

Resources: Designing Your Life Workshop

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Instructions: Workview/Lifeview Reflections

1. Write a short reflection (ca. 150 words) about your Lifeview. This should take ca. 30-40 minutes.
2. Write a short reflection on your Lifeview (ca. 150 words). This should take ca. 30-40 minutes.
3. Use the questions below to guide you. I have provided examples of Workview and Liveview reflections at the end of this document.

N.B. These reflections do not have to be perfect. These are documents that you can continue to edit as you share and discuss with friends and family.

If you would like more background information about this exercise, read pages 29-40 in the book [Designing Your Life](#).

Examples of Workview and Lifeview reflections can be found at the end of this document.

Workview (ca. 150 words)

A workview addresses the critical issues related to what work is and what it means to you. It is not just a list of what you want from or out of work, but a general statement of your view of work. A workview might address such questions as:

- Why work? Why do I work? Why do we work?
- What's work for?
- What does it mean?
- How does it relate to the individual, others, society?
- What defines good or worthwhile work?
- What does money have to do with it?
- What does experience, growth, fulfillment have to do with it?

Lifeview /Worldview (ca. 150 words)

There are many approaches to lifeviews (also called worldviews). Below are some questions that are frequently addressed when preparing lifeview reflections. You can decide which questions are important to you. You do not need to answer all of them. Think about the values that form the foundation of how you interpret, organize, and understand the world.

You may consider the following questions:

- Why are we here? Why am I here?
- What is the meaning/purpose of life? Of death?
- What is the relationship between the individual and others?
- Where do family, country and the rest of the world fit in?
- What is good or worthwhile?
- What is evil?
- What is the meaning of time? Of eternity?
- Is there a higher power, God, or something transcendent and, if so, what impact does this have on your life?
- What is the role of joy, sorrow, justice, injustice, strife, love, and peace in life?

Bucket List/Accomplishment List

What do you want to accomplish/do by the end of your life? Make a list of at least twenty items. This can include work and personal accomplishments, skills you want to learn, travel destinations, family, etc. This list is for you and you will not have to show this to anyone. Be honest and try not to be modest. The sky is the limit. You will have the opportunity to use some of the items you select in a different exercise.

Energy Engagement Worksheet

<https://designingyour.life/wp-content/uploads/2016/08/DYL-Energy-Engagement-Worksheet-v21.pdf>

Odyssey Plan Worksheet

<https://designingyour.life/wp-content/uploads/2016/08/DYL-Odyssey-Planning-Worksheet-v21.pdf>

Worksheets to be used after the workshop

Good Time Journal Activity Log

<https://designingyour.life/wp-content/uploads/2016/08/DYL-Good-Time-Journal-Activity-Log-v21.pdf>

Failure Log Worksheet

<https://designingyour.life/wp-content/uploads/2016/08/DYL-Failure-Log-Worksheet-v21.pdf>