

DESIGN YOUR LIFE

#3 Choices, choices

What causes will you choose?

We all only have one (guaranteed) life on this planet. Your most precious assets are your time and your energy and your intellect. How will you choose to use yours?

Consider the causes that are most important to you and map out **what** about this cause matters to you, and **how** you could make a difference.

ME	HOW?	WHAT?
Environment		
Government		
Arts & Music		
Business		
Animals		
Technology		
Health & Wellbeing		
Science		
Education		
People		



What might stop you?

Yourself.

We all harbor self-limiting beliefs that if not addressed, can block us from living a life of purpose. What beliefs do you hold about your ability to contribute to a great cause? Circle all the dysfunctional beliefs that apply to you – be honest, it's your life.

DYSFUNCTIONAL BELIEFS

Your intelligence determines your success

If I could be more successful, I would be happier

It's too late to start

I'm too old / young to do that

I'm not smart enough / good enough to do that

I should already know where I'm going

I can't change things now

Work is not supposed to be enjoyable – that's why they call it work

I'm stuck in the lane I'm in

I must find the one right idea

I need to figure out my best possible life and make a plan fast

I don't have the resources I need to work towards my dreams

My dream job is out there waiting I just need to find it

Networking is just hustling people – it's a waste of time

My partner / family wouldn't support me to do this

I need to look for a job

To be happy, I have to make sure I make the right choice

If I do that, I'm sure someone will copy it straight away

I can't do it without re-training

What if I fail?

What might you add?

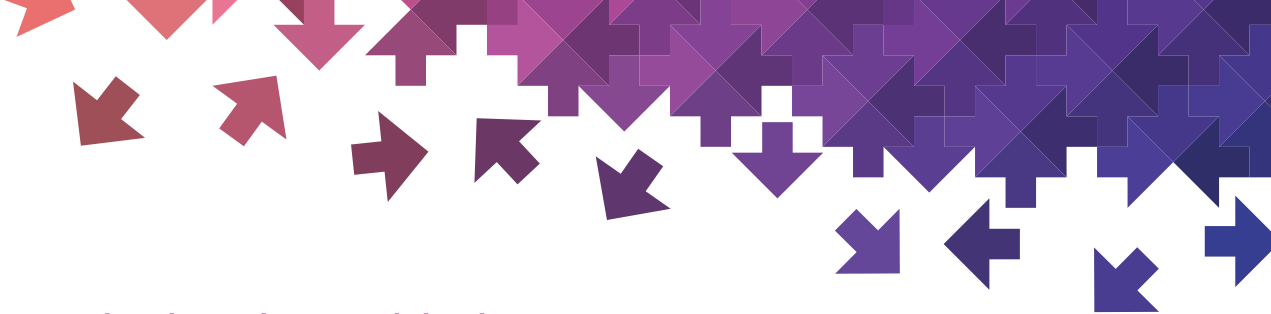
What might enable you?

Yourself.

What if we believed the opposite were true? What could we do then?

Choose optimism and self-belief by focusing on being open to discovery and see how that changes things...

DYSFUNCTIONAL BELIEFS	REFRAMING BELIEFS
Your intelligence determines your success	My ability to take risks, learn and grow will determine my success
If I could be more successful, I would be happier	Happiness isn't a destination, it's a journey of evolution and change
It's too late to start	It's never too late if you have a plan
I'm too old / young to do that	Age is not a barrier - it's an enabler
I'm not smart enough / good enough to do that	My intelligence isn't fixed - through experimentation I will find out if you can
I should already know where I'm going	I can't know where I'm going until I evaluate clearly where I've come from and where I am
I can't change things now	By not moving I am accepting that where I am right now is enough for me
Work is not supposed to be enjoyable - that's why they call it work	When my work is something that engages my innate creativity it won't feel like work
I'm stuck in the lane I'm in	Everyone is capable of generating ideas that could lead to something
I must find the one right idea	I need to have a lot of ideas so that I can explore multiple possibilities
I need to figure out my best possible life and make a plan fast	My best possible life will find me if I start trying things
I don't have the resources I need to work towards my dreams	There are people who will support me with the resources I need, if I just ask
My dream job is out there waiting I just need to find it	My dream job will become a reality if I create it
Networking is just hustling people - it's a waste of time	Networking is about building connections and activating opportunities
My partner / family wouldn't support me to do this	My partner only wants the best for me
I need to look for a job	I need to consider multiple possibilities
To be happy, I have to make sure I make the right choice	There is no one right choice - every choice is an opportunity for learning and a step towards the next choice
If I do that, I'm sure someone will copy it straight away	If I become an expert in this, I will always be ahead of my competitors
I can't do it without re-training	I won't know if I can do it unless I try
What if I fail?	What if I win?



Mind-map your idea through a possibility lens

Take your viewpoint on the causes you want to serve, and your positive ideology, and start sketching how your opportunity could come to life...

1) I will start by...	2) then I will...
The opportunity is to...	
3) after that I will...	4) which will allow me to...