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to enhance your reading group's discussion of *Designing Your Life: How to Build a Well-Lived, Joyful Life* by Stanford University professors Bill Burnett and Dave Evans.. 1. In the introduction, the authors point out that only 27 percent of college graduates have a career related to their majors.

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Designing Your Life: How to Build a Well-Lived, Joyful ...

Designing Your Life: How to Build a Well-Lived, Joyful Life is a book by Bill Burnett and Dave Evans that aims to help readers organize themselves through journaling and design thinking. The New

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York Times best-selling book was published in 2016 by Knopf Doubleday Publishing Group and utilizes a series of exercises throughout its eleven chapters in order to provide others with a sense of structure in their lives. These creative and thought provoking exercises allow the reader to reflect on their

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fundamental part of designing... 3.

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Once you realize you've got choices, the next step is to spend a bit of time with yourself and figure out what you want those choices to look like. Create a blueprint that nails down just what you want your life to look like. Maybe you have a love of music and travel, and you want to design a lifestyle that embodies

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those things.

*Lifestyle Design: How to Create Your Life
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Life 1 - The Thing You Do. Life 2 - The
Thing You'd Do If Thing 1 Were
Suddenly Gone. Life 3 - The Thing You'd
Do If Money or Image Were No Object.

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Dysfunctional: You focus on your need to find a job. *Reframe:* Focus on the hiring manager's need to find the right person. Actively seek and co-create your dream job.

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Designing Your Life: How to Build a Well-Lived, Joyful Life, also known as Designing Your Life: Build a Life that Works for You, is a self-help and personal development book by Bill Burnett and Dave Evans. First published in 2016, the book aims to help readers decide what they want from their lives and careers, and

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how to get it.

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Designing Your Work Life... strategizing creative ways to improve your working conditions, find and keep engaging employment at a company who values

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you, and example stories to provide
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work.

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can be used to design and build your career and your life, a life of fulfillment and joy, constantly creative and productive, one that always holds the possibility of surprise.

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a nice quiet spot where you will be undisturbed for at least 20 minutes. Equip yourself with a pencil and a new notepad or booklet that will become your “Life Book”.

How to Design a Life of Your Choice: 13 Steps (with Pictures)

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In order to design your life, you have to break free from the stories of your past that have told you who you are and what you should want. The only effective way to do that is by seeking clarity. You can do this through mind mapping, journaling, or meditation.

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