 **Design Your Life for Work-Life Success & Fulfillment: Try stuff![[1]](#footnote-1)**

1. **Journaling : Work, Love, Play, Health**

* Reflect alone for a few minutes on how it’s going for you in each of the 4 areas.
* Write the name of the peak in each area in the table below & note down key activites.
* Mark 1 to 4/full on the gauge for each area.
* Is there a design problem in one of the areas? Note it down.
* Is the design problem a « gravity problem »?
  + Air (a few minutes reflection alone until your teacher tells you to stop)
  + Pair (a few minutes comparing & discussing with a neighbour)
  + Share (a few minutes of whole-class interaction).

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|  | **Work** | **Love** | **Play** | **Health** |
| Name of the peak: |  |  |  |  |
| List activites: |  |  |  |  |
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| Gauge | 1 2 3 4/FULL | 1 2 3 4/FULL | 1 2 3 4/FULL | 1 2 3 4/FULL |

**2) Building a compass: workview & lifeview**

* Write a short reflection about your workview (one page/250 words, 30 minutes max.).
* Do the same for your lifeview.
* Read over both.
  1. Where do your views on work & life complement each other?
  2. Where do they clash? Does one drive the other? How?

**Workview (250 words max.):**

**Lifeview (250 words max.):**

1. **Mindmapping with your journal**
2. **Engagement**

From your journal, pick an area of great interest to you, or an activity during which you were really engaged (e.g., pitching a new idea, organizing an event etc.), and make it the centre of your map. Then generate a some connected words and concepts, using the mind-mapping technique.

1. **Energy**

From you journal, pick something you’ve identified as really energizing you in your work and life (e.g., music class, managing a project etc.) and mind-map this out.

1. **Flow**

From your journal, pick one of the experiences where you were in a state of flow, put the experience itself at the centre of a mind map, and complete your mapping of your experience with this state (e.g., speaking in public, brainstorming ideas etc.).

1. **Ideating**

* Look at the outer ring of one of your mind maps and pick 3 disparate items that catch your eye. You’ll know which ones they are intuitively – they should literally « jump out » at you.
* Now try to combine those 3 items into a possible job description that would be fun and interesting to you and would be helpful to someone else (it may not be practical or appeal to lots of people or employers!).
* Name your role and draw a napkin sketch of it (a quick visual drawing of what it is), like the one shown here.
* Do this exercise 3 times – one for each of your mind maps – making sure that the 3 versions are different from one another.

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| Not practical (nor particularly appealing) example for the activities of hiking, playing basketball, spending time with niece & nephew etc.  Résultat de recherche d'images pour "child sketch of pirate"  CHILDREN’S PIRATE SURF CAMP LEADER! |  |
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1. **Prototyping your odyssey plans**
2. Create 3 alternative 5 year plans using the next worksheet.
3. Give each alternative a descriptive 6 word title.
4. Write down 3 questions that arise out of each version of you.
5. Complete each gauge ranking each alternative for resources, likeability, confidence, coherence.
6. Present your plan to another person or group. Note how each alternative energizes you.

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| **Plan 1 Title in 6 words :**  Year 1 :  Year 2 :  Year 3 :  Year 4 :  Year 5 : | **Plan 2 Title in 6 words :**  Year 1 :  Year 2 :  Year 3 :  Year 4 :  Year 5 : |
| Question 1 :  Question 2 :  Question 3 : | Question 1 :  Question 2 :  Question 3 : |
| Resources 1 2 3 4/Full | Resources 1 2 3 4/Full |
| Likeability 1 2 3 4/Full | Likeability 1 2 3 4/Full |
| Confidence 1 2 3 4/Full | Confidence 1 2 3 4/Full |
| Coherence 1 2 3 4/Full | Coherence 1 2 3 4/Full |
| **Plan 3 Title in 6 words :**  Year 1 :  Year 2 :  Year 3 :  Year 4 :  Year 5 : |
| Question 1 :  Question 2 :  Question 3 : |
| Resources 1 2 3 4/Full |
| Likeability 1 2 3 4/Full |
| Confidence 1 2 3 4/Full |
| Coherence 1 2 3 4/Full |

1. Review your 3 odyssey plans and the questions you wrote down for each.
   * Make a list of prototype conversations that might help you answer these questions.
   * Make a list of prototype experiences that might help you answer theses questions.
   * Build your prototypes by actively seeking out life design interviews and experiences. Use the table below to plan what, who & how.

**Life Design Interviews**

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| **Goal :** Ask someone what they think of one of your plans. Who ? Which plan ? What specifically ? |
| **Method**: Interview who ? When ? How ? |
| **Measurement :** Does the answer align ? How ? What is missing ? What’s the next step ? |

**Life Design Experiences**

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| **Trial** | **Insight** |
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1. **Reframing failure & developing growth mindset**
2. Using the worksheet below (or downloading it from [www.designingyourlife](http://www.designingyourlife)), look back over the last week (or month or year), and log your failures.
3. Categorize your failures as errors, weaknesses, growth opportunities.
4. Identify your growth insights.
5. Build a habit of converting failures to growth by doing this regularly.

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| **Failure** | **Error** | **Weakness** | **Growth Opportunity** | **Insight** |
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**Conclusion: 5 key mindsets or design tools**

By continuing to reflect on and complete the 6 activities and associated worksheets in this handout you will develop the five mind-sets, or design tools, you need to build a life you love:

« *curiosity, bias to action, reframing, awareness and radical collaboration*. »

(Burnett & Evans, 2016: xxvi-xxviii).

1. Adapted from Burnett & Evans (2016). *Designing Your Life. How to Build a Well-lived, Joyful Life.* Knopf, and *Using EML for Work-Life Success & Fulfillment* workshop, KEEN Entrepreneurial Mindset Learning National Conference 2019. [↑](#footnote-ref-1)