DESIGNING YOUR LIFE

Centre for Student Involvement and Careers

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TODAY'S FACILITATOR

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WHERE ARE YOU LEARNING FROM?
OUR GOAL

By the end of today’s session, you will be able to:

Design a plan that sustains and invites navigating with purpose while being mindful to choice, constraint, and possibility.
IF YOU COULD DESIGN ANYTHING, WHAT WOULD YOU DESIGN?
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1. Introduce yourself and include your degree program and year
2. Share your answer to the question – what would you design?

Some things we’ve heard before...

• A machine to help get my children dressed
• A puppy that turns off when you leave the house
• A car that shrinks so I can put it in my pocket
• A teleporter
DESIGNING YOUR LIFE IS AN ACTIVE PROCESS
WE ARE GOING TO TEST AND TRY IT OUT TODAY
YOU NEED: A PEN AND PAPER, CURIOUSITY, AND COURAGE
EACH INDIVIDUAL IS AN EXPERT ON THEIR OWN LIFE
ODYSSEY PLANS

What?

3 possible versions for what one’s future may be.
Ideation and exploration – not decision making, yet.
ODYSSEY PLANS

Why?

Leads to ideas for possible ‘prototypes’ (conversations or experiences).

Prototypes help to test out what we want to pursue and how we want to do it.
How?

Sketch out 3 plans with different constraints
For each plan, think of your entire life – where will you be? Who will you meet? What experiences would you like to have?
SKETCH YOUR ODYSSEY PLANS

Life #1: What if your path continues as you have planned or imagined it so far. What would you do?

Life #2: What if the thing you currently do ceases to exist. What would you do?

Life #3: What if all of your responsibilities and resources were accounted for, and everyone in your community enthusiastically supported you – what you do?

For each timeline, keep in mind: Where would you be? Who you will meet? What skills or experience do you want to build?
AN EXAMPLE

Alternative Plan #1

6 word title:

All in the Silicon Valley story

Questions this plan addresses:
1. Do I have what it takes?
2. Is my idea good enough?
3. Will I attract VC $
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For each timeline, keep in mind:
Where would you be? Who you will meet? What skills or experience do you want to build?
SHARE ONE PART OF ONE PLAN

Pick one thing from Life #2 or Life #3 that you are curious about and want insight on
SHARE ONE PART OF ONE PLAN

Take turns sharing one part of Life #2 or Life #3
There will be 3-4 participants per breakout group

Listeners:
Pay close attention to the words/body language/expressions you notice in the person sharing.
Share back one moment when they looked engaged in their plan.
REVIEW YOUR PLANS

Two kinds of insight:
1) Your experience sharing the idea
2) What was reflected back at you from others

Select one thing from one plan that you would like to prototype
Example: Chinchilla Farming

Less useful questions right now:
  X Should I really do it?
  X What equipment will I need?
  X How could I get a chinchilla farm?

Most useful questions right now:

*How might I prototype the experience of raising small animals?*
*How might I prototype the experience of working on a farm?*
*How might I prototype the experience of being my own boss?*
IDEATION BOARDS

ADD 1 IDEA AND MOVE ON
An Experience...
A possible Conversations...
Any wild ideas...

DIGITAL IDEATION BOARD
REVIEW YOUR PROTOTYPES

Select one thing from the suggestions that you can take action on in the next two weeks
DIFFERENT KINDS OF THINKING

ENGINEERING THINKING
Solve your way forward

BUSINESS THINKING
Optimize your way forward

RESEARCH THINKING
Analyze your way forward

DESIGN THINKING
Build your way forward
DYL Mindsets

- Radical Collaboration
- Reframing
- Curiosity
- Mindful of Process
- Bias Towards Action
LIFE DESIGN FRAMEWORK

MEANING-MAKING
POV, Workview, Worldview

DISCOVERY & SUPPORT
Practices, Discernment, Mentors, Community
THAT’S A WRAP… FOR TODAY