

Way finding

Dysfunctional Belief:
Work is not supposed to be enjoyable, that's why they call it work

Reframe
Enjoyment is a guide to finding the right work for you

Need a compass
NOT a map

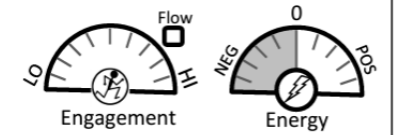


Tools

- Engagement
- Energy

Follow the Joy
Follow what engages you and excites you
Follow what brings you alive

Good Time Journal – Activity Log

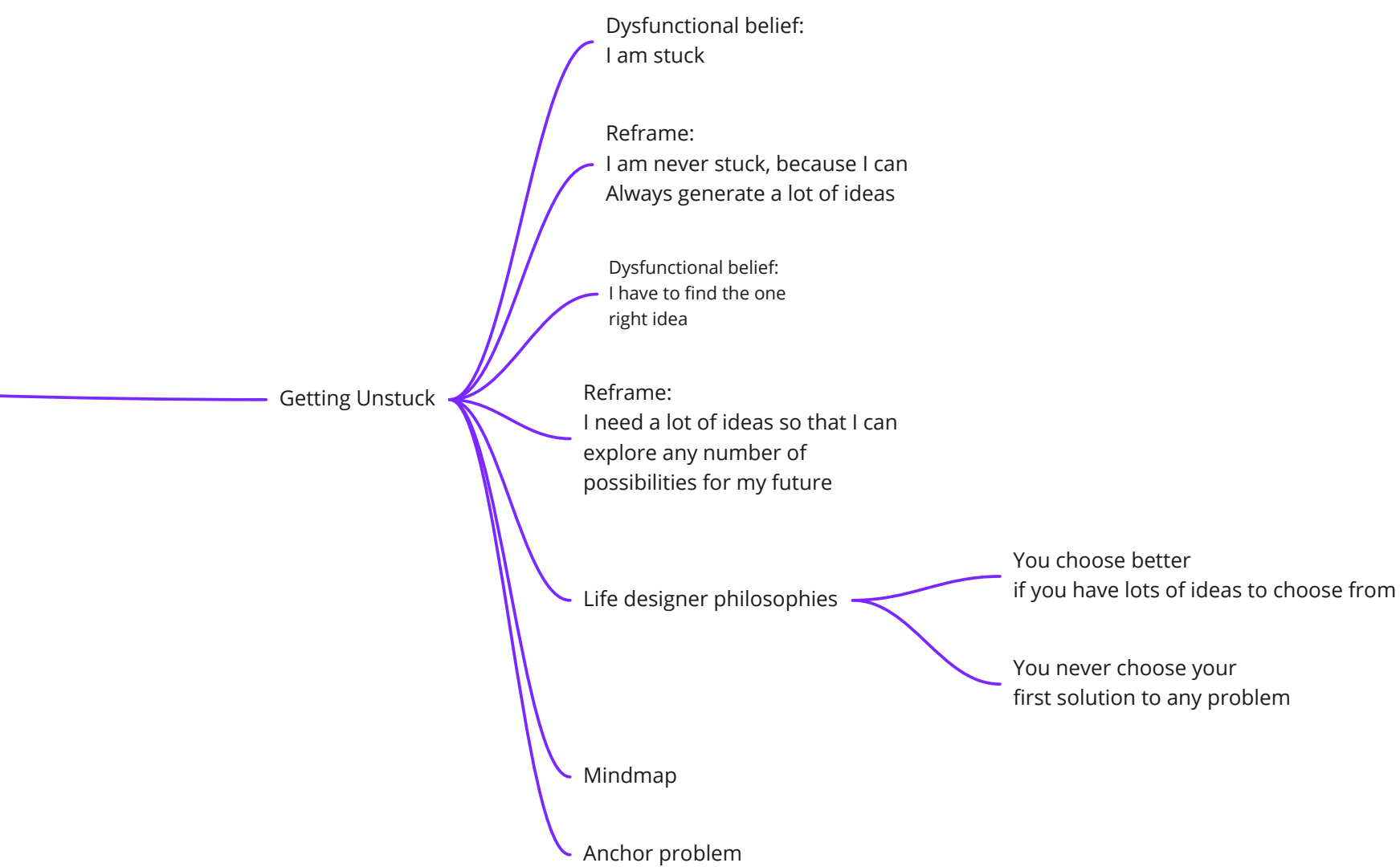


Good Time Journal

AEIOU
Reflections

- Activities
- Environments
- Interactions
- Objects
- Users

Mine your reflections



Design your lives

Belief

Dysfunctional:

I need to find the best possible life, make a plan, and execute it

Reframe

There are multiple great lives within me, and I get to choose which one to build my way forward

Belief

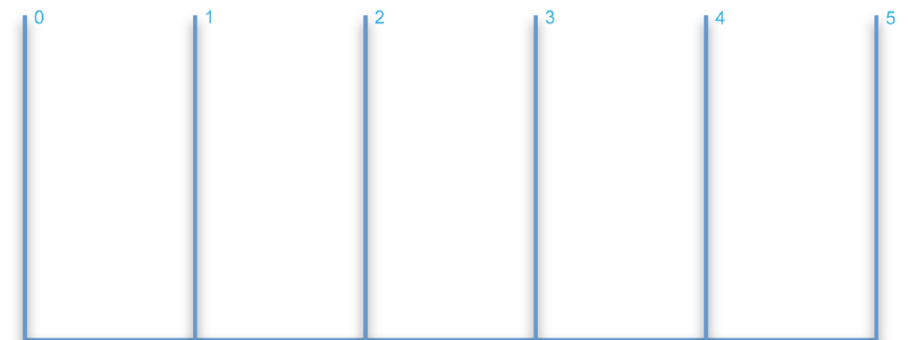
Embrace Multiple Personalities

Three Different plans for the next 5 years

Life one: The Thing You DO

Life Two: The Thing you DO if Life One disappears

Life Three: If Money/Image were not an Object



Alternative Plan # ___

6 word title: _____

Questions this plan addresses: _____



RESOURCES



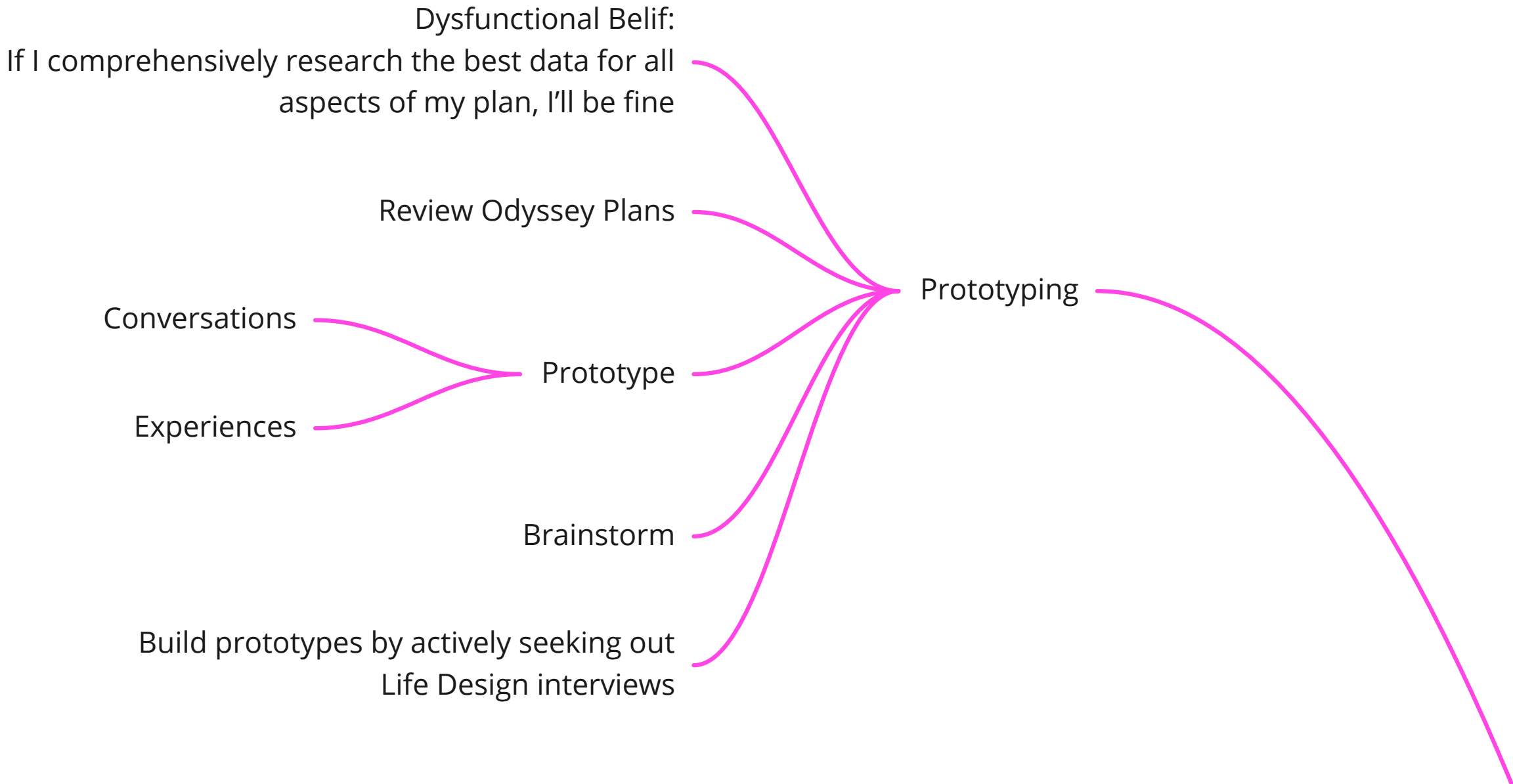
I LIKE IT

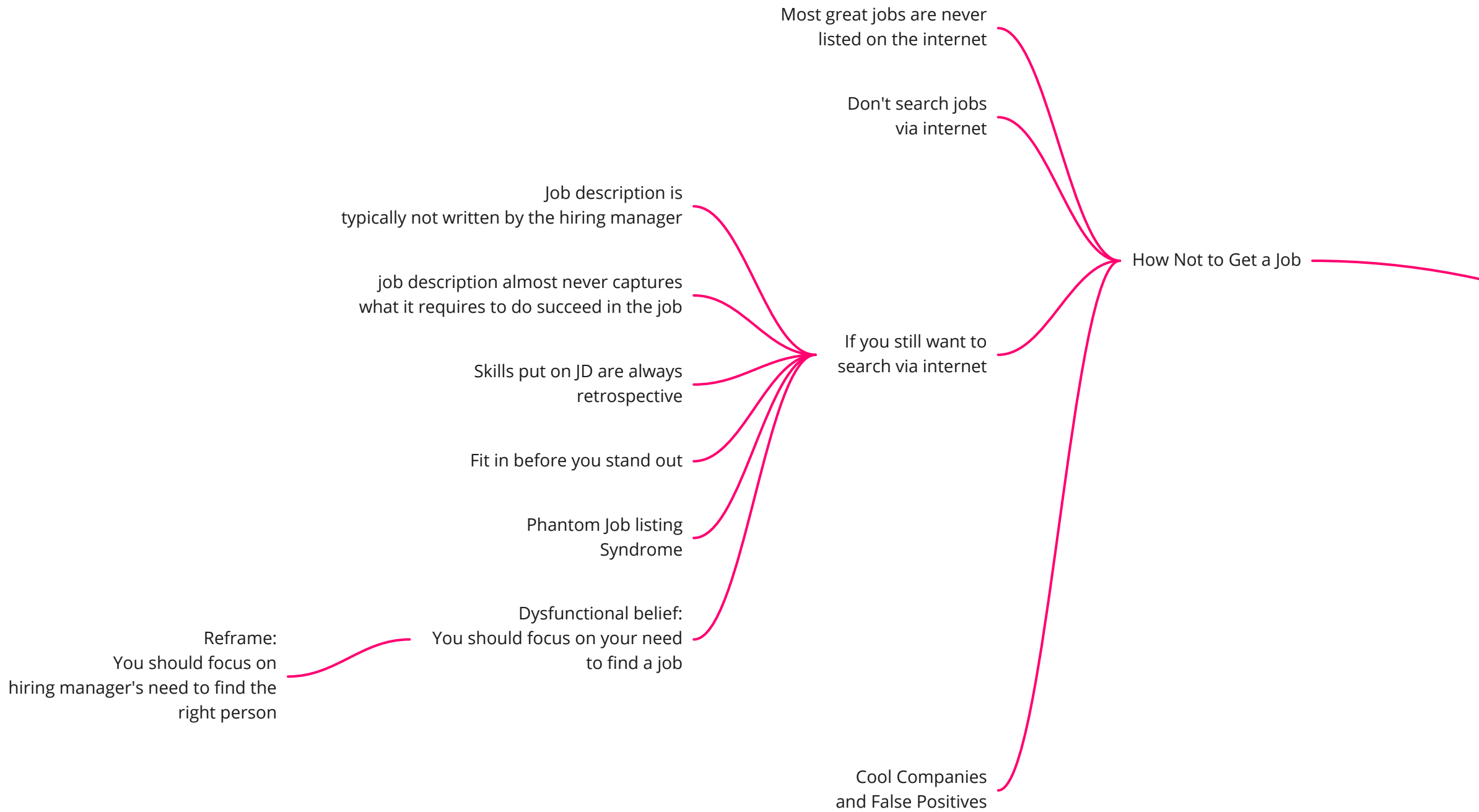


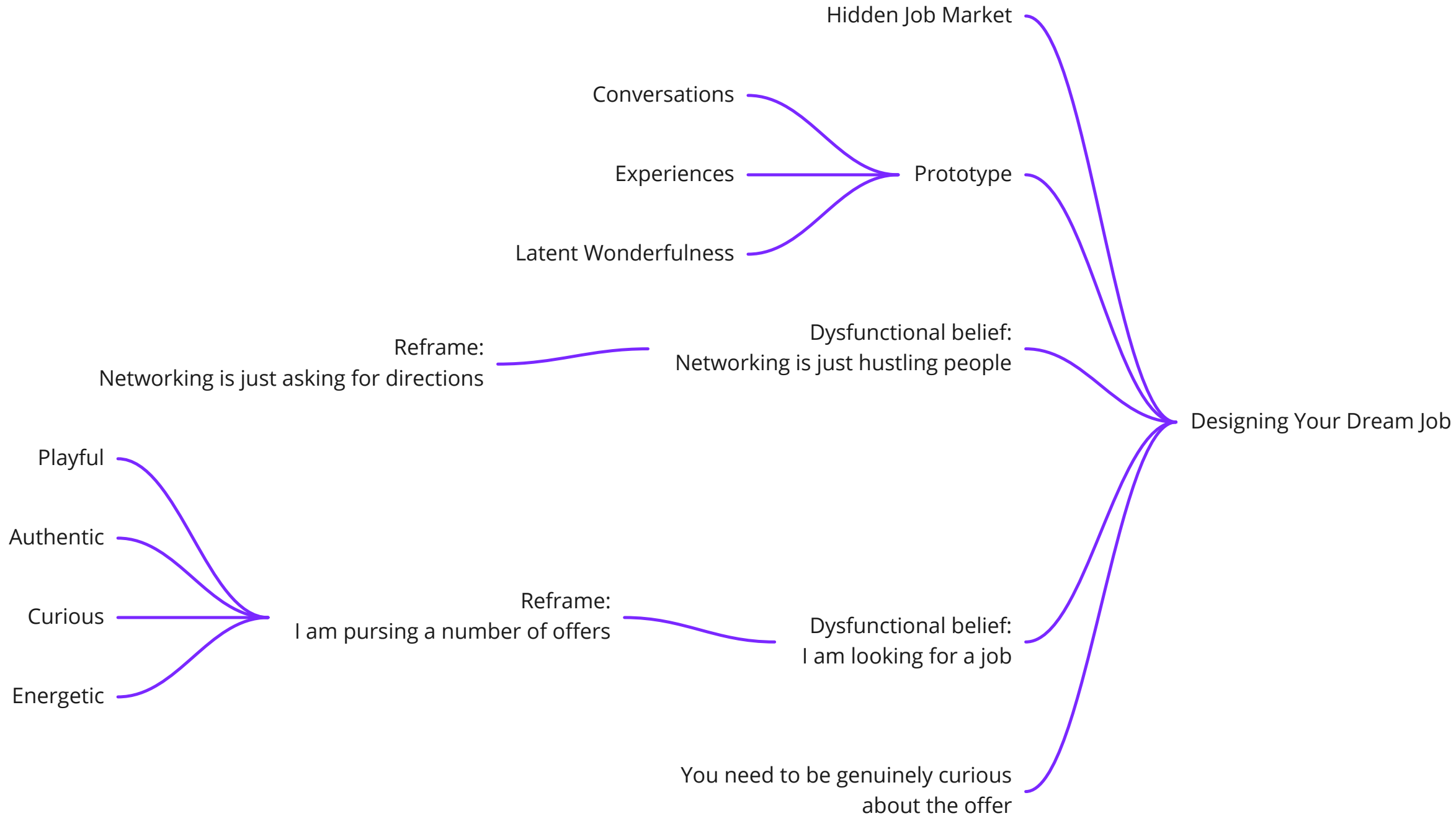
CONFIDENCE

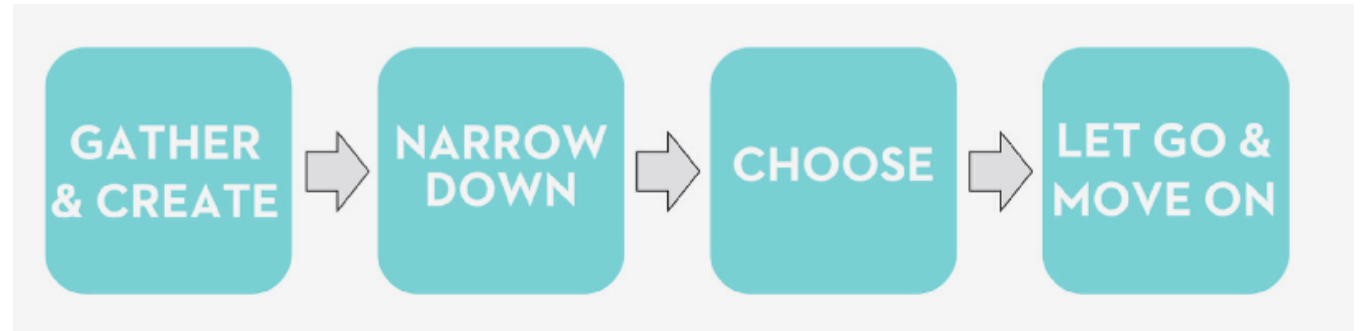


COHERENCE









Sheena Iyengar
Jam experiment

If you have too many options
You have no options at all

Don't forget to
listen to your gut

Grokking your choices

Dysfunctional belief:
Happiness is having it all

Reframe:
Happiness is letting go of what you don't need

Choosing Happiness

