A Well-Designed Life

A 4-week Virtual Masterclass
Powered by Western Alumni and Careers & Experience
WHAT IS YOUR DEFINITION?

success
/səkˈses/  
noun

the accomplishment of an aim or purpose.  
"the president had some success in restoring confidence"

Similar: favorable outcome  successfulness  favorable result

- the attainment of popularity or profit.  
"the success of his play"

Similar: prosperity  prosperousness  successfulness  affluence  wealth

- a person or thing that achieves desired aims or attains prosperity.  
"I must make a success of my business"

Similar: triumph  bestseller  box-office success  sellout  coup
AND WHERE DID THAT DEFINITION COME FROM?
SUCCESS IDEATION EXERCISE: **STEP 1**

Grab a piece of paper and a pen
List all the ways you have heard to define success
Identify the source of the narrative, note it

- Making lots of money
  - My Friends
- Get married and have children
  - My Grandmother
- Global fame
  - Instagram
SUCCESS IDEATION EXERCISE: **STEP 2**

Click the + to add your definition/source to the most applicable category.
SUCCESS
IDEATION
EXERCISE
TAKEAWAYS

How does your definition of success relate to your worldview?
Your workview?

Any insight, ideas for further thought?
DECISION

MAKING

PROCESS
DECISION MAKING SUMMARY

REFRAMING

I have to make the right choice

There is no right choice, only good choosing

GATHER & CREATE
Good at Being Lucky

NARROW DOWN
Choice Overload

CHOOSE
Emotional Intelligence

LET GO & MOVE ON
Synthetic Happiness

Careers & Experience
WHAT MAKES A DECISION GOOD?

WHAT YOU CAN CONTROL

WHAT MATTERS

FOCUS HERE
IMPLEMENTING YOUR ODYSSEY:
THE CHALLENGE OF CHOOSING

MEANING-MAKING
Workview and Worldview

CHOOSING

COVERY & SUPPORT
Practices, Discernment, Mentors, Community

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“We depend on the wisdom of the emotions... which has a lot to do with our imagination.”

Daniel Goleman, Psychologist
WHATS YOUR STORY?

Imagine having made the choice to live each of your plans.

IN YEARS, IMAGINE SOMEONE ASKS YOU: HEY, HOW’S IT GOIN’? & YOU SAY “REALLY GOOD.”

AND THEY SAY, “AWESOME! TELL ME ABOUT IT...”

NOW WRITE YOUR ANSWER.
TIME FOR A STRETCH
WELCOME BACK!
IT’S YOUR 10TH REUNION!

One at a time, give a quick update of your life in the past 10 years

Discuss the following questions:

ROUND 1 - Hey! I haven’t seen you since the masterclass. What have you been up to? How is it going?

ROUND 2 - “News updates.” Each person pick one from the list below (it’s okay if you all pick the same!). Share how this “update” has altered your plan.

- You are about to be offered a major promotion with more responsibility and more money, but it requires travelling 30% - 50%.
- Your employer has offered you a 3-year transfer to another country. You and your significant other (and kids?) are very involved in your local community and you just got the house the way you like it.
- You have just learned that a distant, childless uncle of your mother has died and left you an inheritance of $1 million, which you’ll receive in 1 year.

ROUND 3 - Discuss the following questions related to letting go and moving on:

What are some things that got away from you and aren’t coming back? How do you feel about that?
WELCOME BACK!
HOW WAS YOUR 10TH REUNION?

WHAT DID YOU GET FROM A BRIEF VISIT TO YOUR DISTANT FUTURE?
You won’t know how you feel about a decision until the decision is made.

Sometimes things happen in life that are unexpected.

Some things don’t come to be and that is okay to.

It’s important to practice letting go and moving on.
THE LAST LIFE DESIGN IDEA & TOOL!

MEANING-MAKING
Workview and Worldview

DISCOVERY & SUPPORT
Practices, Discernment, Mentors, Community

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BUILDING YOUR LIFE DESIGN TEAM

Great design teams are radical collaboration efforts!

Life is collaborative journey...
MENTORS, ADVISORS AND SPONSORS

MENTOR
Someone whose perspective and experience can be helpful to you

ADVISOR
Someone who gives you advice about what they think you should do

SPONSOR
Someone who supports you and advocates for you
YOUR LIFE DESIGN TEAM – COMMUNITY

WHAT IS A COMMUNITY?
Kindred group with regular gathering where you’re known
A place to have “this conversation”
Living into similar worldviews and workviews

WHY HAVE A COMMUNITY?
Life is a journey, and travelling alone is hard

HOW DO YOU FIND COMMUNITY?
Join an existing community
Invent your own community

CHALLENGES
Not always easy to find
Be prepared to innovate and create – bias to action
You have to be vulnerable to connect to others
“I find there is an amazing hunger to shift the conversation. People are ready to talk a little less about how to do things and to talk a little more about why ...

The task now is to come up with forums where these sorts of conversations can happen in a more modern, personal, and interactive way.”
INDIVIDUAL REFLECTION

WHO, IF ANYONE, DO I CONSIDER A MENTOR?

HOW MIGHT I INTENTIONALLY BUILD COMMUNITY AFTER THIS CLASS?

WHO IN MY LIFE HAS CREATED A COMMUNITY THAT I ADMIRE? WHY?

WHAT CONVERSATIONS AND COMMUNITIES AM I PART OF NOW THAT I HOPE TO CONTINUE?
YOUR WESTERN COMMUNITY ON LinkedIn
LEARNINGS & UNLEARNINGS

NEW STUFF

OLD STUFF

STUFF YOU KNOW

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WHAT I THOUGHT I NEEDED TO KNOW TO GET STARTED

EVERYTHING

THE TRUTH

IT’S USEFUL TO HAVE AN IDEA OF WHAT YOU WANT TO DO

AND SOME THINGS YOU’LL NEVER REALLY KNOW

BUT YOU’LL LEARN A LOT JUST BY GETTING STARTED

AND YOU’LL KEEP LEARNING ALONG THE WAY

LIZ FOSSLIEN
@LIZ AND MOLLIE

RECAP
What will I actually start DOING when I leave here?

Identify 2 specific steps you'll take in the next 2 weeks

Make an Accountability Buddy appointment to check in
THANK YOU!

SARAH DAWSON
Alumni Relations & Development

DAVID FEENEY
Careers & Experience

STEPHANIE HAYNE BEATTY
Careers & Experience

HEATHER WAKELY
Careers & Experience

JEFF WATSON
Careers & Experience

STEVE ARSENAULT
Alumni Relations & Development

JESSICA CAPPUCCITTI
Careers & Experience

CAM MALTHANER
Careers & Experience