

Design the Life You Want

Step 1: Connect the Dots

For each of the prompts below, spend 5 minutes writing or reflecting on your answers.

Work View (5 minutes)

Why do you work? What's it for? What's work in service of?

- Prompts if you get stuck:
 - *What energizes you about work?*
 - *What drains you?*
 - *When do you feel most useful?*
 - *What does good work look like to you?*
 - *What impact do you want to have?*
 - *What makes work feel worthwhile?*

Life View (5 minutes)

What's the bigger picture? Why are you here? What do you believe about how life should be lived?

- Prompts if you get stuck:
 - *What values are non-negotiable for you?*
 - *What makes life feel worth living?*
 - *What legacy do you want to leave?*
 - *What matters most to you?*
 - *How should life be lived?*

Find the Overlaps

Look at both lists side by side and **circle where they overlap**. These become your compass for decision-making.

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Step 2: Identify Gravity Problems

Write down three things you've been complaining about for more than six months:

- 1.**
- 2.**
- 3.**

For each one, ask: Can I change this?

Problem 1: Can change? YES / NO If yes, what action will you take immediately?

- If no, how can you work with/around this constraint?**

Problem 2: Can change? YES / NO If yes, what action will you take immediately?

- If no, how can you work with/around this constraint?**

Problem 3: Can change? YES / NO If yes, what action will you take immediately?

- If no, how can you work with/around this constraint?**

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Step 3: Design Three Lives

For each of the prompts below, spend 5 minutes writing or reflecting on your answers.

Plan 1: Current Path Goes Great

Your current situation works out better than expected over the next 5 years.

- **What does your typical day look like?**
- **What bucket list items do you finally do?**
- **How have your relationships improved?**

Plan 2: Complete Restart

Your current job/situation disappears tomorrow. You have to rebuild from scratch.

- **What would you choose to build?**
- **What does your new life look like in 5 years?**
- **What excites you about this fresh start?**

Plan 3: Wildcard

You have enough money and nobody's judging your choices.

- **What would you do with your time?**
- **What does a typical week look like?**
- **What would you choose if external pressure didn't exist?**

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Step 4: Prototype Everything

From your three lives, what specific things do you want to experiment with?

- 1.**
- 2.**
- 3.**

Prototype Plan: For each idea, how will you test it?

- **Idea 1:**
 - **How you'll test it:**
 - **Timeframe:**
- **Idea 2:**
 - **How you'll test it:**
 - **Timeframe:**
- **Idea 3:**
 - **How you'll test it:**
 - **Timeframe:**

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Step 5: Choose Well

Decision Framework: After prototyping, which path feels most compelling?

Rational Analysis: Practical considerations (money, timing, logistics)

Gut Check: How does this option feel?

Commitment Decision: The path I'm choosing to commit to

Your Life Design Summary

My Work/Life Overlap (Compass):

Gravity Problems I'm Accepting:

The Life I'm Building:

Next Action I'm Taking: