

A life by default – or by design?



DYL was created at Stanford University's d.school and popularized by the New York Times bestseller *Designing Your Life, How To Build A Well-lived, Joyful Life*. Based on Design Thinking and positive psychology, it is an innovative method to help you move to the next chapter of your life, step-by-step - by becoming aware of your strengths, clarifying your needs and priorities, building creative confidence, and taking on personal and professional challenges with the mindset of a designer.

*Designing Your Life is not a call to change your life.
It's an invitation to transform the way you navigate through life.*

How does it work ?

DYL is a 2-day a hands-on workshop in which you both learn the method *and* apply it to the real challenges and aspirations of your life.

Insightful, dynamic and practical, the workshop is a journey through key personal and professional life issues (described in the following page).

A range of exercises and tools help us focus on each of these topics, first individually, and then in small group exchanges that enrich and deepen our personal insights.

The workshop concludes with each person's « next steps » engagements and is followed up with an online check-in, 2 weeks later, to consolidate learnings and further networking opportunities and mutual support.



DYL : Topics and tools

Assessing Your Balance

It's important to know where you are before you can design improvements or a new path. How do you know where you are? The balance portfolio means, as well as your definition of balance, identifying where you are and where you want to be is the first step towards designing improvements.

On the dashboard below, inside the changes from zero to full indicating how satisfied you are in each area of your life right now. The complete dashboard of "S" is on page 10. You see the expert on your life: the dashboard gives you a choice to compare your own assessment of each part of your life we set or see that full.

Notice what you see in the assessment. We want to know that there is no critical balance of those areas. We are now different areas of health, work, and love in our lives at different times, knowing the current state of our design. **DESIGN YOUR OWN DASHBOARD**

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3. Do these values...
 - What work?
 - What work?

Designing Odyssey Plans

If your mind starts with multiple ideas, it's possible to create a plan that is both exciting and able to work and survive from "real innovation." Designing

1. Create a visual / graphic timeline of your work and life over the next five years. Include personal and professional milestones. How do it?

2. Take each plan based on its goal or success.

3. Evaluate each plan based on these questions:
 - Resources: Do you have the time, money, skill, and capacity to do what you need to pull off the plan?
 - Identifies: How do you feel about this plan?
 - Confidence: How confident are you about pulling this off?
 - Consistency: How consistent with your lifestyle and values?

4. Identify the questions each plan raises for you, specifically areas where you are called and could take these questions by prototyping and/or living the plan for a few years.

Choosing Model

Understanding the process of making decisions can help you better understand how you make decisions and increase your ability to make decisions well.

Reflect on the choosing model and put down notes about how you engage with each of these steps. Notice which steps of the process are easiest and hardest for you.

Assessing Your Energy

It takes physical and mental energy to complete our activities each day. Some of those activities build up energy and some drain it. It's important to know how our energy flows and to be intentional about it. Designing energy only design to increase and to be intentional about it. Designing energy only design to increase and to be intentional about it.

1. Choose a week to design. Pick a typical week, or last week, or create a "design" week. Identify emerging or existing activities you did each day and list them in the appropriate column below. If you have a calendar, use it to help your memory.

2. Create a bar chart on the graph area below of the energy going and energy returning activities you have Monday through Sunday, with the bar indicating how much each energy tap from (red) or drained (blue) from (red).

3. Use any activities that generated flow.

4. Reflect on what you see. Are there sequences of activities that are particularly energizing or draining? Consider the time of day and location of the activity.

Community One Drink at a Time

Resources: KNOWLEDGE, SKILLS, TOOLS, TIME, CONNECTIONS, COMMUNITY

How do you use this library?

Energy Draining Activities

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

Giving Activities

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

- Explore the social narrative and how it impacts your beliefs; reframe the dysfunctional beliefs that get in the way of thriving.
- Define what work and life mean to you and how they can be integrated to increase flourishing.
- Consider your past jobs/roles and consider what you need today to be challenged at work and grow.
- Design the balance and energy you need to fuel your life.
- Frame and reframe problems or areas where you've been stuck and engage in "radical collaboration" and ideation for new solutions.
- Envision future possible lives and learn how to prototype the parts of these lives that are most compelling to you.
- Hone your decision-making process, your discernment, tuning into the wisdom of multiple ways of knowing.
- Create a Designer's Action plan for real change.
- Reframe networking and connect with others who can help you make progress on your action plan.

The Program

Prior to the Workshop

Write and reflect on your view of work and life.
Identify where you feel stuck.

Workshop Day 1

Introduction to LifeDesign
Thinking like a designer : method, mindsets & tools
Your life ecosystem: strengths, resources, challenges
Aspirations and motivators
A compass to navigate through complexity and uncertainties
Enhancing balance and energy

Workshop Day 2

Identify limiting beliefs and “false” problems
Creative problem-solving: the art of framing/reframing
Expanding possibilities : the mindset and tools of creativity
Developing Discernment in choosing
Future scenarios: 3 Odyssey Plans
Prototyping, the designer’s super-power
Moving forward : the agile action plan

Post-Workshop

A 2-hour online workshop for follow-up, coaching and support

Boost your skill and confidence for designing a life where you will thrive – now and in the future.