

Manifesto Workshop / Worksheet

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Goal: Write a manifesto / reflection on what you learned and why it matters to you. 500 – 1,500 words. Pictures and drawings welcome. Hand-written is super-awesome. Primary Objective: This piece of paper should be worth keeping and something you will want to read again 10+ years from now – like a letter to your future self.

The manifesto should include:

1. Your Life Goals
2. A brief history of the world (built from your world story). Ideally, you could connect this to your life goals.
3. Your core values and why they matter to you or key pieces of the story of your life. (built from your values analysis or hero story). Connect this to your goals and why they matter to you.
4. Reflect on Key lessons learned & experiences from this class (reflecting on the challenges & key ideas).

The final format is up to you. Creativity is encouraged and welcomed. Remember, the core goal is that YOU want to read this again. This is your chance to make your learning meaningful to yourself. Don't worry about what your TA or your Professor thinks.

This worksheet will help you think through all you learned and provide a “brainstorming session” for your final manifesto.

YOUR GOALS: List 3 goals for your life and specifically how you will measure success. Your measure of success should be something in your control, or mostly within your control.

For example, if you want to be a writer: writing a novel you can be proud of in the next 2 years is mostly within your control. The novel reaching the bestseller's list is not in your control.

These may be specific career goals, relationship goals, spiritual goals, or goals based on living up to your values.

Goals

1. Go to Japan (within five-ish years)
2. Make a large enough income to be financially stable with a family and able to buy cool stuff / go on trips (Long term goal / 20-30 years)
3. Get a drivers license(I am going to need one eventually since I live in the country)

I measure success by happiness. If you are super rich but can't smile and have no one to smile with then I do not consider you to be successful.

What did you learn about yourself during the 28 Day Challenge that might help you achieve these goals?

WORLD HISTORY

Which elements of the 2 main stories of the world do you think are true for how you see the world? What is your “third story” that moves beyond these 2?

I would say that I see the world more like story one.

My “third story” would be that while it is true that horrible stuff is happening around the world, there is a lot of good stuff and beauty around the world as well. We just tend to hear more about the bad stuff and do not see enough of the beauty. The window's locked screen comes from somewhere, and you can go there.

YOUR STORY AND YOUR VALUES

What were the key lessons that you learned about yourself when you analyzed your values or created your hero story? What key elements should go into a “manifesto” or “letter to your future self”?

I need to work on my sympathy and people connection skills. These are both important skills to have in the world since people tend to treat you how you treat them. The biggest thing I realized about myself when checking my values is that I can be way too passive at times.

What are some key aspects of the lifestyle you hope to have? What are your priorities and values?

The key aspects of the lifestyle I wish to have is making enough money to support my family and be able to go on trips with them and buy cool stuff, like nice computers, or a college education. I would also like to stay living in the country.

How would you define “The Good Life” for all humans and what do you think we (and specifically you) can do to help bring this about?

I would define “the good life” as being able to truly smile everyday and having people around you to smile with. I believe this can become a reality by simply being yourself. I know that for me I am happier being myself then pretending to be someone else. some food for thought, would you rather have more friends but act like a different person around them, or be yourself and meet someone who likes you for you.

What did you learn from each lesson and challenge?

Look back at each module and challenge to remind yourself of the key things you learned throughout the semester. This worksheet will be a great starting place for your final reflection, in which you will list 3 to 4 of the most important lessons and ideas that you want to remember from each week.

(Note: The following worksheet is simplified into 10 lessons (based on the textbook) rather than listing all 15 weeks.)

Lecture 1: An Invitation to Anthropology Lecture 2: Doing Fieldwork Lecture 3: Witchcraft & The Art of Seeing Lecture 4: Ethnography of College Life	Challenge 1: The Humanizing Portrait Challenge The goal was to practice the anthropological mindset of asking questions, making connections and trying new things (taking chances). It involves taking a chance on making connections with strangers which can potentially raise new questions and new insights about humanity, culture, and ourselves.
Step outside of your cultural perspective, and step into the lives of other cultures. But not too quickly since culture shock is a thing. Be more than an observer, live it. Utilize the art of seeing and learning the stories of others.	Initiating a conversation with a stranger is weirdly difficult but is a skill that can be very useful.
Lecture 5: Language & Thought Lecture 6: Sensory Ethnography Lecture 7: The Art of Seeing and Re-Presenting	Challenge 2: The Nacirema / Sensory Ethnography This challenge is designed to practice the anthropological method of seeing our own seeing – to see the strange in the familiar – and to think artistically about how best to represent experiences and realities.
The world is usually not how we see it, and we all see it differently. Because of this there are many different ways to tell stories. By seeing through different perspectives we can find similarity and build out a truer story.	Things only seem weird to us because we are not used to them, if you describe something we are used to to someone else they may find it very weird. But I look at weird as a good thing.
Lecture 8: Human Evolution Lecture 9: Human Potential	Challenge 3: The 28 Day Challenge. This challenge is designed to practice trying new things,

	<p>experience more, and to reflect more deeply on how humans learn and create new habits, as well as how you, specifically, can better identify what conditions or techniques work best for you when you are trying to learn something new or change your habits.</p>
<p>We have evolved a lot over the years and through evolution we changed and adapted to our surroundings. Are bodies have incredible potential and all we need to do is train and tap into that potential.</p>	<p>Diving into an experience seemed to be the best way to fully immerse yourself in said experience, or at least that was my conclusion on the 28 day challenge. There are things you should not dive into.</p>
<p>Lecture 10: Story Wars & the Future of Humanity Lecture 11: Mediated Culture Lecture 12: Imagining the Future Lecture 13: Making “Money” & Coca-Colanization</p>	<p>Challenge 4: The UnThing Experiment</p>
<p>The world is ever changing and stories are also ever changing. These stories are what set the perspective of the world and sadly stories are mostly told about the bad stuff happening though the news.</p>	<p>Vanity seems to be embedded into humans, most likely because of are type of culture, and I found that even though I thought myself to be not vain at all even I had some vanity. For this experiment I got rid of mirrors.</p>
<p>Lecture 14: Capitalism vs. Communism Lecture 15: Culture & The Varieties of Capitalism</p>	<p>Challenge 5: Building Utopia ...</p>
<p>People have many different opinions and ways on how the world should run. some think that people are going to behave there best while others believe that there need to be and enforcement on rules.</p>	<p>When building out my utopia I found that I liked a focus on innovation and individualism since individualism brought new ideas and perspectives while innovation allowed us to act on those ideas and build those different perspectives.</p>

<p>Lecture 16: Are We Good? Lecture 17: Is morality Universal? Lecture 18: Sex & Gender Lecture 19: Love around the world Lecture 20: Fairness, Equality, and Discrimination Lecture 21: Distinction & Identity</p>	<p>Challenge6: The Other Encounter</p>
<p>Humans are a lot of things, and we can be a lot of things. We do not seem to be by nature, good or evil. And depending on the culture the perspective of good and evil changes. Love, fairness, equality, and discrimination is different all over the world.</p>	<p>The way we perceive time seems to change based on how we plan schedules. If we plan around the month then weeks seem short, if you plan by the day then weeks seem really long. We also all have very different perspectives on the most unlikely of things.</p>
<p>Lecture 22: The World's Religions – East Lecture 23: Christianity and Culture</p>	<p>Challenge 7: Doing Fieldwork</p>
<p>A big part of culture is religion. Religion can differ a lot depending on where you are but at the same time they can have many similarities.</p>	<p>Kilts are really comfortable, and universal as a clothing option. I also had fun stepping out of my comfort zone.</p>
<p>Lecture 24: Two Stories of How the World Works Lecture 25: Power & The story of Gandhi</p>	<p>Challenge 8: A Thousand Thanks A chance to do a “gratitude meditation” on one of your favorite objects, and writing a note of thanks to someone who helped bring it to you. The challenge is meant to demonstrate our connections to one another, so that we can avoid the tragedy of our times, “that we are more connected than ever, yet feel and act more disconnected.”</p>
<p>A lot of people seem to see the world in black and white. But it is much more difficult than that. There are many different ways that people do things but the way that seems to always turn out the best is the path of kindness.</p>	<p>A lot of people put a lot of work into things that we use everyday and sometimes take for granted. such as a cup of coffee.</p>

<p>Lecture 26: Meaning-Making and the Story of Mandela</p> <p>Lecture 27: The Power of Storytelling (Walter Mitty)</p> <p>Lecture 28: The Paul Famer Story</p> <p>Lecture 29: “The Good Life”</p>	<p>Challenge 9: Re-writing your Values or Writing your own Hero Story</p>
<p>Stories are an important part of our world and are history. Stories can change the way we think and allow us to re-evaluate our own values. Through are values we all have the idea of “the good life” but it is difficult to achieve since once you achieve what you thought it was it can change.</p>	<p>Soul searching is really interesting to do and I learned a lot about myself by doing it.</p>