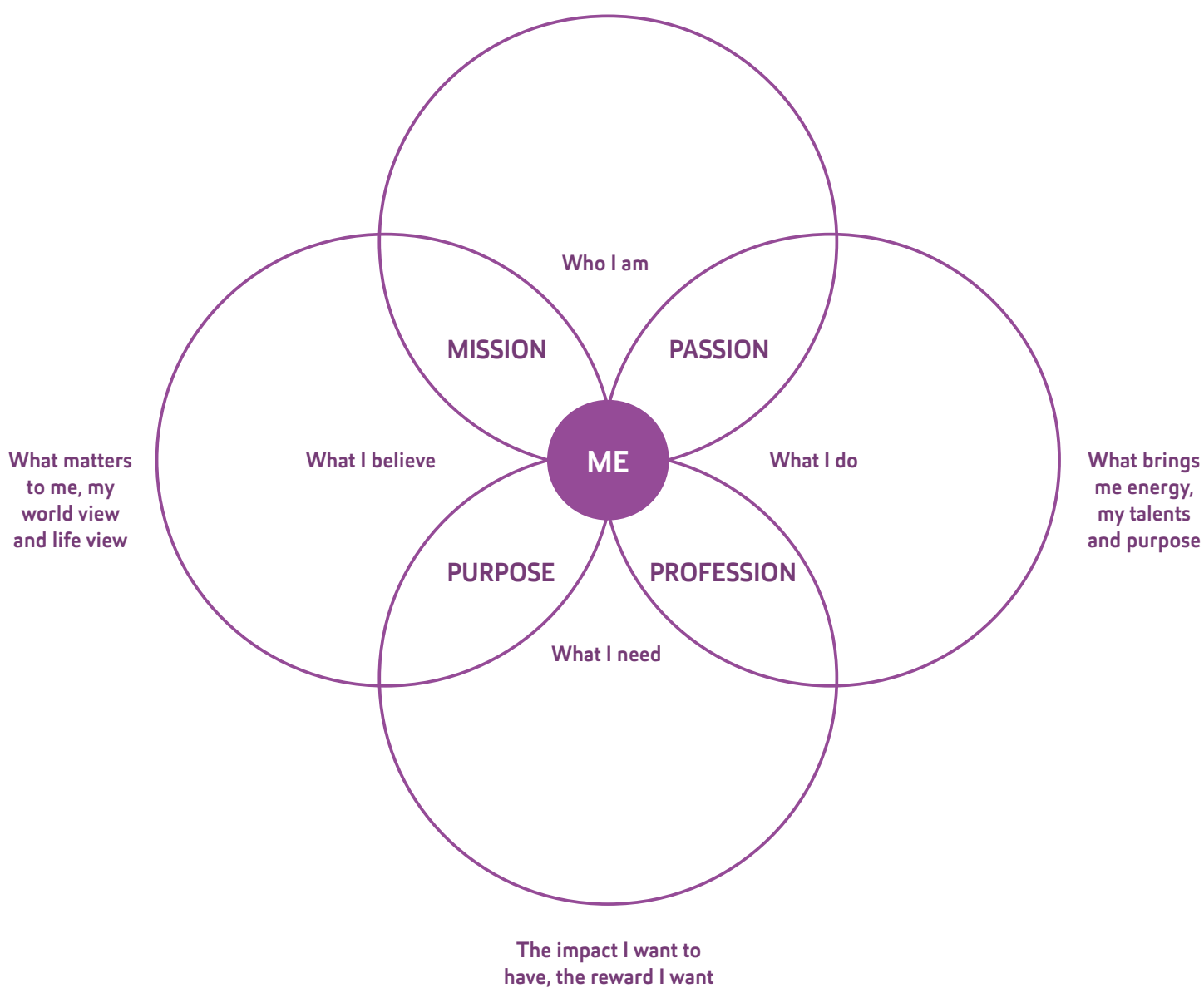


DESIGN YOUR LIFE

#1 Start with planning

My values, personality,
and human skills





What is your life-view?

Think about your views on life. Try to journal your own personal 'life viewpoint' expressing as much meaning as you can about the things that matter to you and why.

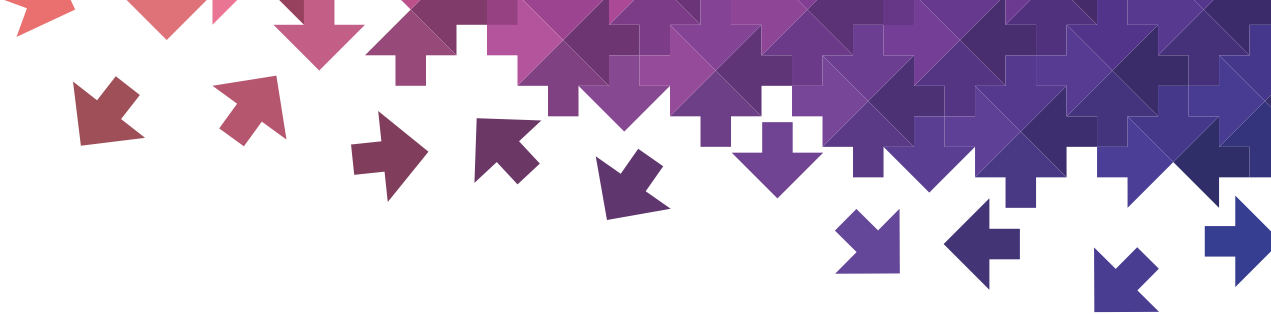
Why are you here?

What matters to you?

What is the meaning/purpose of your life? of death?

Where do family, country, community and the rest of the world fit in?

What are your beliefs about joy, sorrow, justice, injustice, love, peace, strife, equality, diversity?



What is your work-view?

Think about your views on work. Try to journal your own personal 'work viewpoint' expressing as much meaning as you can about the things that matter to you and why.

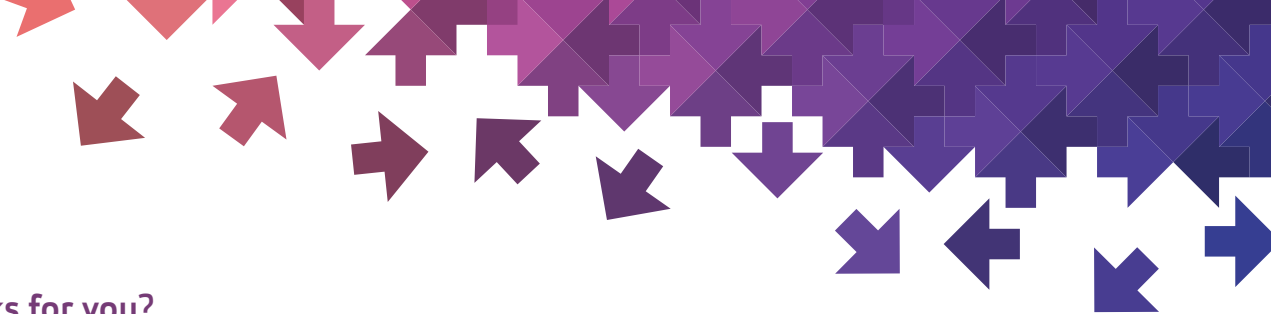
Why work?

What's its meaning or purpose?

How does it relate to you as an individual, your family, your community, society, or the world?

What defines good or worthwhile work vs bad or unfulfilling work?

What does money have to do with it? Is other reward equally as important?



What works for you?

Think about a typical week...

What activities do you do that bring you the following qualities? How do they interact?
What sits at the heart of it all? What is the interaction between each quadrant?

Understanding moments that matter in your life helps you to target your time more towards them.

JOY

ENERGY

FLOW

MEANING