

Off the Wall
SUCCESS!



Brain Food. Eat it up!



Build communities of successful citizens and scholars

UNI Residence Education Mission




Purpose.

Define yours.

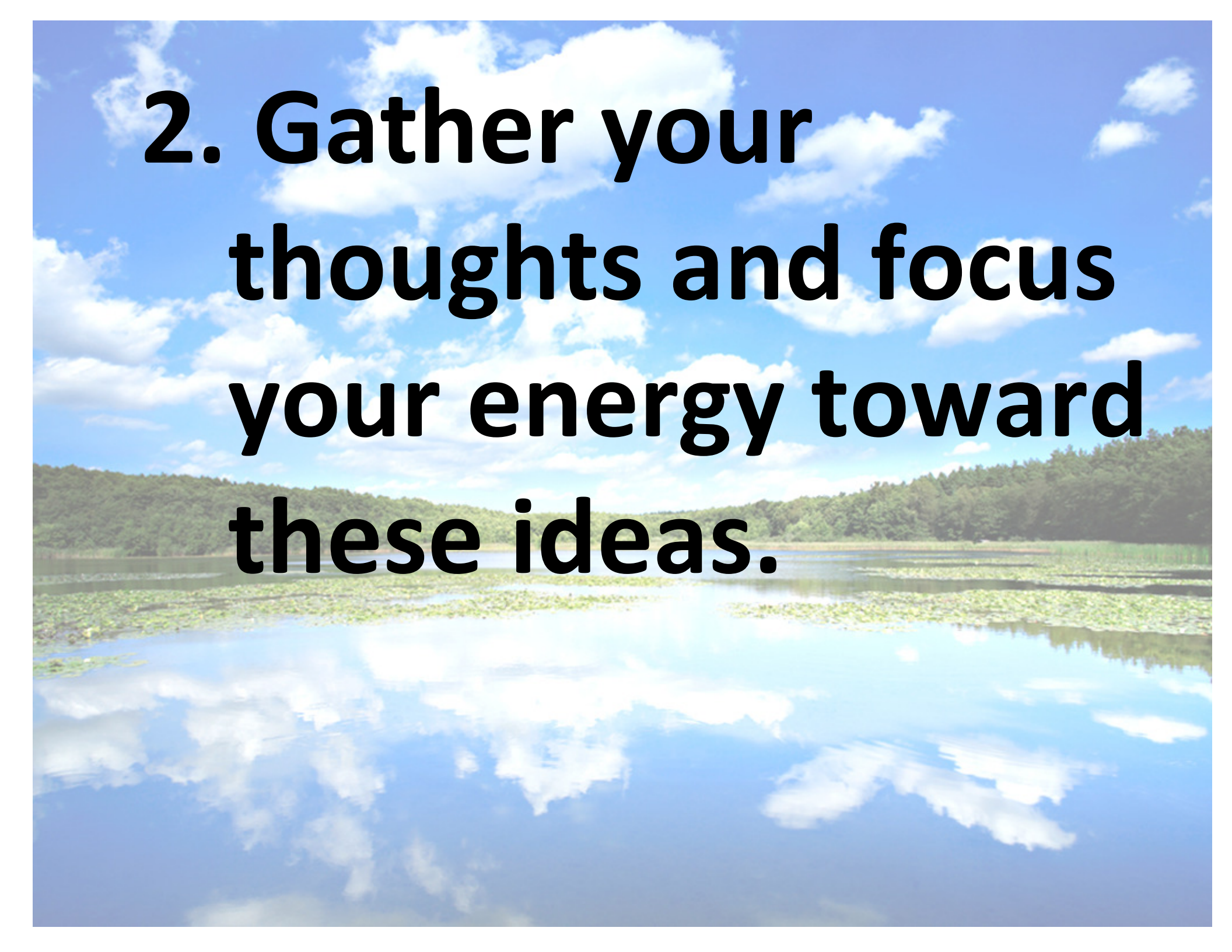
Own it. Pursue it.

Ideas from <http://www.pickthebrain.com/blog/6-steps-to-finding-your-true-purpose/-a-college-student-must-do-before-graduation/>




1. Get in touch with what really matters to you in the world and in your life.

What do you get passionate talking about, reading or exploring? Before taking impulsive action steps toward a new career, business opportunity, or new relationship, ponder what gives you that inner surge of excitement. This could be the most important key for long-term staying power and success.

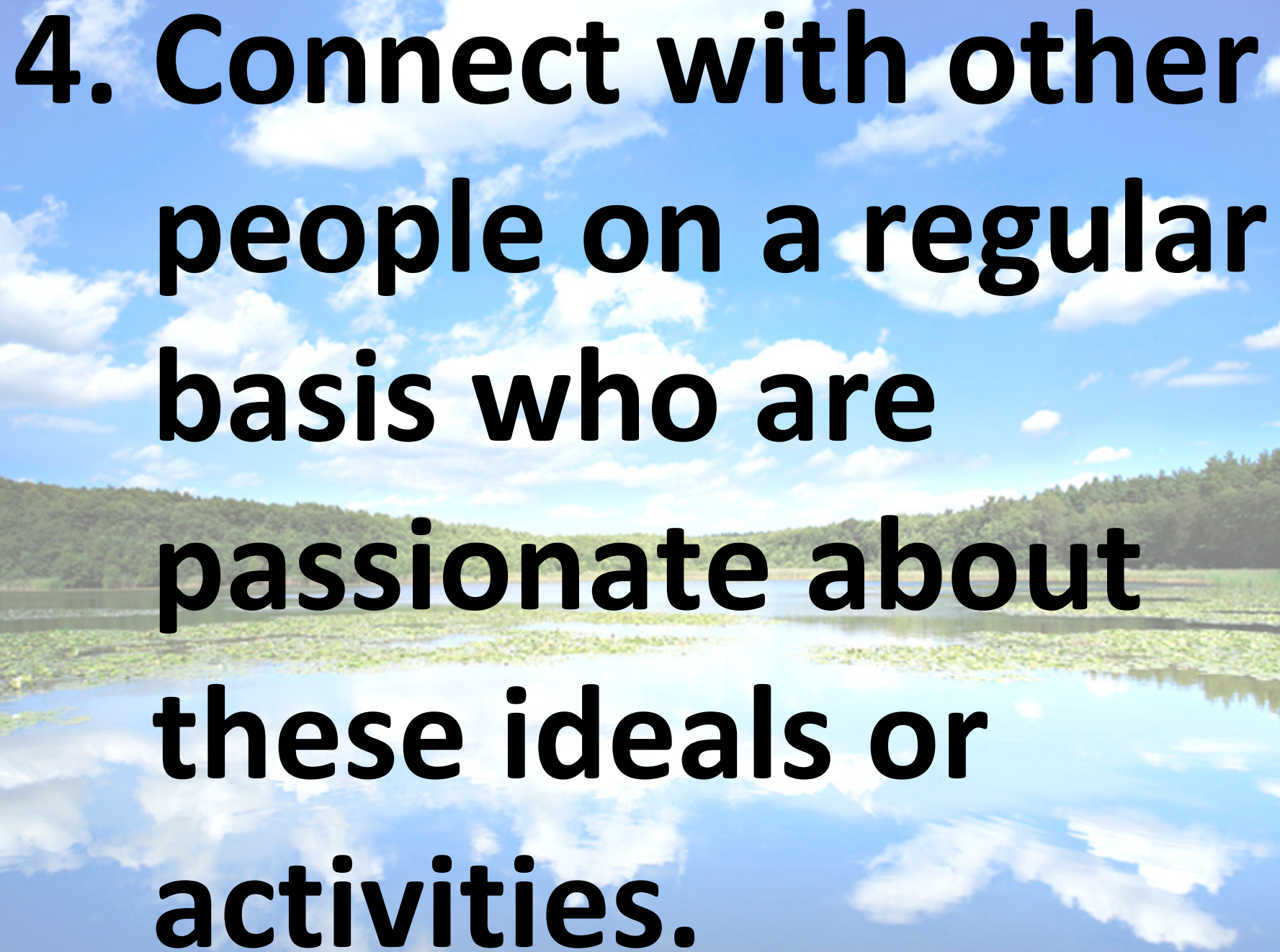
A scenic landscape featuring a bright blue sky with scattered white clouds. Below the sky is a dense green forest. In the foreground, a body of water is filled with lily pads, and the sky and clouds are reflected in the water's surface.

2. Gather your thoughts and focus your energy toward these ideas.



3. Explore several possibilities before settling on one.

However, if one really moves you, then go for it!

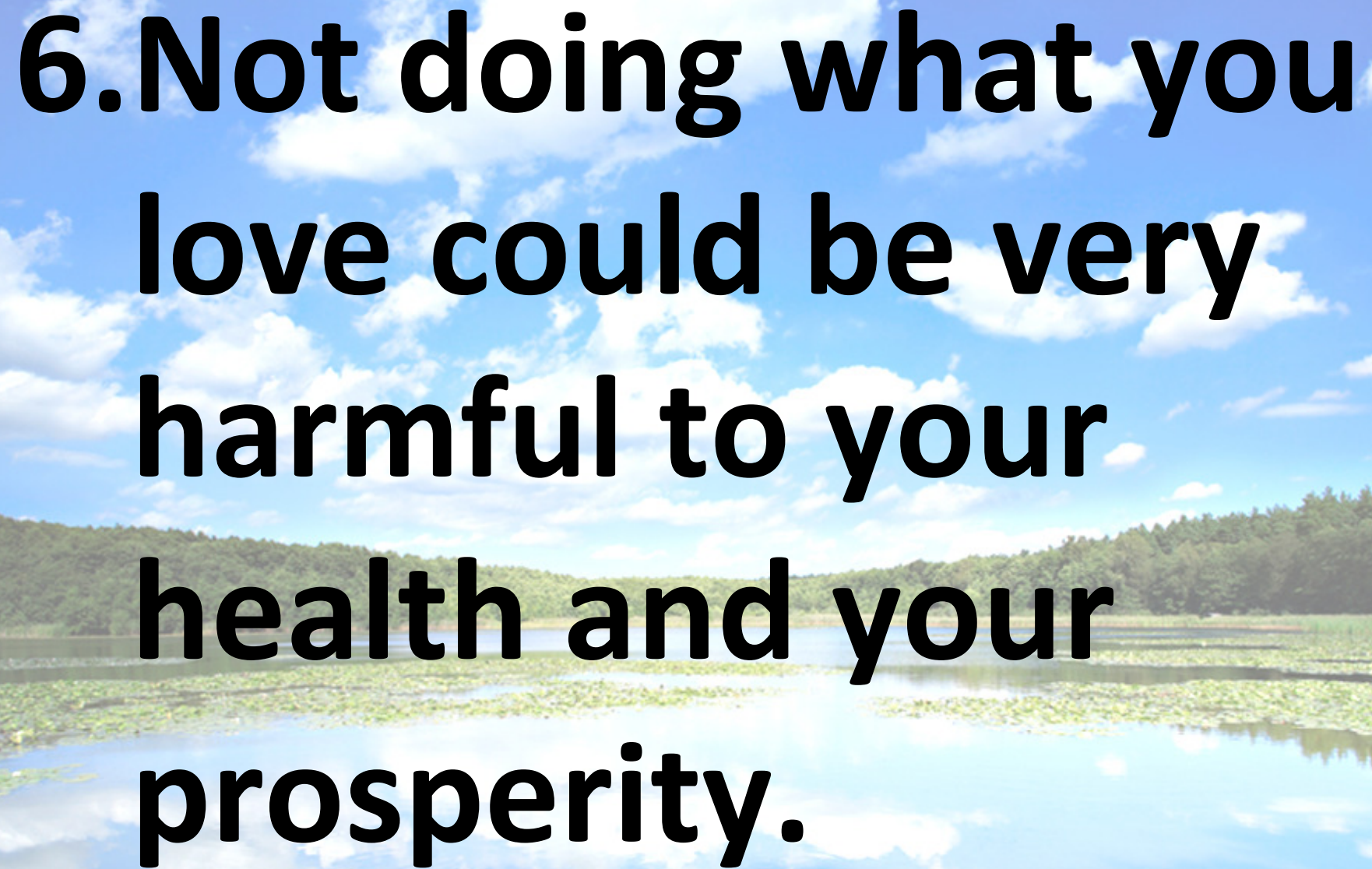
A scenic landscape featuring a bright blue sky with scattered white clouds. Below the sky is a dense green forest. In the foreground, a body of water is visible, covered with numerous green lily pads. The water reflects the sky and clouds. The text is overlaid on this background.

4. Connect with other people on a regular basis who are passionate about these ideals or activities.

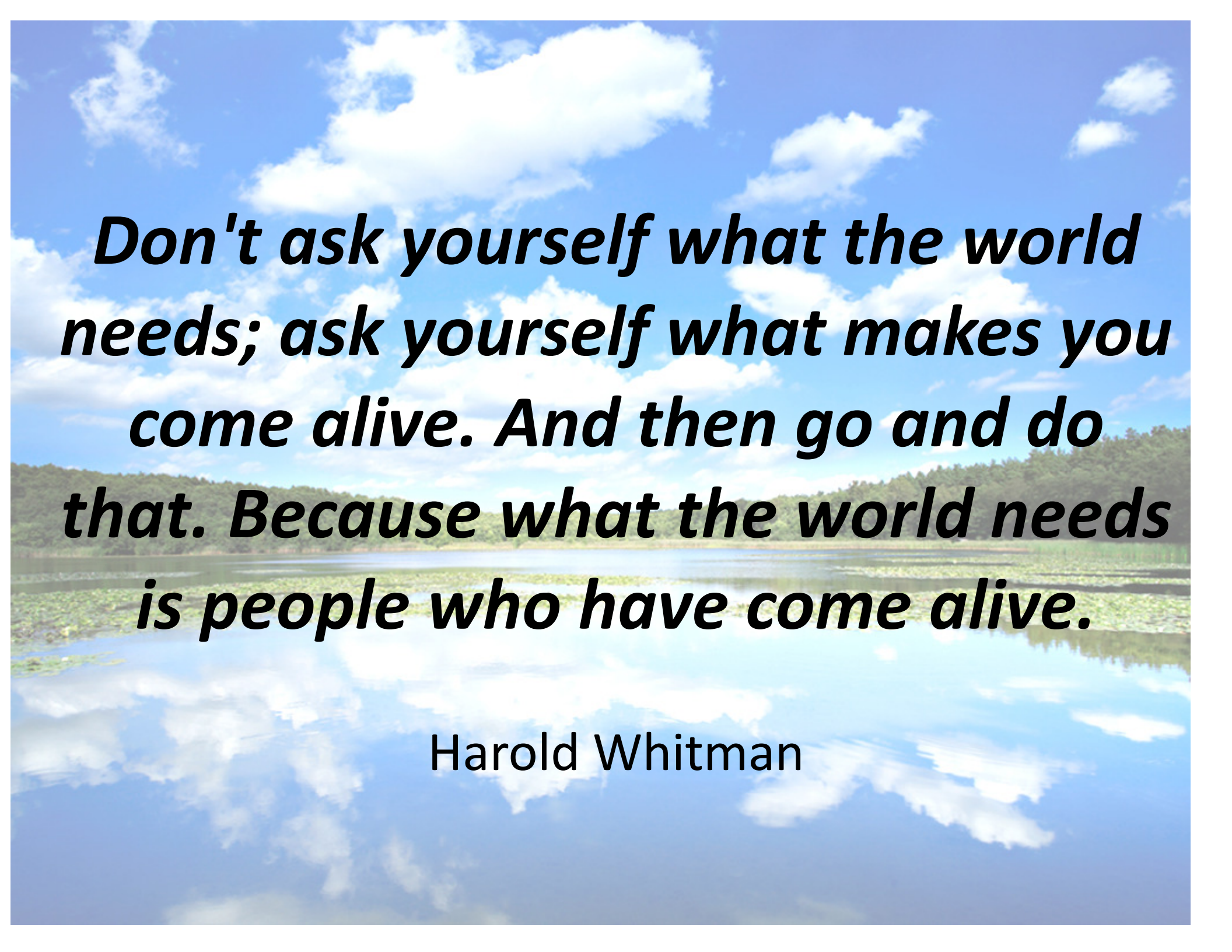
. 5. See how you feel in this new arena.

**Does it stir your passionate energy? This is what we call
“alignment,” or “being congruent.”**

**When we are expressing our true inner thoughts, beliefs
and ideals through external actions that match those
thoughts, beliefs and ideals, we are operating in
harmony rather than in conflict. The “practice-what-
you-preach” philosophy.**

A scenic landscape featuring a bright blue sky with scattered white clouds. Below the sky is a dense green forest. In the foreground, a body of water is filled with green lily pads, and the sky and clouds are reflected in the water's surface.

6. Not doing what you love could be very harmful to your health and your prosperity.



Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.

Harold Whitman

-Sign Here!

**if you got at least one good tip, insight or reminder
from this bulletin board...**