

A MINI REMOTIVATIONAL GUIDE

DARE TO DREAM

If you're a remote worker, you may struggle to understand why you feel stuck or unhappy, when you have the freedoms and flexibility that others dream of.

You're not alone anymore, and there's nothing wrong with you for feeling that something is missing. Remotivation was written for you, and it's designed to guide you through every step of your journey to creating happiness at work.

In this mini guide, you'll explore some of your wildest (professional) dreams — the first step in getting you closer to them becoming a reality.


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DARE TO DREAM

An excerpt from Remotivation, Chapter 4: Growth

The flamenco dancers on stage waved their hands, stomped their feet, and made facial expressions with a fervor and intensity I'd never seen before. They felt the music so deeply, it was as if they were compelled to move by something beyond the music. It came from their soul.

I also noticed these women were older than the typical dancers on stages around the world.

TO HAVE DUENDE

That night, in my apartment in Valencia, Spain, I researched the history and tradition of flamenco dancing on Wikipedia. I read that "...older dancers are considered to have the emotional maturity to adequately convey the duende (soul or spirit) of the genre.

Duende or tener duende ("to have duende") is a Spanish term for a heightened state of emotion, expression, and authenticity, often connected with flamenco.

Therefore, unlike other dance forms, where dancers turn professional through techniques early on to take advantage of youth and strength, many flamenco dancers do not hit their peak until their thirties and will continue to perform into their fifties and beyond."

RE-PEAK AT ANY AGE

How incredible would it be to live a life full of duende? To make decisions, take actions, and express emotions that are deeply and authentically you. And to look forward to aging because you know that the more experiences you have and knowledge you acquire, the more connected you will be to your true spirit.

Recently, an article went viral about a woman who wanted to see inspiring success stories from middle-aged women. In a world of publications celebrating “30 under 30” and “40 under 40”, it was exciting to read the myriad of responses of women that peaked later in their lives.

Watching flamenco and reading those stories reminded me that we can “peak” at any age, and even peak again and again at several different times in our lives.

REVIEW YOUR VISION

Sometimes the life you have when you’re, say, 35 is a reflection of the one you (or your parents) imagined when you were 22. This 22-year-old vision you are living out now may or may not reflect your current values and interests. So what do you do about it?

It’s important to have a vision for your life that is consistent with what you want now, no matter how old you are or how often you need to recreate that vision.

When you’re clear on what you want, it can be surprising how quickly your life begins to include those very things that were previously barely dreams.

DREAM BIGGER

The problem I hear often — both as a talent development professional and a remote worker — is that many people see their different desires as mutually exclusive.

Either they get to have a high paying job, or they get to make an impact on the world. Either they get to develop new skills through challenging work, or they get to pick up their kids from school.

Does your current vision of your career have a similar “either/or” quality? If so, your vision is too small.

You need to begin cultivating a much broader vision of what is possible for you. And those possibilities start with dreaming.

**IMAGINE A LIFE THAT
ALLOWS YOU TO HAVE
EVERYTHING YOU WANT,
INSTEAD OF SETTling
FOR ONLY PARTS OF IT.**

ACTION #1: DARE TO DREAM

Time to take action: Imagine a life that allows you to have everything you want, instead of settling for only parts of it.

STEP 1

Write a list of all your dreams — all of the things you would love to accomplish in your life. Don't hold back. If you need help, close your eyes, think about what would make you happy in your life. No dream is too big. And, importantly, write these statements in the present tense to make it feel even that more tangible.

Here are a variety of work-based examples to inspire your thinking. You can include dreams for all areas of your life or focus on one at a time.

- » I HAVE MY OWN FINANCIAL ADVISORY COMPANY FOCUSED ON SERVING RECENT COLLEGE GRADUATES.
- » I WORK FOR AN ORGANIZATION THAT HAS A MISSION THAT INSPIRES ME EVERYDAY AND VALUES THAT ALIGN WITH MY OWN.
- » I COMBINE MY PASSION FOR FITNESS AND LOVE OF NATURE INTO CREATING AN OUTDOOR ADVENTURE COMPANY.
- » I AM A HIGHLY PAID PUBLIC SPEAKER ON THE TOPIC OF MINDFULNESS IN AN OVERLY DISTRACTED WORLD.
- » I WRITE A CHILDREN'S BOOK ABOUT THE IMPORTANCE OF VERBALLY EXPRESSING OUR FEELINGS.
- » MY WORK IS LOCATION INDEPENDENT, AND I CAN WORK FROM ANYWHERE IN THE WORLD.

DREAM BIG

**WHAT IF... YOU TOOK
ACTION WITHOUT FEAR
OF JUDGMENT OR
CRITICISM?**

STEP 2

To help you dream bigger, write down ten things you would do if you had no fear of judgment or criticism. Also, remember you don't need to currently have the skills or the knowledge on the subject to list it as a dream.

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Time to write your own happily-ever-after story.

STEP 3

Imagine you are being profiled in a Forbes article or any other high-profile magazine or newspaper in your field. The article is called “People Who Made Their Dreams Come True.”

Write about your life as the profile featured in this article. Use the name and pronouns you’d want someone to use when referring to you (i.e., “It all started when [your name] had a conversation with [their] boss about...”).

Explain the setbacks and failures as the obstacles you needed to overcome. Explain the proud milestones and success you had along the way and how they made you feel. Include the people in your life who helped you or may have held you back. Write about how you persisted because you wanted more; the best friend or mentor that believed in your potential and supported you or gave you an opportunity. Write about what your life looks like now. Finally, and most importantly, describe the way you feel now that your dreams have come true.

Begin the article with “It all started when...” and remember to end it with a happy ending where professional fulfillment and all the important goals of your life are achieved, and how they make you feel.

Let the words flow on paper. Don’t worry about your grammar or sentence structure — the magazine editor will fix all that for you later. Just focus on telling a story — your story of success living the life you envision for yourself!

When you read the story back to yourself, notice how it makes you feel.

Let it light you up with excitement and possibility. Let it make you take action toward achieving those dreams. Let it ignite your duende — your authentic expression of your spirit.

PEOPLE WHO MADE THEIR DREAMS COME TRUE

A PROFILE OF [YOU]

**YOU CAN ACHIEVE
THE SATISFACTION
THAT COMES FROM
FULLY DEVELOPING
AND EMPLOYING YOUR
ABILITIES, CHARACTER,
AND POTENTIAL.**

CONGRATULATIONS!

Thank you for making this step towards your dreams. It's these small investments of time, learning, reflection, and action that help you make progress and achieve your goals.

WANT MORE?

Whether you're a remote employee, digital nomad, freelancer, location independent worker, work from home, contractor, consultant, or a small business owner, you've probably been on your own to figure out your professional fulfillment.

You're not alone anymore. Remotivation was written for you, and it's designed to guide you through every step of your journey to feeling fulfilled in your career — and beyond.



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There are six core remotivators that drive your professional fulfillment. In the book, you'll learn how each remotivator impacts your work-based decisions and how you can effectively activate each one to your benefit.

- » **MONEY:** Minimize financial pressure as you build a safety net of 6-12 months worth of expenses.
- » **IDENTITY:** Gain clarity in what kind of work feels authentic to you and identify 3 core values that will guide your decision making moving forwards.
- » **ROUTINES:** Reduce your resistance to change as you break routines that don't support the achievement of your dreams and create new ones that do.
- » **GROWTH:** Acquire the skills, knowledge, and experiences to propel your career by applying the 70/20/10 principle of knowledge acquisition.
- » **IMPACT:** Feel proud of the value your work currently provides and create your own personal mission statement for the future.
- » **JOY:** Start instantly doing more work you enjoy and unleash your creativity, and sense of wonder at work.

You can achieve the satisfaction that comes from fully developing and employing your abilities, character, and potential.

Remotivation will help you feel energized and inspired by your work as you create more financial freedom, break free of old routines, see the value your work provides, and — above all — have fun while doing it.

By leveraging thousands of hours of education and expertise into an easy-to-understand guidebook, Remotivation guides you on your journey to feel more fulfilled at work:

- ✓ Demonstrates how each of the six remotivators impacts your work-based decisions and how you can effectively activate each one to your benefit.
- ✓ Explains the three levels of career fulfillment, so you can assess your progress as you activate each of the remotivators.
- ✓ Provides several exercises per chapter so that you put what you're learning into practice and make changes in real-time.
- ✓ Includes personal stories from fellow remote workers on how they've made meaningful progress toward their own career fulfillment.
- ✓ Empowers you with an action plan on how to implement the changes you desire in your work.

You know deep down that your days could be more enjoyable, that the work you do should matter and have an impact, and that you could better utilize your talents and skills to grow in your career.

If you want guidance and a plan specific to your needs and interests so you can feel more motivated and fulfilled professionally, and you're willing to do the work to make it happen, then you're ready for Remotivation. Keep an eye on your inbox for more information.

ABOUT THE AUTHOR

Sarah Aviram has held Human Resources and Talent Development leadership roles within Fortune 500 consumer product organizations as well as in smaller high-growth technology companies. She has created programs and processes that have helped thousands of people (including herself) have more fulfilling careers.

Sarah holds a BA in Communications Studies from the University of Michigan and MBA in Leadership and Change Management from New York University Stern School of Business.

She has worked in New York City and remotely from 12 different countries, and her experiences have provided her with insights into the challenges and opportunities for professional fulfillment faced by remote workers.

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THE REMOTE WORKER'S ULTIMATE GUIDE
TO LIFE-CHANGING FULFILLMENT

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