

# DESIGNING YOUR LIFE

Centre for Student Involvement and Careers

[STUDENTS.UBC.CA/CAREER](https://students.ubc.ca/career)





# TODAY'S FACILITATOR

Danielle Barkley, Career Educator

[DANIELLE.BARKLEY@UBC.CA](mailto:DANIELLE.BARKLEY@UBC.CA)  
[STUDENTS.UBC.CA/CAREER](https://STUDENTS.UBC.CA/CAREER)





An aerial photograph of the University of British Columbia (UBC) campus. In the foreground, a large circular fountain with multiple water jets is surrounded by a paved walkway where many students are walking. The campus is lush with green lawns and trees, some of which have yellow autumn foliage. In the background, a city skyline with several high-rise buildings is visible, followed by a range of blue mountains under a clear sky.

# **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?**



# IF YOU COULD DESIGN ANYTHING, WHAT WOULD YOU DESIGN?

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, CURIOSITY, 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.





# ODYSSEY PLANS

## 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:

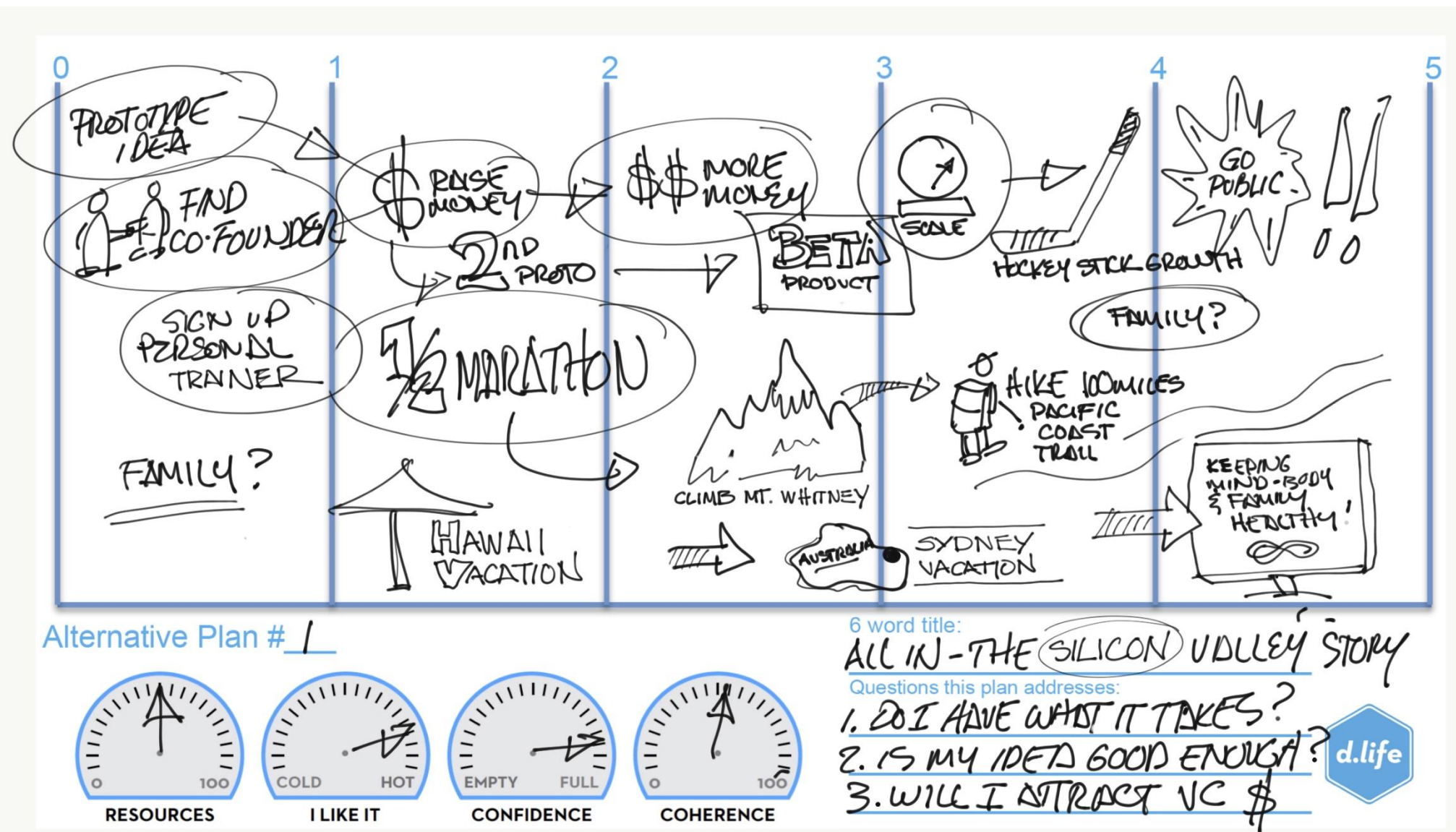
What if all of your responsibilities and resources were accounted for, and everyone in your community enthusiastically supported you – what you do?

*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



# SKETCH YOUR ODYSSEY PLANS



Life #1:

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

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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?*



# 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



# IDEATION BOARDS

## 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?*

*How might I prototype the  
experience of raising small  
animals?*



# 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



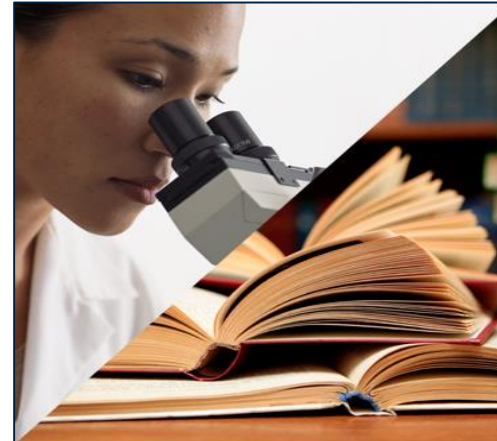
Solve your  
way forward

## 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

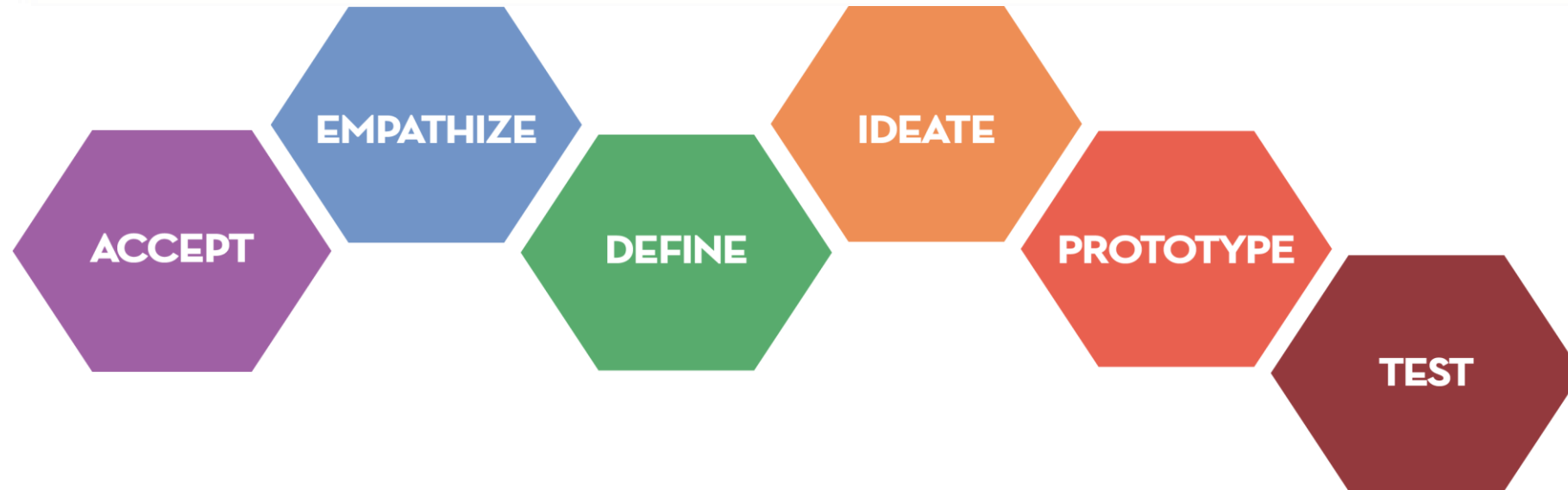


Bias Towards Action



# LIFE DESIGN FRAMEWORK

**MEANING-MAKING**  
POV, Workview, Worldview



**DISCOVERY & SUPPORT**  
Practices, Discernment, Mentors, Community



**THAT'S A WRAP... FOR TODAY**







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