



**Vermont Bar Association  
Seminar Materials**

**Design Your Life Workshop**

**September 28, 2018  
Equinox Resort  
Manchester Village, VT**

**Speakers:**

**Angie Robertson, Esq.**



HG

# Design Your Life



**Angie Robertson**  
Senior Coach  
HG Life

In this workshop you are going to:

- Pick an area of your life you want to change this year
- Discover and love your dream in that area
- Find your negative inner dialogue and dismantle it
- Develop Personal Integrity®



SELF

How You Feel About Yourself,  
Personality Traits & Habits



BODY

Health, Weight & Appearance



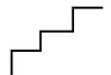
LOVE

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 Learning



COMMUNITY &  
CONTRIBUTION

Participation in Your Community

## Helpful Hints on How to Write a Dream:

- Be specific. Capture what it looks and feel 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.

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## **Personal Integrity®**

The ability to make and keep a promise to yourself.  
Aligning your heart (desire), mind (plan) and body  
(actions) with your dream.

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## Making Promises to Yourself.

Here are some CAREER-related promise examples:

- I will have a conversation with 1 colleague I don't know well each day
- I will be on time to work every day
- I will delegate something every day
- I will hire X people to my team by June 1
- I will have weekly meetings with each direct report to talk about goals

## Designing an Area of Your Life

1. Write a dream
2. Ignore the Weather Reporter, Chicken & Brat
3. Make specific promises that are aligned with your dream
4. Implement (ideally, irksome) consequences
5. Share your dream
6. Find an accountability buddy who will hold you to your promise AND consequence