

DESIGNING YOUR LIFE

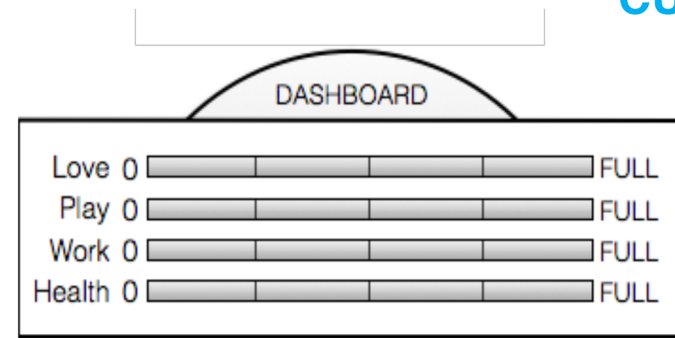
LOVE-PLAY-WORK-HEALTH BALANCE WORKSHEET

- Mark your dashboard as it currently exists.
- What do you observe (and are you being fair)?

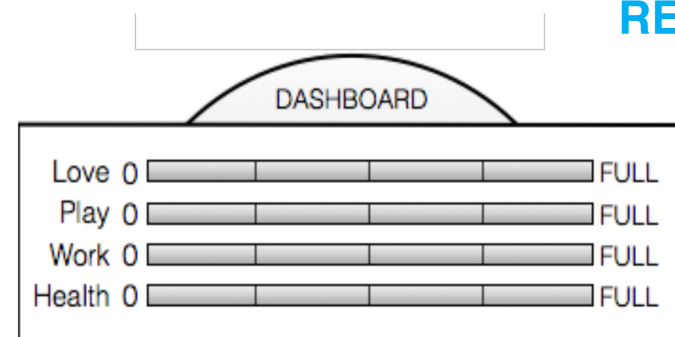
- If you could make one incremental adjustment, what would it be? Redraw your improved dashboard.
- What would you get if you could attain this revised level of balance? How would life (really) change for you?

- What incremental change could you attempt to move in this direction? What would it take for you to live this way for two weeks?

CURRENT



REVISED



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ENERGY - ENGAGEMENT MAP WORKSHEET

- List your top energy giving or draining regular activities/engagements:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

- Draw a bar of each one's (+) or (-) energy effect.
- What do you notice about your energy patterns?

- What relatively accessible changes can you make to improve your energy flows?

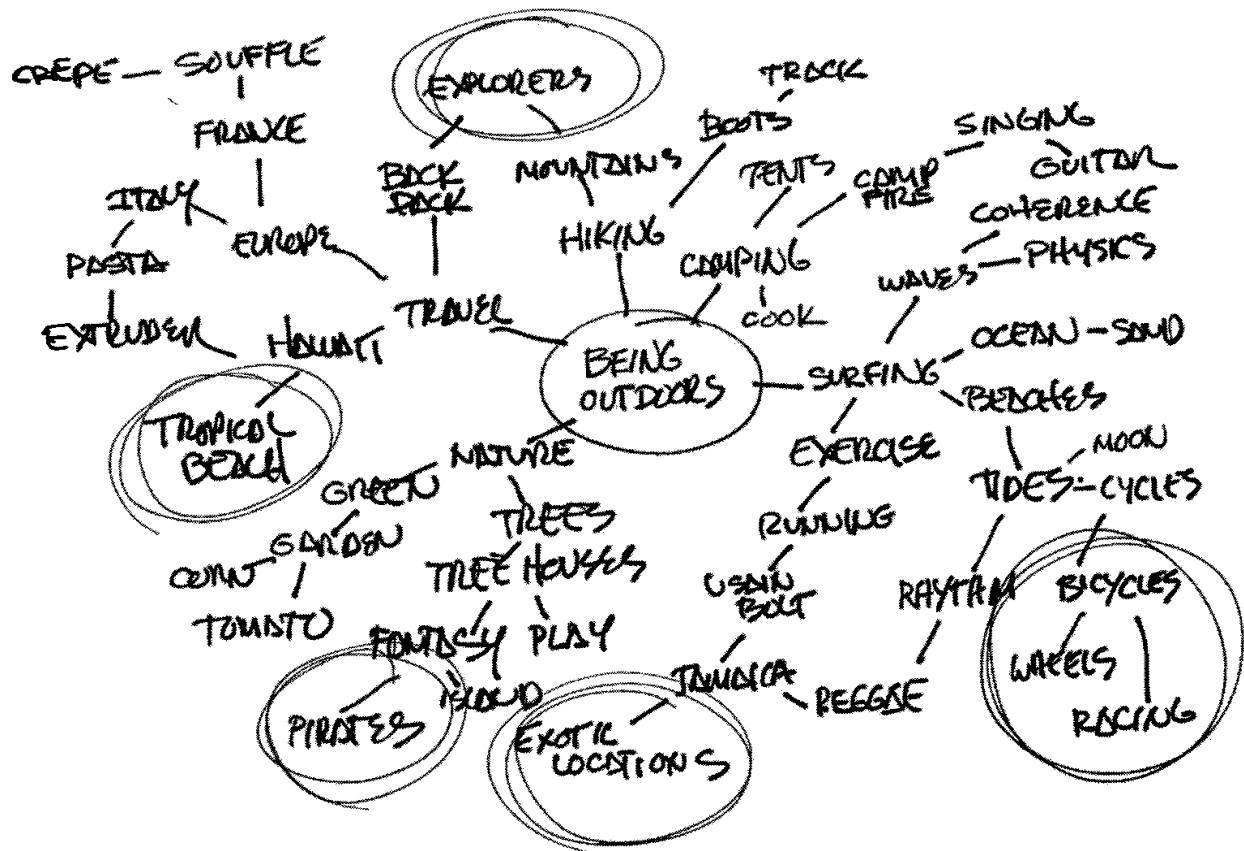


Try Stuff

Good Time Journal

- 1. Complete a log of your daily activities, using the worksheet provided (or in your own notebook). Note when you are engaged and/or energized and what you are doing during those times. Try to do this daily, or at the very least every few days.**
- 2. Continue this daily logging for three weeks.**
- 3. At the end of each week, jot down your reflections—notice which activities are engaging and energizing, and which ones are not.**
- 4. Are there any surprises in your reflections?**
- 5. Zoom in and try to get even more specific about what does or does not engage and energize you.**
- 6. Use the AEIOU method as needed to help you in your reflections.**

1. Picking a topic
2. Making the mind map



3. Making secondary connections and creating concepts (mashing it all up)

Try Stuff

Mind Mapping

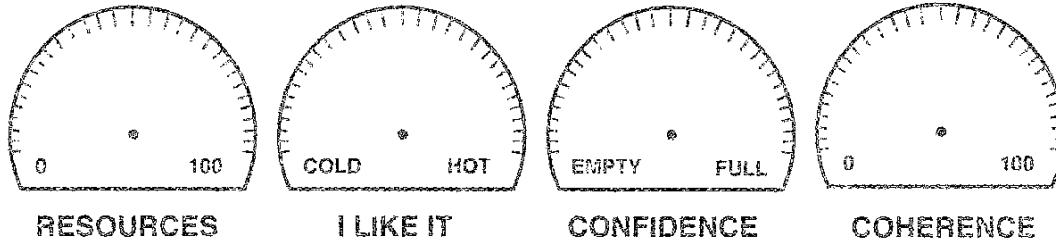
- 1. Review your Good Time Journal and note activities in which you were engaged, energized, and in flow.**
- 2. Choose an activity that you were engaged in, an activity that you felt highly energized from, and something you did that brought you into flow, and create three mind maps—one for each.**
- 3. Look at the outer ring of each mind map, pick three things that jump out at you, and create a job description from them.**
- 4. Create a role for each job description, and draw a napkin sketch.**

Odyssey Planning 101 (pages 96-97)

Create three alternative versions of the next five years of your life. Each one must include:

- 1. A visual/graphical timeline. Include personal and noncareer events as well—do you want to be married, train to win the CrossFit Games, or learn how to bend spoons with your mind?**
- 2. A title for each option in the form of a six-word headline describing the essence of this alternative.**
- 3. Questions that this alternative is asking—preferably two or three. A good designer asks questions to test assumptions and reveal new insights. In each potential timeline, you will investigate different possibilities and learn different things about yourself and the world. What kinds of things will you want to test and explore in each alternative version of your life?**
- 4. A dashboard where you can gauge**
 - a. Resources (Do you have the objective resources—time, money, skill, contacts—you need to pull off your plan?)**
 - b. Likability (Are you hot or cold or warm about your plan?)**
 - c. Confidence (Are you feeling full of confidence, or pretty uncertain about pulling this off?)**
 - d. Coherence (Does the plan make sense within**

**itself? And is it consistent with you, your
Workview, and your Lifeview?)**



- **Possible considerations**

- **Geography—where will you live?**
- **What experience/learning will you gain?**
- **What are the impacts/results of choosing this alternative?**
- **What will life look like? What particular role, industry, or company do you see yourself in?**

- **Other ideas**

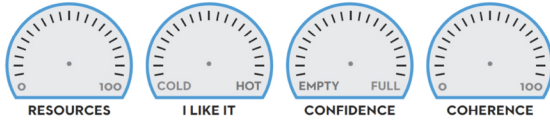
- **Do keep in mind things other than career and money. Even though those things are important, if not central, to the decisive direction of your next few years, there are other critical elements that you want to pay attention to.**
- **Any of the considerations listed above can be a springboard for forming your alternative lives for the next five years. If you find yourself stuck, try making a mind map out of any of the design considerations listed above. Don't overthink this exercise, and don't skip it.**

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0	1	2	3	4	5

Alternative Plan # _____

6 word title: _____

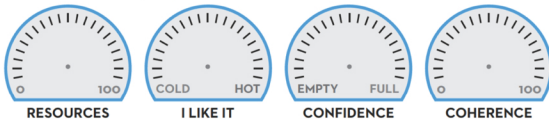


Questions this plan addresses:

0	1	2	3	4	5

Alternative Plan # _____

6 word title: _____

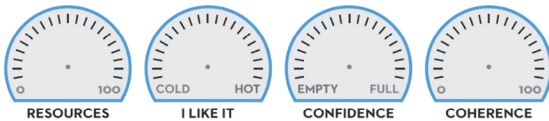


Questions this plan addresses:

0	1	2	3	4	5

Alternative Plan # _____

6 word title: _____



Questions this plan addresses:

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Failure	Screwup	Weakness	Growth Opportunity	Insight