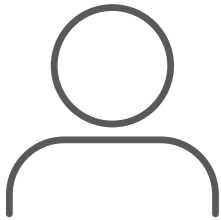


Design Your Life

Q: What is Life Design?

If you can connect the dots between **Who You Are**, **What You Believe**, and **What You Do**, you can construct a story of meaning and purpose that encompasses your life and career. Life Design is a process of self-discovery and exploration that forms the foundation of your career development. In our highly interactive small group session, we will explore the following topics and activities together:



Who You Are



What You Do



What You Believe

Workview

Examine these questions to help you identify what's important to you in your life and career and how they align. (**sample responses** provided):

- **What's the purpose of work?** For the longest time, I've thought I work to live. Work has been a source of financial stability for me. Now that I'm financially stable, I realize I'd like to find ways of incorporating more of my values into my work -- things like helping others and making a difference in their lives.
- **Why do you work?** I need the money and benefits | it's what's expected of me | I haven't found or created an alternative | I need something to do with my time | it sustains me | I'd like to get better at something
- **What matters to you in work?** I want my work to be worthwhile. Worthwhile work is something that I would be doing even if I wasn't getting paid to do it; it is worthwhile and good if I have intrinsic motivation because I really believe in the mission or it is genuinely fulfilling for me.
- **What parts of work do you find fulfilling?** I really value learning and helping others, so the parts of my job I enjoy most are training new employees, participating in any type of learning experience, working on new projects, learning new skills, and learning how to use new equipment or technology.



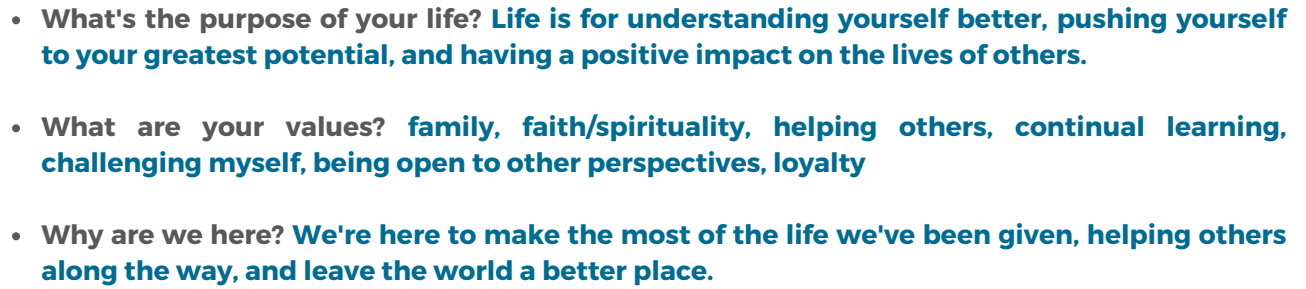
Workview

When you have a chance, take time to reflect and answer the following:

- What's the purpose of work?
- Why do you work?
- What matters to you in work?
- What parts of work do you find fulfilling?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

When you can, reflect and answer the following (**sample responses** provided):

[illegible]



Workview and Lifeview Alignment

How do your Workview and Lifeview fit together; are they coherent? Do you see alignment between your values and your work? Are there opportunities to make them more coherent? Finding your values reflected in your career can be key to your happiness and fulfillment.

where do your views on work and life complement each other?

e.g. In my workview, I said I work to help others learn and develop, and in my lifeview, I said I believe we're here to serve others

where do your views clash?

e.g. In my workview I said the purpose of work was financial reward, but in my lifeview I said money is not the most important thing to me -- the purpose of my life is making a difference in the lives of others

does one drive the other? how?

e.g. My lifeview definitely drives my workview. My values have to be closely aligned with my work, or there will be a disconnect in my life and I won't be happy. My primary value of service to others directly influences the reason I work, the purpose of my work, and the parts of my work I find most fulfilling.



Activity Journal

Reflecting on the past week, jot down your daily activities and note when you were engaged, energized, bored or drained.

Friday

_____	engagement		100	energy		100	_____	engagement		100	energy		100
_____	engagement		100	energy		100	_____	engagement		100	energy		100
_____	engagement		100	energy		100	_____	engagement		100	energy		100
_____	engagement		100	energy		100	_____	engagement		100	energy		100

Saturday

_____	engagement		100	energy		100	_____	engagement		100	energy		100
_____	engagement		100	energy		100	_____	engagement		100	energy		100
_____	engagement		100	energy		100	_____	engagement		100	energy		100
_____	engagement		100	energy		100	_____	engagement		100	energy		100

Sunday

_____	engagement		100	energy		100	_____	engagement		100	energy		100
_____	engagement		100	energy		100	_____	engagement		100	energy		100
_____	engagement		100	energy		100	_____	engagement		100	energy		100
_____	engagement		100	energy		100	_____	engagement		100	energy		100



Activity Journal

Reflecting on the past week, jot down your daily activities and note when you were engaged, energized, bored or drained.

Monday

	engagement		100	energy		100
	engagement		100	energy		100
	engagement		100	energy		100
	engagement		100	energy		100

Tuesday

	engagement		100	energy		100
	engagement		100	energy		100
	engagement		100	energy		100
	engagement		100	energy		100

Wednesday

	engagement		100	energy		100
	engagement		100	energy		100
	engagement		100	energy		100
	engagement		100	energy		100

	engagement		100	energy		100
	engagement		100	energy		100
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	engagement		100	energy		100
	engagement		100	energy		100
	engagement		100	energy		100
	engagement		100	energy		100



Activity Journal Reflections

Reflect on the following questions:

engagement



Which activities flowed effortlessly for you? You were completely involved to the point you may have experienced complete calm, great happiness, inner clarity and/or the sense of time standing still.

energy



Which activities left you with more energy than you had at the start?
When were you fully engaged -- excited, focused, and having fun?

energy



Which activities drained energy from you? When did you struggle with being engaged in an activity that left you bored, with low energy, perhaps needing an extra cup of coffee? :)

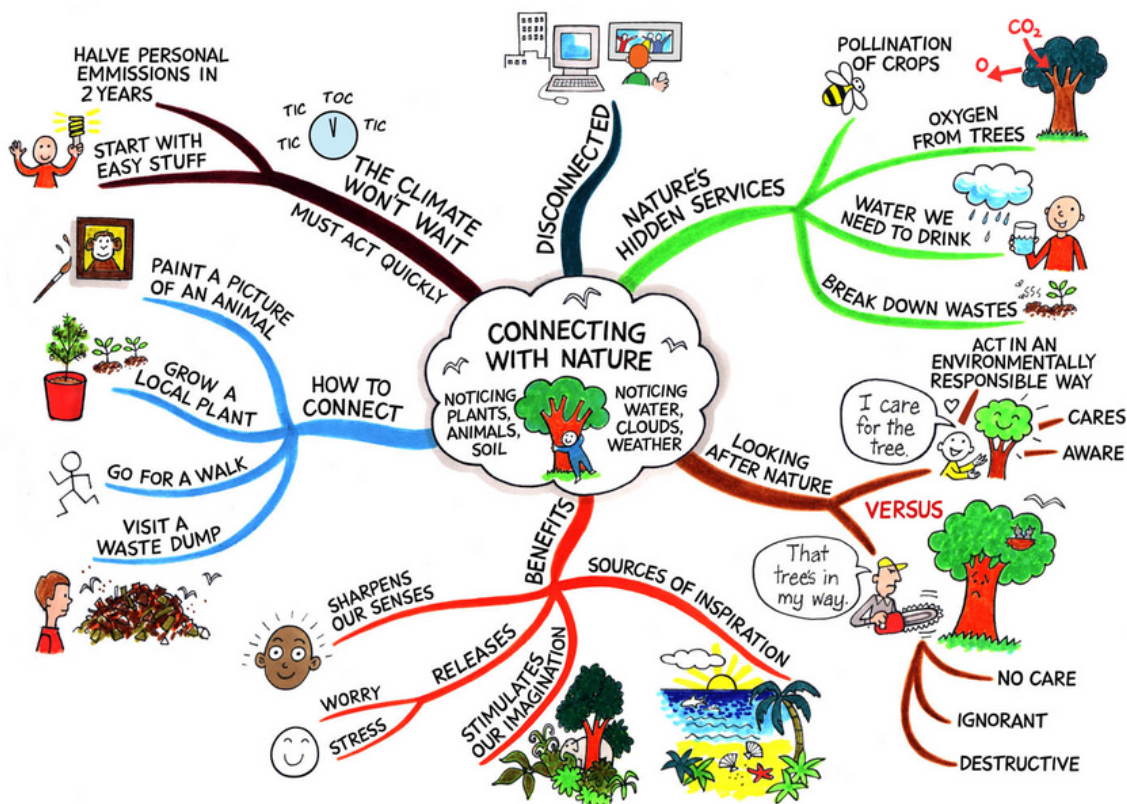
A few additional questions to prompt your reflection:

- **What** were you actually doing? Was the activity structured or unstructured? Were you leading or participating in the activity?
- **Where** were you? How did that place make you feel?
- **Who** was involved? What role did they play in your experience? Was the interaction with them formal or informal?
- **How** did you use things during the activity? Which kept you engaged?



Mind Mapping

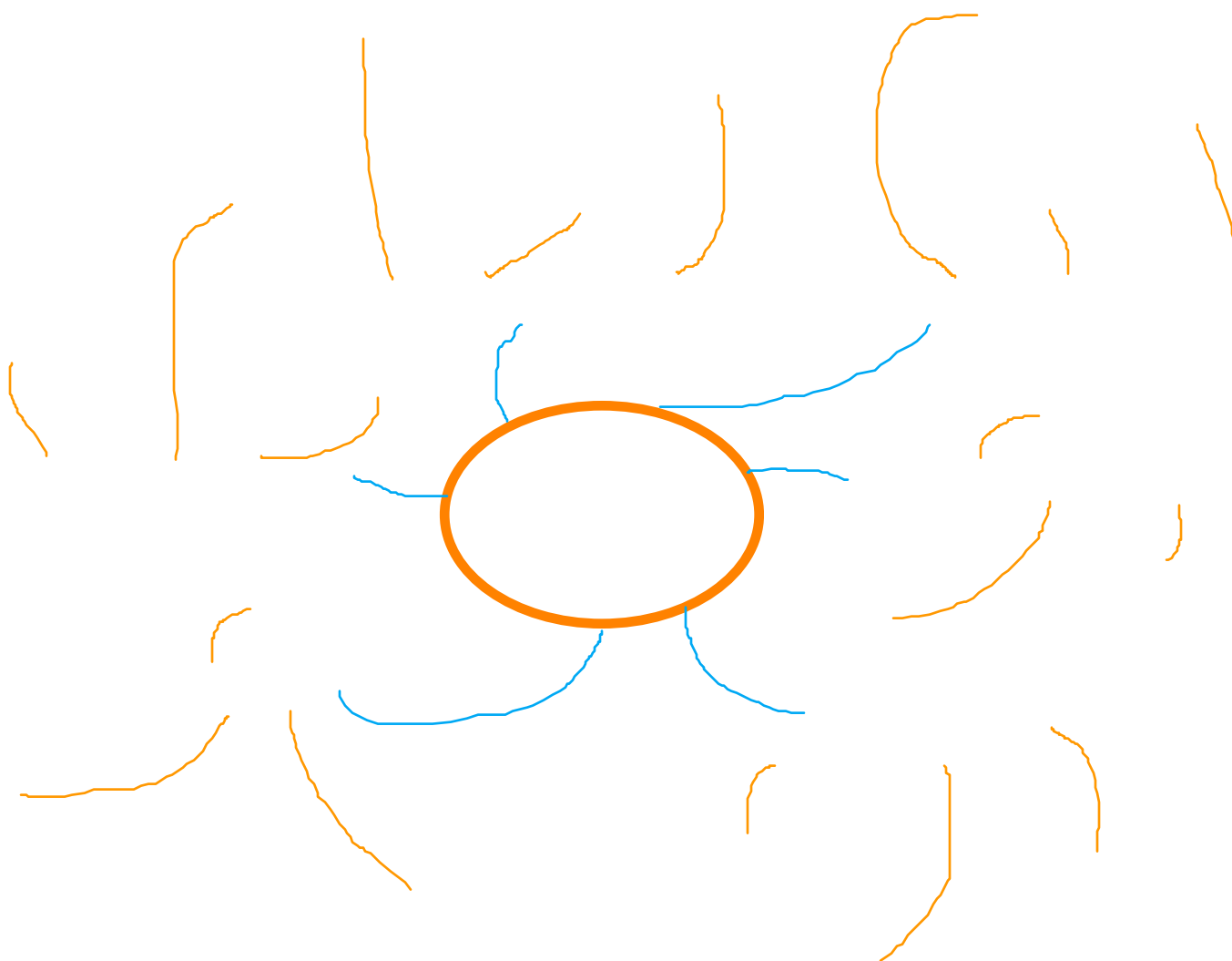
- 1) Pick an activity from your journal that engaged you, generated positive energy, and/or flowed effortlessly for you. **Summarize that activity in 1-2 words and write it in the large circle on the next page page.** This is your main topic.
- 2) In 3 minutes, **write down 5-6 things related to your topic** and circle them, connecting them with lines to the main topic.
- 3) Repeat, adding 3-4 circles with lines from each topic, until you have **at least 3 or 4 total rings of word associations** from the main topic.
- 4) Choosing from your outer ring, highlight any ideas that are interesting to you. They don't have to be related. Then **try combining these individual ideas** into something you might want to explore.



I'd like to explore...halving my personal emissions in two years by composting, walking to some of my regular short-trip destinations, turning off lights and unplugging devices when not using, drinking tap water, and...



Your Mind Map



I'd like to explore...

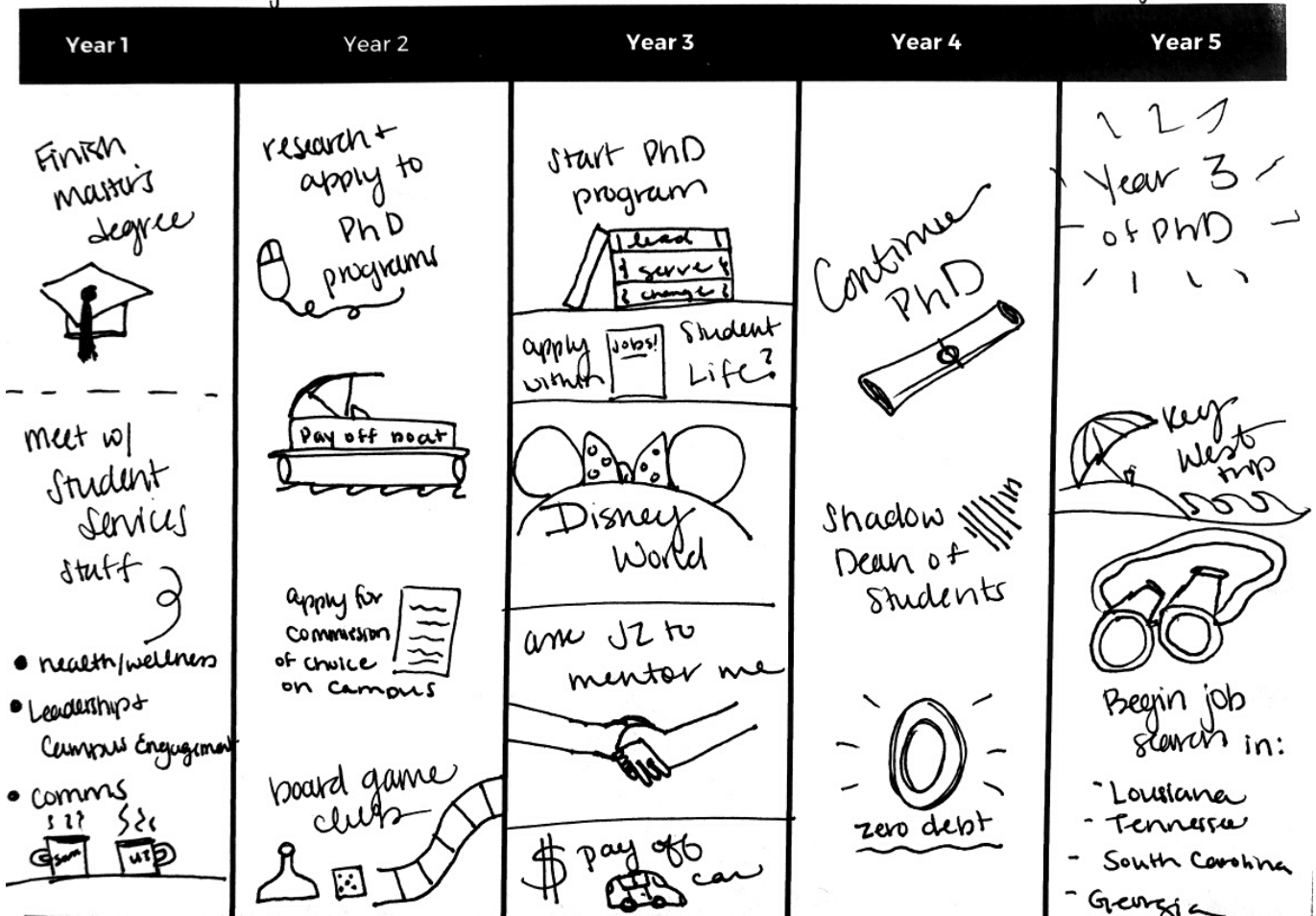


Odyssey Plans

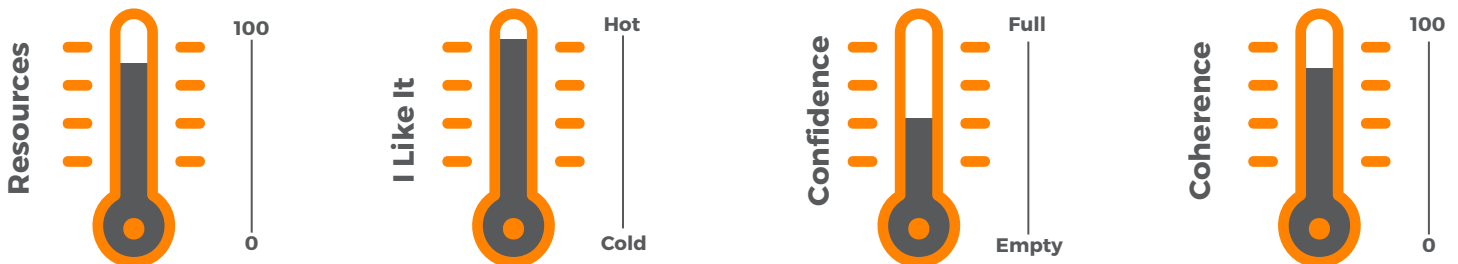
When you imagine your future, what does it look like? What will happen over the next five years to bring you closer to your goals? This is where Odyssey Plans come in handy! Odyssey Plans help us think broadly and creatively about future possibilities before focusing on specific aspects of our plans that we want to explore more fully. Take some time now to envision different Odyssey Plans for your future.

Sample Odyssey Plan

Title: Bearing the Torch - Dean of Students in Higher Ed



Dashboard: Indicate on each dial where you currently are on each gauge



Questions this plan raises:

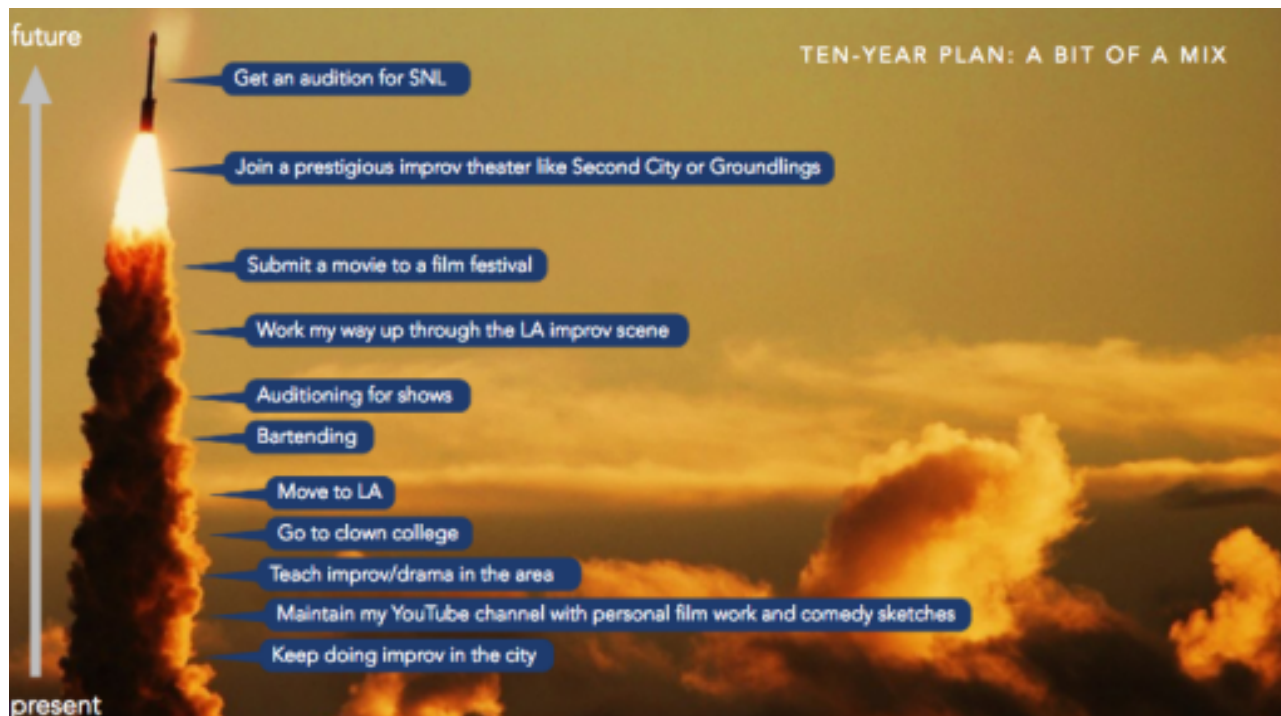
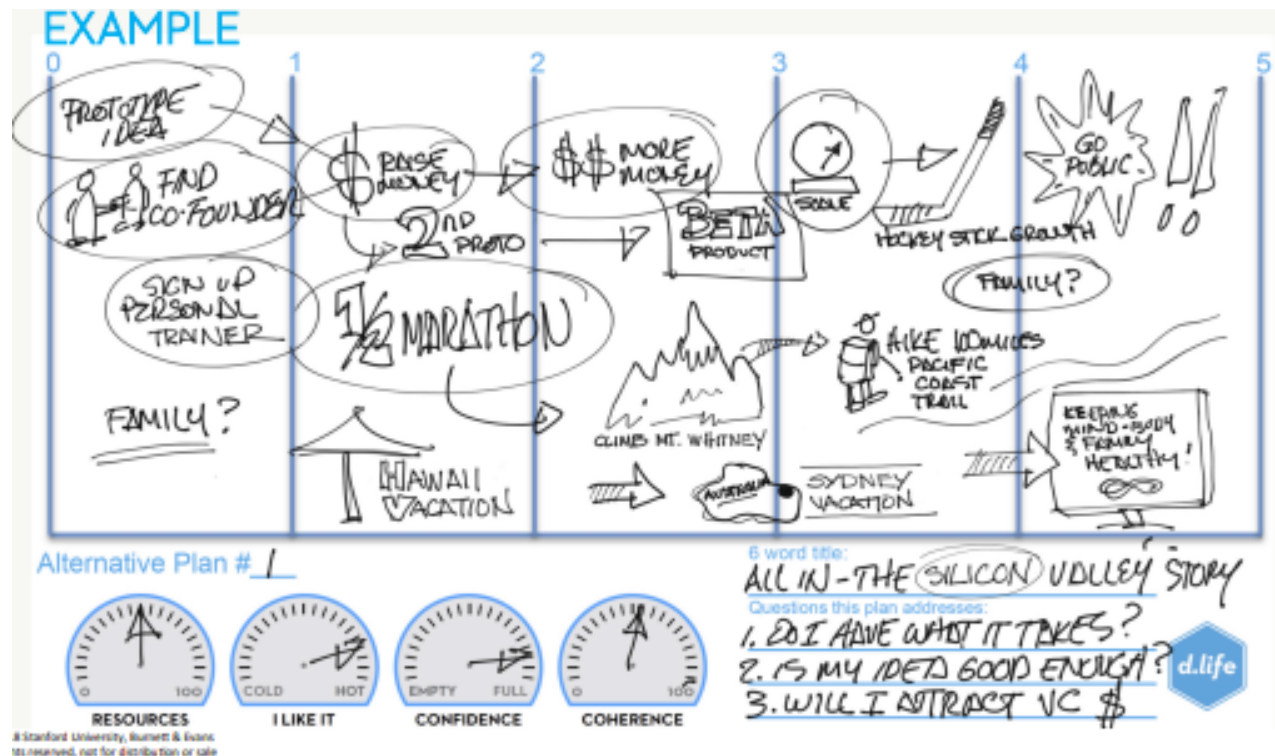
1. Am I willing to move away from my comfort zone to pursue this dream?

page ten

2. What does the career trajectory REALLY look like to move from present job to dream job? Who can walk me through it?



Additional Sample Plans





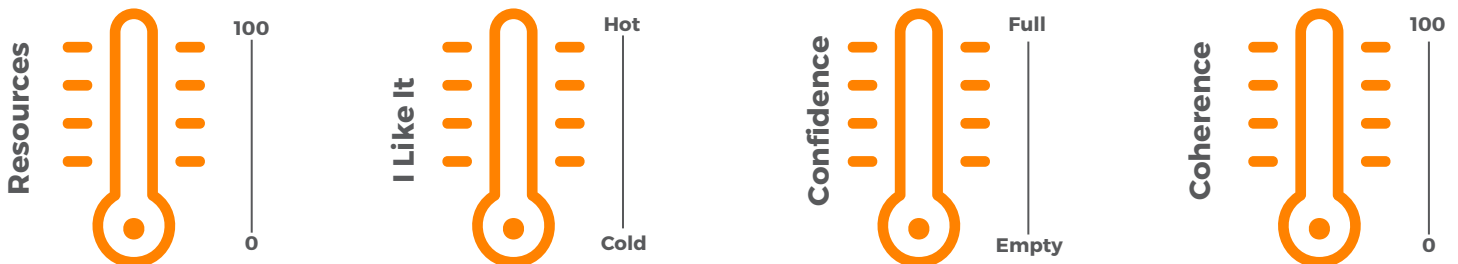
Odyssey Plans

1) The life and career you're living and working in today -- this could be your current role, current department, current division -- envision how it will develop over the next 5 years

Title:

Year 1	Year 2	Year 3	Year 4	Year 5

Dashboard: Indicate on each dial where you currently are on each gauge



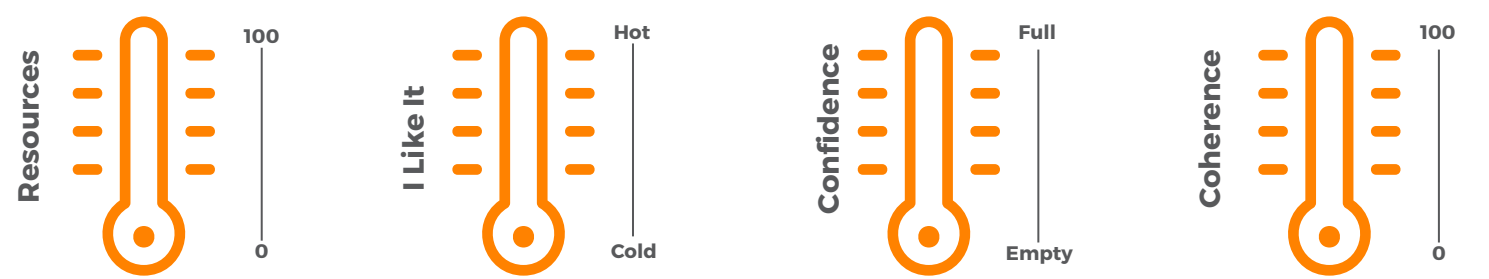
Questions this plan raises:

2) OPTIONAL: The life and career you imagine that may build upon your current role, but includes different possibilities -- or that is entirely different from your current role -- envision how it will develop over the next 5 years

Title:

Year 1	Year 2	Year 3	Year 4	Year 5

Dashboard: Indicate on each dial where you currently are on each gauge



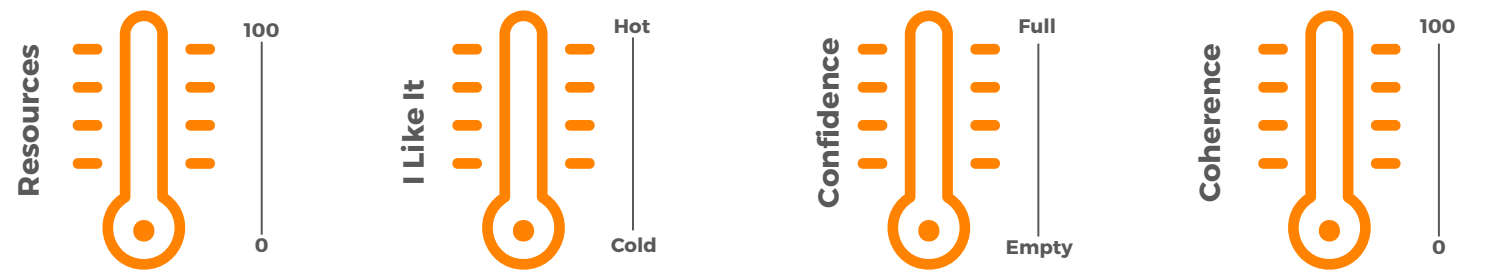
Questions this plan raises:

3) Your wildcard life and career -- what you would do if you didn't have to worry about financial constraints or what people think -- envision how it will develop over the next 5 years

Title:

Year 1	Year 2	Year 3	Year 4	Year 5

Dashboard: Indicate on each dial where you currently are on each gauge



Questions this plan raises:

Prototype Ideation

Prototyping helps us try things out before we take action to initiate change -- we're able to ask interesting questions, test our assumptions and begin building our life design team to support us in the future. Prototyping includes conversations (informational interviews), research and training, and experiences (job shadowing, departmental projects, committees, volunteering). Best done with a group so you can generate unexpected and creative suggestions, choose **one** idea from one of your Odyssey Plans that you'd like to prototype, and post in our chat.

Idea I'd Like to
Prototype:

Debt Free After Year 3!

Create a
weekly
savings plan

Spending
Freeze each
February

Put \$\$ you would've
spent on dog toys
toward debt

Start a side gig
& put all profits
toward debt

Invest money in
high risk, high
return fund

Sell unwanted
items online

Cancel streaming
services & apply
savings to debt

Meet with
financial
advisor

Life Design is a career development model created by Stanford University professors Dave Evans and Bill Burnett in their 2016 bestseller, Designing Your Life, and practiced at the Stanford Life Design Lab. This material and these tools were pioneered there and have been adapted for use by UT Knoxville staff in small group life design sessions

UT Knoxville staff, schedule your Career Development Coaching session here:
<https://hr.utk.edu/career-development/>