

1. Sense In Life

In order to be able to make valuable choices in life, you need to know your sense in life. Knowing your sense in life will lead you to choices that fit to you and in the longterm make you happy. Let's start! As your homework, we would like you to think about following questions. On Saturday we will go on.

1. Think about the future: What do you want to **be**?

I would like to be a father...I would like to be a singer....

I would like to be an inspiring colleague and partner... I would like to be happy....

Common mistake: Don't want what you want to have: E.g. I want to have money

2. Think about the future: What do you want to **do**?

I would like to see the alps...

I would like to work in a job, that provides me enough money, so I can...

I would like to go on stage and act in a play...

3. Now, think about the past: Who have you already **been**?

Think about situations, in which you were really proud of yourself!

Situations, in which you were really happy!

I have always been a good brother/sister... I was the best in my sports club...

I was really self-confident, when...

4. Now, think about the past: What did you **do** that made you really proud?

I helped out my best friend, when he was in pain...

I've learned another language....

I climbed the alps...

2. My Dashboard

A way to take stock of your current situation is to focus on what we call the health / work / play / love dashboard. Think of this like the gauges on your car's dashboard. Create a summary of your personal situation. How content are you in your life, regarding these four columns?

1. Write a few sentences about how it's going in each of the four areas.
2. Mark where you are (0 to Full) on each gauge.
3. Ask yourself if there's a design problem you'd like to tackle in any of these areas.
4. Now ask yourself if your problem is a gravity problem.

	0				FULL
LOVE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
FUN	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
WORK	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
HEALTH	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	

Love:

Fun:

Work:

Health:

3. Building Your Compass

You need to write two texts to build your compass—a Workview and a Lifeview. To write each view, it should take about twenty minutes each.

Workview Reflection (20min)

- *Why work? What's work for? What does work mean to you?*
- *How does it relate to the individual, others, society?*
- *What defines good or worthwhile work?*
- *What does money have to do with it?*
- *What do experience, growth, and fulfillment have to do with it?*

Lifeview Reflection (20min)

- *Why are we here?*
- *What is the meaning or purpose of life?*
- *What is the relationship between the individual and others?*
- *Where do family, country, and the rest of the world fit in?*
- *What is good, and what is evil?*

Coherency and Workview-Lifeview Integration

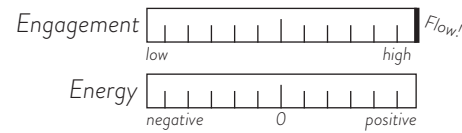
- *Where do your views on work and life complement one another?*
- *Where do they clash?*
- *Does one drive the other? How?*

4. Good Time Journal

1. Complete a log of a variety of your daily activities. Note when you are engaged and/or energized and what you are doing during those times. Try to do this for at least 8 activities.
2. At the end, write down your reflections—notice which activities are engaging and energizing, and which ones are not.
4. Are there any surprises in your reflections?

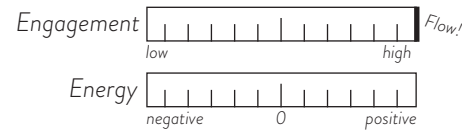
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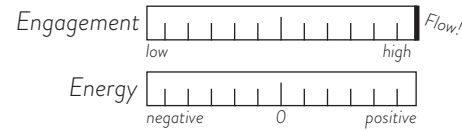
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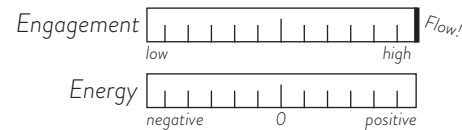
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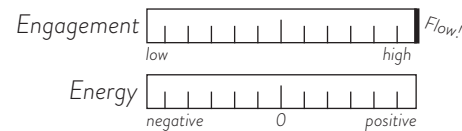
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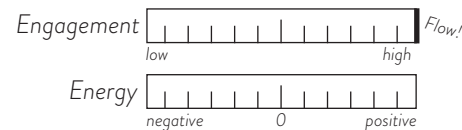
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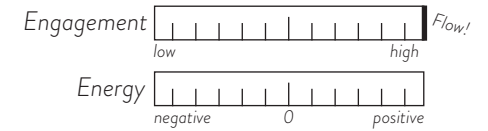
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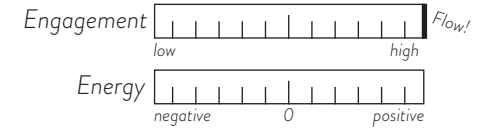
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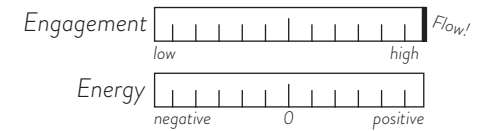
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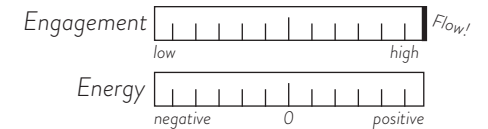
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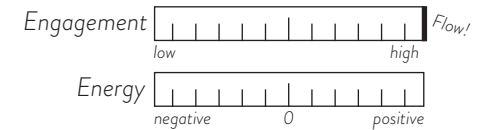
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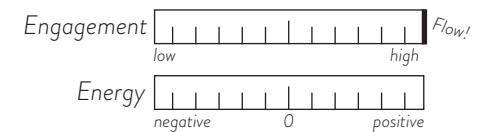
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Reflection & Surprises:

5. Life Prototype

Life One: Get inspired by your Life Sense.

Life Two: Get inspired by your mindmap.

Life Three: Get inspired by your Good Time Journal.

The next five years of your life:

0	1	2	3	4	5

6-word title:

3 questions this plan addresses:

- 1.
- 2.
- 3.

6. Next Steps

The next five months of your life:

0	1	2	3	4	5

1. Review your three Life Prototypes and the questions you wrote down for each.
2. Choose your favorite Life Prototype.
2. Make a list of prototype conversations that might help you answer the questions.
3. Make a list of prototype experiences that might help you answer the questions.
4. Try to plan your next steps for the next five months from now on.