



Since 1968 the **Watson Fellowship** - an honor-bound agreement between Foundation and Fellow - has fostered the passion and promise of remarkable individuals. Welcome! A Watson year is defined by boundless opportunity and few guideposts. Combined, there may be times that you ask: Am I doing this right? This supplement is a short guide and permission to take it easy on yourself. If you are doing the following, you are doing well.

**Treat the journey as the destination** Feel the edges of your project, even as it moves across disciplines (or borders) into unknown terrain. Stay curious and open to the unplanned.

**Act in place** Spend most of your time in the place you are in, not tech-tethered to friends and family in places you are not. This does not mean shutting out technology. In some places you may engage more media if that helps you get deeper in place.

**See challenges as opportunities** Try hard. Hold high standards. Fail up. When things don't work out, integrate the learning. You have the opportunity to make Plan B as good or better than Plan A.

**Maintain your independence** This does not mean living in isolation. It does mean staying in control of your agenda, avoiding the temptation to spend large amounts of time with travelers and expatriates. Recognize the signs of project avoidance (it happens) and find the source.

**Learn when to move on** Only you can decide this, but one measure is when comfort exceeds discovery. Fellows who look back most fondly are those that connected widely and had the most new experiences and insights.

**Find new truths that work for you** Revisit long-held loyalties and assumptions. Stay conscious of the voices and stories that guide you and remain open to their revision. Trust yourself to build new personally resonant narratives.

**Follow the Watson Guidelines** If you have a question, please ask. We count on our mutual trust to move the year along.

**Enjoy** Seize the day and year! We support you.