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PUTTING IT TOGETHER: CHARTING YOUR PATH TO THE FUTURE

Lecture 1 – Putting It Together

Professor Richard Shell

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Combining achievement and happiness

- The 3x3 Matrix: Where are you now?

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In terms of success, where do you stand?

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		HAPPINESS		
		High	Medium	Low
ACHIEVEMENT	High	1	2	3
	Medium	4	5	6
	Low	7	8	9



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Lecture 2 – Putting It Together: Analyzing the Matrix

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		HAPPINESS		
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Lecture 3 – Assess Your Current Motivation

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Honestly assess your current motivation

- Are you running towards your goals, or away from your fears

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If fear is the issue, what are you most or repeatedly afraid of that is distorting your decisions?

- Being alone; being a failure; being unimportant; being disrespected
- The fear of death is the big one underlying all the rest

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- You may need to go back to take care of this before you can move forward

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You'll go further for longer if you run toward the future

- Imagining a worthy future
- The Lottery Exercise

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A practical path forward- start where you are

- Stepping stones
- Keep your eyes and heart open

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Goal Setting Exercise



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Lecture 4 – Meaningful Work

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Meaningful Work

- Work life and success: balance or integration

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The usual way we think of work and life: Balance



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But it can also be this: Integration



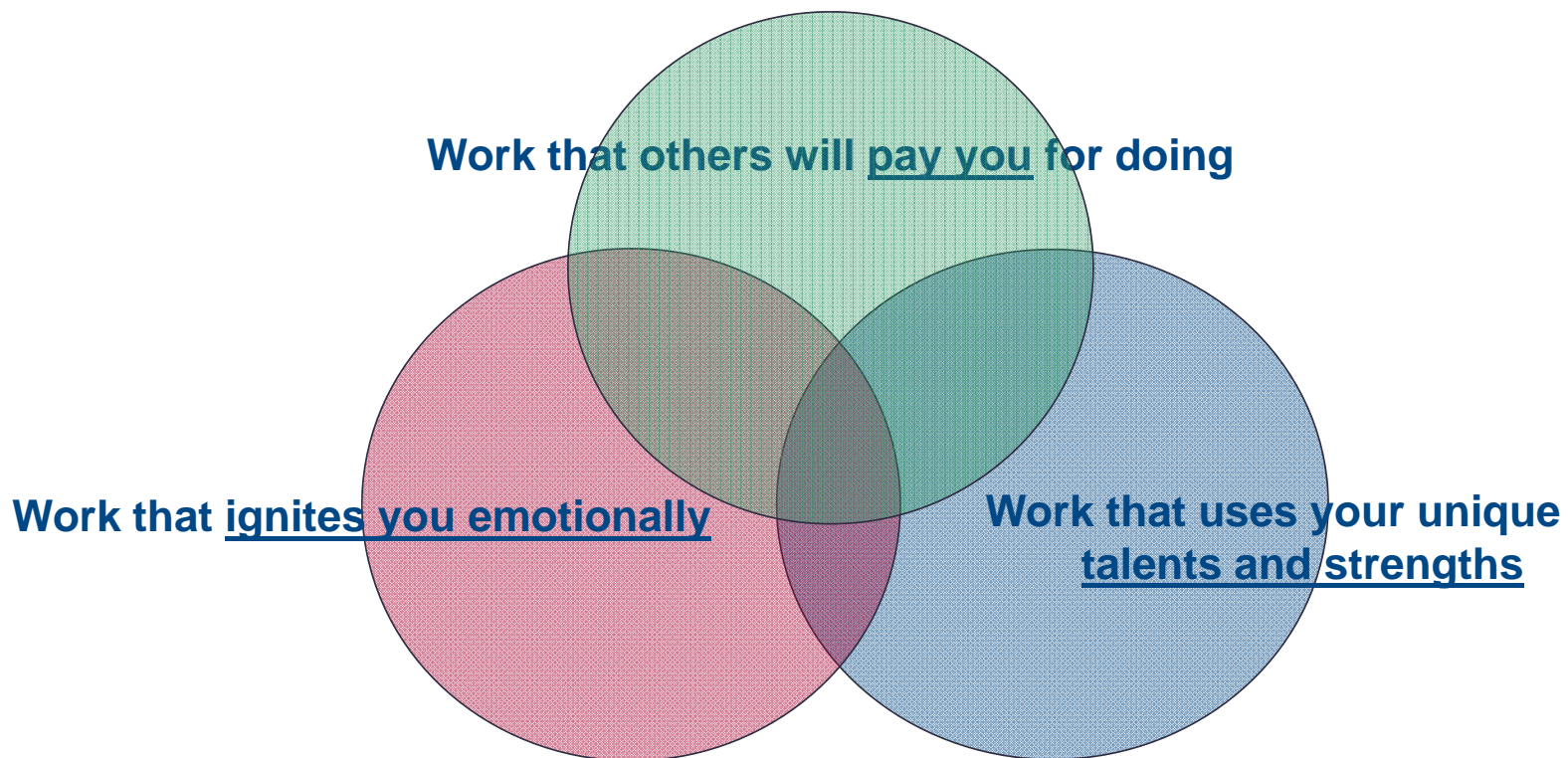
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Meaningful Work

- Work life and success: balance or integration
- Do you have a job, a career, or a calling?
- The Sweet Spot

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Happiness and work: A possible Sweet Spot



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7 Emotional Sparks: PERFECT

- How many of these are inspiring you at work?

Personal Learning and Development

Entrepreneurial Control and Autonomy

Religious / Philosophical Values

Family Fulfillment / Thriving

Expressiveness – Are you able to be creative?

Community- Can you serve others?

Talents – Does your work fully utilize your unique combination of skills and aptitudes



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Lecture 5 – Wise Angel

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What a wise angel taught me



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Lecture 6 – Conclusion

Professor Richard Shell

“It is only when we have the courage to face things exactly as they are, without any self-deception or illusion, that a light will develop out of events by which the path to success may be recognized.”

— I CHING

“Everything you need to be happy is simple”

— EPICTETUS

“The unexamined life is not worth living.”

— S O C R A T E S



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