

LIFE DESIGN - PART 1



What is it?

Life Design is a career development process by which we learn to write our careers and lives as a story. Using life design strategies can allow us to discover our life narratives, create meaning, and identify actions to move toward our goals for work and life.

How often have you been asked, "*What do you want to be when you grow up?*" We often think that we will have one career across our lifespan. However, in today's global economy, having one career across the lifespan is less common.

Today, we need to develop new skills to construct our lives across work, family, friends, and other important life roles. One tool we can use to increase our own awareness about what we want and whom we want to become is to visualize our ideal day.

Reflect

Take some time to self-reflect and consider the following questions.

Jot down your answers.

Describe your ideal day 5 years from now:

- Who are you with?
- What are you doing?
- How are you spending your time?
- What are you doing for work?



LIFE DESIGN SERIES - PART 1

Put Into Practice

We can ask ourselves active questions and identify patterns to foster greater self-knowledge. **Self-knowledge** can help us uncover options that align with our goals, values, interests, and needs. In considering your ideal day, you may begin to notice patterns that may help you identify:

1. What do I value?

- a. By determining what we value (i.e., qualities we desire to embody and achieve), we can begin to identify specific actions and behaviors to honor these values.
- b. For example, perhaps you are conducting research – you are reading literature and searching for answers. If so, you may value learning. Or you are spending time playing sports or working on group projects. If so, you may value teamwork.

2. What do I want?

- a. Knowing what we want may help us tap into what motivates us.
- b. *Consider:* How does my ideal day align or misalign with my current day-to-day? What is one action I can take to get closer to my ideal day?

3. What are my interests?

- a. Knowing your interests can inform us about potential career options.
- b. *Consider:* What interests showed up as you reflected on your ideal day? How might those inform potential career options?

4. What do I need?

- a. A need is often a non-negotiable want or value.
- b. For example, perhaps you mentioned family in your responses yet you currently are away from family. In identifying your non-negotiables, you may begin to factor such self-knowledge into your decision-making about future career choices.

Was this helpful? We encourage you to print or download our toolkits for your future reference!



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Sources

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