

In just forty-five seconds, write down as many different things, in a word or two, that the drawing below looks like or suggests to you. Write quickly, stop after forty-five seconds, then repeat this exercise with the next drawing, again for forty-five seconds.



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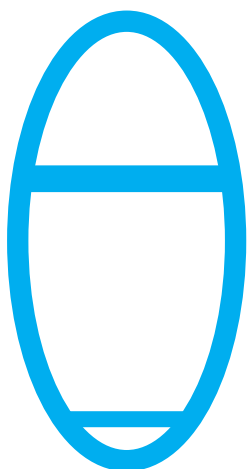
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If you wrote a dozen things each time, you see lots of possibilities. You can envision long-term goals and see beyond immediate obstacles to complete educational or career goals.

If you wrote just a few things, you are more literal and immediate in your thinking. You would prefer living in the present, perhaps getting what you want right now. To set goals, breaking them down into short-term, more attainable steps will be to your advantage.