you overload yourself and run yourself ragged because of an inability to turn others down, those you care about the most end up with the leftover crumbs of your time and energy” Maria Arapakis

*One note here: We are hardly telling military spouses to say no to all of the volunteer opportunities and command expectations they might encounter. Holly has been actively involved in the military community for years, as a Family Readiness Group Leader for 6 years, as the creator of an important community program that took 60-80 hours of volunteer time a week. She's been awarded Volunteer of the Year and many other military community service awards. Kathie spent many years and many hours giving free workshops for military spouses all over Europe and in the US. She's written regular columns for many spouse publications, was editor of her battalion's family support newsletter when her husband's battalion was deployed to Panama, and has spent hours of one-on-one time consulting/coaching other military spouses towards their dreams. What we talk about here is making conscious choices in saying Yes to things, basing them on your own and family priorities and values.

Self care and stress management

- This is central to our message because someone who is physically and mentally burned out can't be of help to anyone else and certainly can't take action towards future goals and dreams.
- Boost Energy and Enthusiasm – to include stress management tips, tools and resources
- We intersperse experiential tips on energy and stress management throughout the session — to let participants actually experience the difference these tools can make. They are easy, possible-to-do-anywhere exercises, stretches, breathing techniques and other tools. This adds to the energy and fun and interaction of the session as well.
- Energy boosters – simple joys. Identify simple joys for each participant, show how simple joys can be added daily, and the benefits from adding things you enjoy to your life daily. This is research-based information. We include a combination of individual reflection and writing — and group sharing.
- Energizers — wellness issues. We spend time on key wellness research such as eating for energy, mood management, laughter, sleep studies, etc. All of these are approached from the aspect of what boosts and what undermines our energy levels.

“Life isn't a matter of milestones, but of moments” Rose Kennedy

Overall Experience:

This is a lively, fun, interactive session full of important and useful content. It is well-researched and tested.

Learning Activities:

Session includes presentation with props and overheads as visuals. Audience members actively participate in physical demonstrations of goal setting, stress and energy management. Audience members engage in writing exercises and group sharing to develop personal action plans for increased energy and productivity.

Learner Assessment:

Written exercises, Q&A, group discussion, evaluation form

Course Materials/Text List:

Personal Revitalization: Learn what is important to you.

- *Callings: Finding and Following an Authentic Life*, Gregg Levoy, Gregg; Harmony Books:1997.
- *I Could Do ANYTHING, If I Only Knew What It Was: How to discover what you really want and how to get it*, Barbara Sher (1994). Bantam:1994.
- and *Wishcraft: How to Get What You Really Want*, Ballantine:1979and her other books.
- *Living Life on Purpose: A Guide to Creating a Life of Success and Significance*. Greg Anderson; HarperCollins:1997
- *The Simple Living Guide*. Janet Luhrs; Broadway Books:1998.
- * *Simple Abundance: A Daybook of Comfort and Joy*. Sarah Ban Breathnach; New York: Warner Books: 1995.
- New Passages: Mapping Your Life Across Time*. Gail Sheehy; Random House: 1995.

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Goal-Achieving Tools

- *Take Time for Your Life*, and her other books, Cheryl Richardson; Broadway Books:1998.
- *Time Management for the Creative Person*. Lee Silber; Three Rivers Press:1998.
- *Time Management for Unmanageable People*, Ann McGee-Cooper with Duane Trammell; Bowen & Rogers:1993.
- *Unstoppable*, Cynthia Kersey; Sourcebooks: 1998.

Slow down, pause and listen to your center

- *Don't Just Do Something. Sit There. A Mindfulness Retreat*. Sylvia Boorstein; HarperSanFrancisco: 1996.
- *How to Say No Without Feeling Guilty...and say YES to more time, more joy, and what matters most to you*. Patti Breitman and Connie Hatch. Broadway Books: 2000.
- *Sabbath: Restoring the Sacred Rhythm of Rest*. Wayne Muller, A Bantam Book: 1999.
- *Contemplative Living*. An Omega Institute Mind, Body, Spirit Book. Joan Duncan Oliver. A Dell Trade Paperback: 2000

"The goal of contemplative living is to develop the whole person — body, mind and heart, as well as the soul."

- *Simple Living Oasis*, www.simpleliving.com; Published quarterly, \$18 annual subscription.
- *Breathing: The Master Key to Self Healing*. Andrew Weil, MD. A two cassette tape set from Sounds True catalog (www.soundstrue.com): 1999.

As Dr. Weil says, "If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly."

- *Calm at Work: Breeze Through Your Day Feeling Calm, Relaxed and in Control*. Paul Wilson. A Plume Book: 1999.

Learn to identify and appreciate daily joys – and increase your energy

- *Care Packages for the Home*, Barbara Glanz. McGraw-Hill:1998.
- *Don't Sweat the Small Stuff at Work*. Carlson, Richard, PhD; Hyperion:1998.
- *Energy Boosters*. Editors of Prevention Health Books(2001).
- *Managing to Have Fun*. Matt Weinstein; Simon & Schuster:1996.
- *Real Moments*. Barbara De Angelis; Delacorte Press: 1994
- *Simple Joys: Little Things That Make a BIG Difference*. Kathie Hightower; Quick Study Press: 1998.
- *Simple Living Guide*. Janet Luhrs; Broadway Books: 1998.
- *Simplify Your Life: 0100 Ways to Slow Down and Enjoy the Things That Really Matter*. Elaine St. James; Hyperion: 1994.
- *The Care and Feeding of Your Brain*. Kenneth Giuffre, MD with Theresa Foy DiGeronimo(1999).
- *The Energy Edge*. Pamela Smith, RD. A HarperResource Book:1999.
- *The Ultimate Guide to One-Minute Workouts for Anyone, Anywhere, Anytime*. Bonnie Nygard; Robert D. Reed Publishers: 2000.
- *You Don't Have to Go Home from Work Exhausted!*, Ann McGee-Cooper with Duane Trammel & Barbara Lau; Bantam Books: 1992.

And for those of us with additional challenges...

...for anxiety sufferers..a website full of helpful articles and a free email newsletter is at www.conqueranxiety.com

...for "recovering procrastinators:"

- *The Procrastinator's Handbook: Mastering the Art of Doing It Now*. Rita Emmett. Walker & Co.: 2000.
- *The Procrastinator's Guide to Success*. Lynn Lively.McGraw-Hill: 1999.

...for those of us who aren't naturally organized

- *It's Here...Somewhere*. Alice Fulton & Pauline Hatch. Writer's Digest Books:1985, 1991. This is one thing I carry with me when we move so I have it when I start unpacking.

Fee Schedule

Effective through September 2003

35-90 Minute Keynote	\$2450*
Half-Day Workshop	\$3000*
Full-Day Workshop	\$5000*

- * Handouts to be reproduced by client. Room set-up, flip charts and audiovisual equipment provided by client.
- Travel and expenses paid for by client (includes airfare or mileage, hotel, meals, ground transportation — travel from Seattle, WA for Kathie & Memphis, TN for Holly)
- * Fees may be negotiated for multiple contracts.

Learning Tools:

Many clients like to also provide ongoing inspiration and a reminder of the core messages by purchasing the following for each participant. These need to be ordered in advance for prior shipment.

Joyful Living Booklets	@ \$2 each
Rainbow Glasses	@ \$5 each
Slinky w/reminder card	@ \$1 each

Payment Methods:

By check to Hightower Resources or by VISA/MASTERCARD.

Note: Fees may be waived for groups who have no funds for trainers, who do not pay any trainers — and who are groups we choose to do pro bono workshops for. In these cases, every attempt will be made to collect a partial fee through charging an entrance fee and/or through product sales. In these cases, additional publicity, video/audio-taping and expenses will be requested. Short, preview programs will occasionally be given free where clear marketing value is evident.v

Follow Your Dream...While You Follow the Military

by Kathie Hightower and Holly Scherer

I was a brand new military wife at Ft. Rucker Alabama. I got my resume together and started clipping want ads every day. There weren't very many in rural Alabama. After months of searching, the best job opportunity I could find seemed to be selling vacuum cleaners door-to-door, hardly what I'd gone to college for, and not something I wanted to do.

My second plan was to go for my MBA or law degree, only neither one was offered anywhere nearby.

I saw that assignment, that particular location, as empty of possibilities...as a deadend to my dreams.

That was in 1978. Knowing what I know now, years later, I realize that that location was full of possibilities — of opportunities. I just didn't know where to look and how to go about finding them. No one had ever taught me anything about job searches or goal-achieving techniques or possibility thinking.

I hear stories similar to my Alabama story from military spouses all over — especially when I do seminars in rural areas or overseas. They have dreams of their own but they don't see any way to put them in place where they are. Many feel that they might as well just give up on personal dreams as long as they are following the military.

My partner, Holly Scherer, and I created the Follow Your Dreams While You Follow the Military Seminars as a way to show other military spouses that you can create a life that works for you too within this military life. (Some of you know these as the Joyful Living Seminars — we've revamped the name and the content a bit). The truth is you don't have to give up on your dreams.

One part of our workshop that we love is when we ask for a volunteer to share their dream with the group. We ask that individual to tell us what they see as the possible ways to move forward towards that dream where they are currently stationed. Their ideas are usually pretty limited. Then we get everyone to help brainstorm additional ways. It's so much fun to watch the ideas, resources and contacts fly onto the flipchart and to see that individual's eyes light up as they start seeing possibilities where they were seeing obstacles or emptiness before.

One young woman in Germany, Diana McCartney, wanted to go to law school but that wasn't available where she was stationed. She figured she would have to wait until they returned to the US and hope to be stationed near a law school. The ideas flew.

We received this email from her a few weeks later.

“I just wanted to let you know you have motivated and made a big difference in my life. I have volunteered for the JAG office and signed up for some distance learning law classes as I go to the library and check out books all the time to help me with my law career.”

Of course, getting ideas and taking action are two separate things. Diana obviously put her new ideas into action and is moving towards her dream — without any change of assignment or