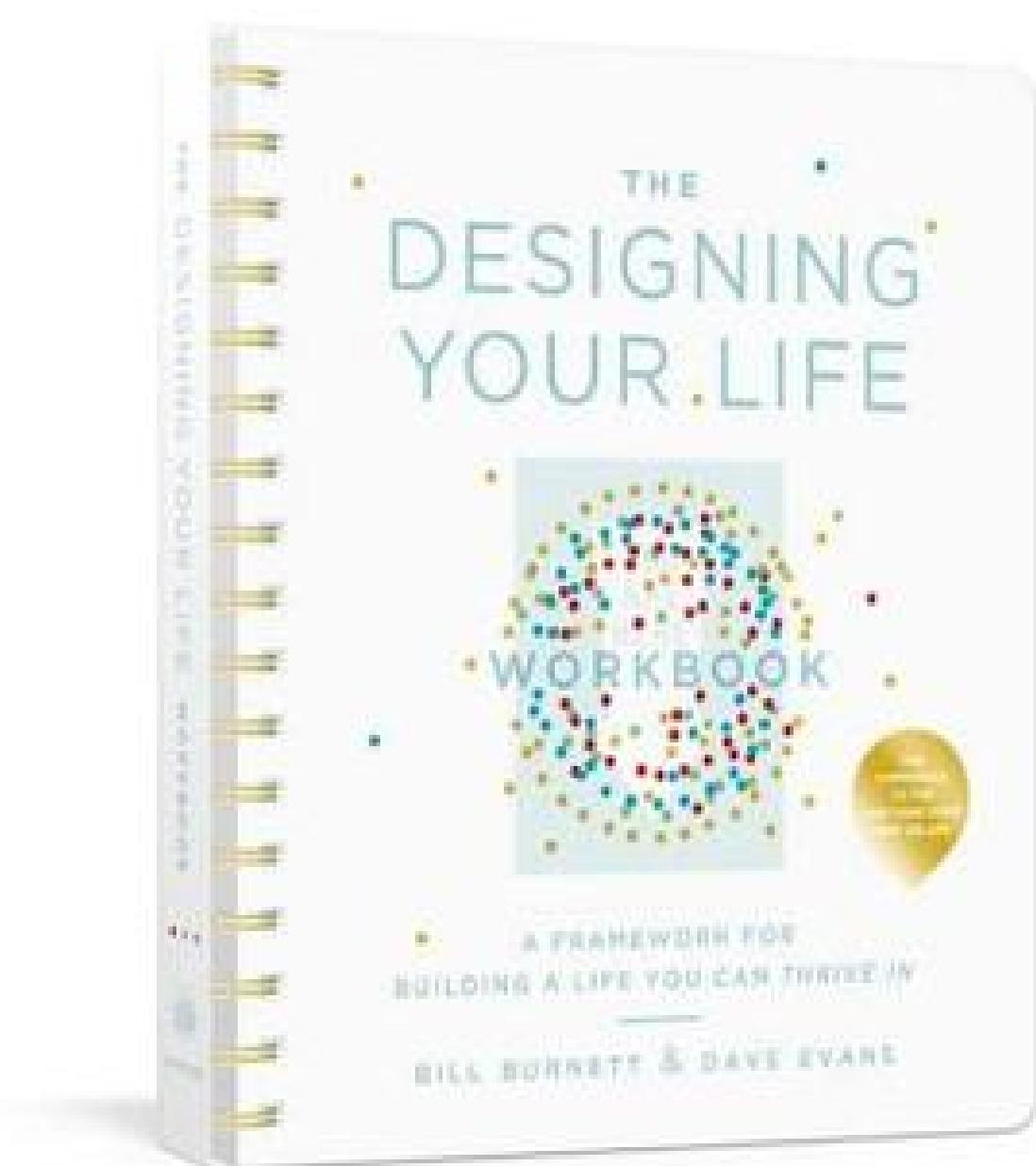


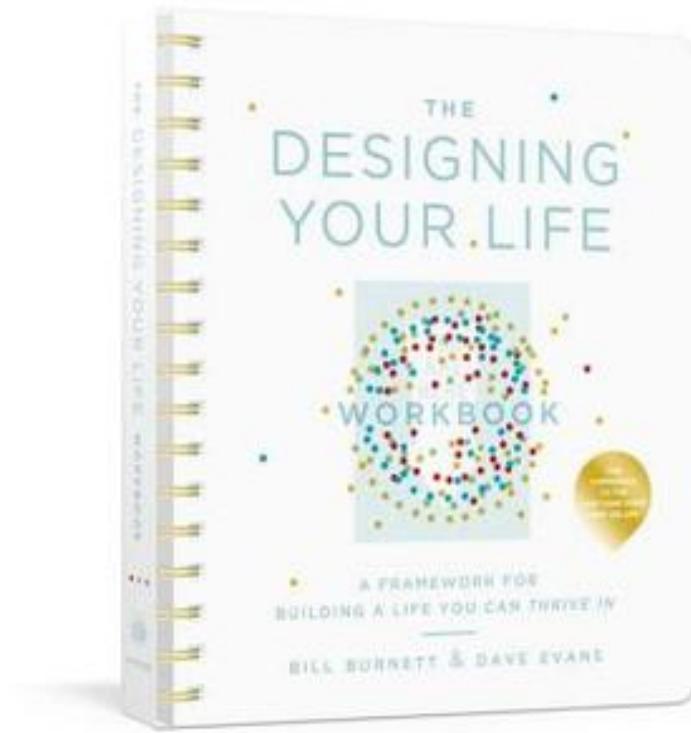
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The Designing Your Life Workbook: A Framework for Building a Life You Can Thrive in
by Bill Burnett



SYNOPSIS

The Interactive Companion to the #1 New York Times Bestselling Book Design the most important project of all: your life. Based on the wildly popular Stanford course that started the life design movement, this notebook, which has a metallic spiral spine, frosted acetate cover, and elastic bellyband allows you to dig deeper into your curiosities, motivations, and skills; define your goals; and track your progress. Work through innovative option-generating tools and exercises, including:- A Health/Work/Play/Love Dashboard tool to reflect on your work/life balance - Questions to help you articulate your Lifeview and Workview and define your life design Compass - Good Time Journal pages to log your energy and engagement throughout the day - Fold-out dotted paper for mind mapping to generate new ideas and getting unstuck - Worksheets to help you ideate alternate Odyssey Plans for different versions of the future you - Charts for tracking your Life Design Interviews Whether you're a recent

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