

ENERGY ENGAGEMENT MAP

Exercise

STEP 1: List your top energy giving or draining regular activities/engagements:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

STEP 2: Draw a bar of each one's (+) or (-) energy effect, as it shows up in your typical week.

STEP 3: What do you notice about your energy patterns?

STEP 4: What accessible changes can you make to improve your energy flows?

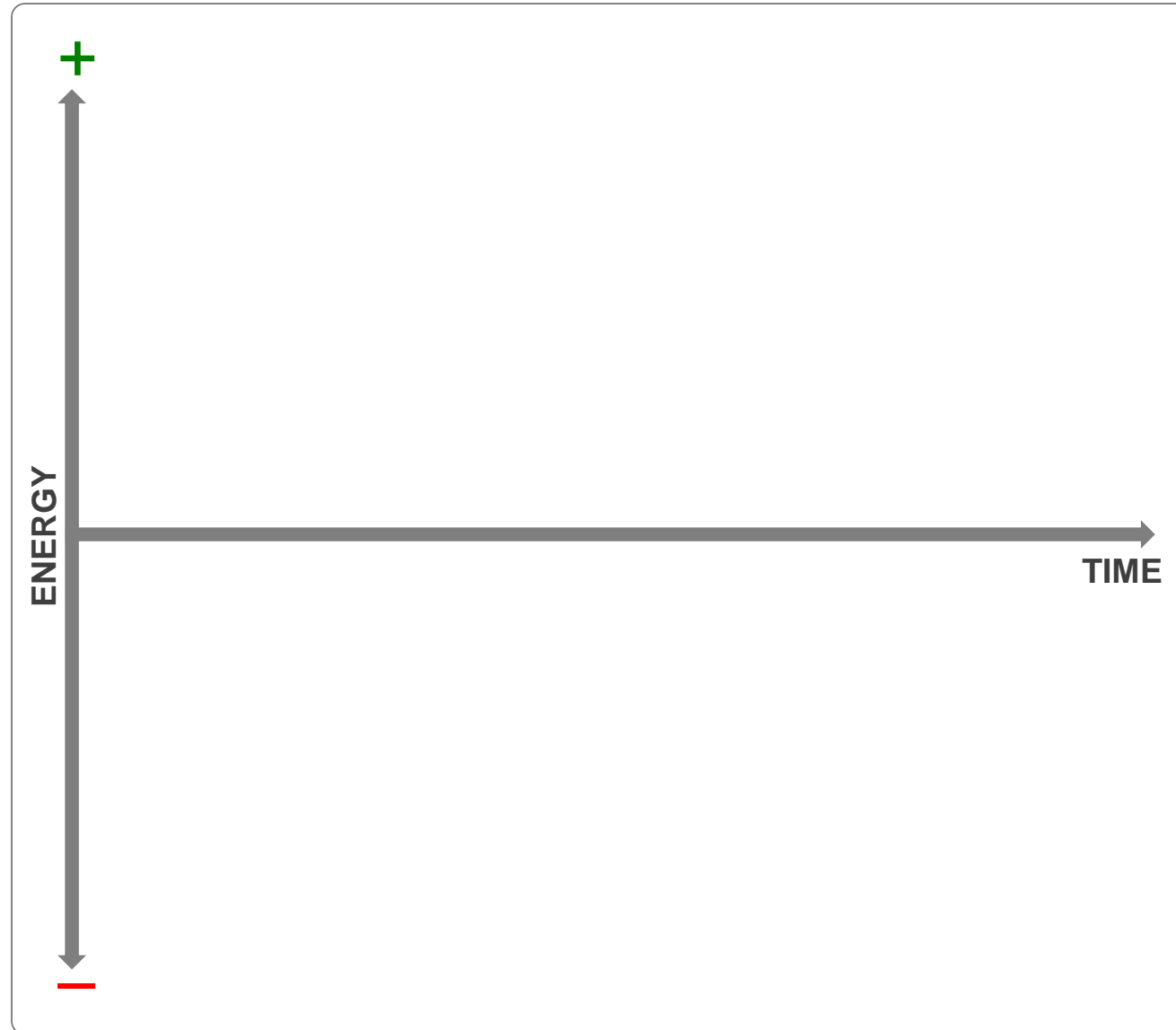


ENERGY ENGAGEMENT MAP

STEP 1 EMPATHIZE: Map your energy giving or draining regular activities/engagements, by drawing a bar of each one's (+) or (-) energy effect, as it shows up in your typical week.

STEP 2 DEFINE: What do you notice about your energy patterns?

STEP 3 IDEATE: What accessible changes can you make to improve your PERMA and energy flows? (Check out the list on the back for inspiration...)



ENERGY ENGAGEMENT: INCREMENTAL CHANGES

A few kinds of incremental changes you might consider:

- 1.Reprioritize** – Change how you allocate time to important parts of your life.
- 2.Re-Sequence Activities** – Change when you do certain activities, balancing energizing and draining pursuits.
- 3.Reframe** – Change your mind and see the situation from a different perspective. Reframing is a powerful design tool.
- 4.2-for-1 Activities** – Notice which activities give you more than one benefit and design them into your day/life.
- 5.Compromise and Defer** – When circumstances change and you have to put more time and energy into a part of your life, define new balance and energy gauges/levels and make this explicit to family and friends.
- 6.Time Box** - Schedule start and stop times per activity, only devoting the time you are willing to spend on each.
- 7.Change location** – Your environment can impact your experience so consider how places affect your energy.
- 8.Others?**

SHARING:

Jot down what you notice as your partner shares.

Any ideas for them?

ODYSSEY PLANS

The following pages provide you basic information about the Odyssey Plan Assignment.

CONTENT

1. Three different 5-year plans from this moment forward

- Template plan sheets provided for use if you like, on following pages but we invite you to be creative! We've had videos, crayon sketches, even cakes! Any visual form that satisfies the assignment and can be presented in the time allotted is okay.
- Guidelines:
 - These should be 3 radically different lives – as different from one another as possible. A life as a management consultant at McKinsey, and a life as a management consultant at Bain are not 2 different lives – they are variations of the same life. Go broad! If you are having trouble coming up with alternatives, one lens on this might be:
 - Life 1: The story you tell (to your advisor/ parents, friends) today
 - Life 2: The life you might pursue if Life 1 was no longer an option
 - Life 3: The wild idea: your basic needs are assured to be met – no constraints
- Elements
 - A visual/graphical timeline
 - At least one personal and one professional milestone per year on each plan. Template sheet attached or make your own – some examples on following pages just for reference. Use your own style that illustrates and brings personality to your ideas
 - A six-word headline
 - Describe the essence of this prototype with a quick title phrase.
 - 2-3 questions that this prototype might help you answer
 - A good prototype tests assumptions and reveals new insights. In each potential timeline, you will investigate different possibilities and learn different things about yourself and the world. What kinds of things do you want to test and explore in each prototype?

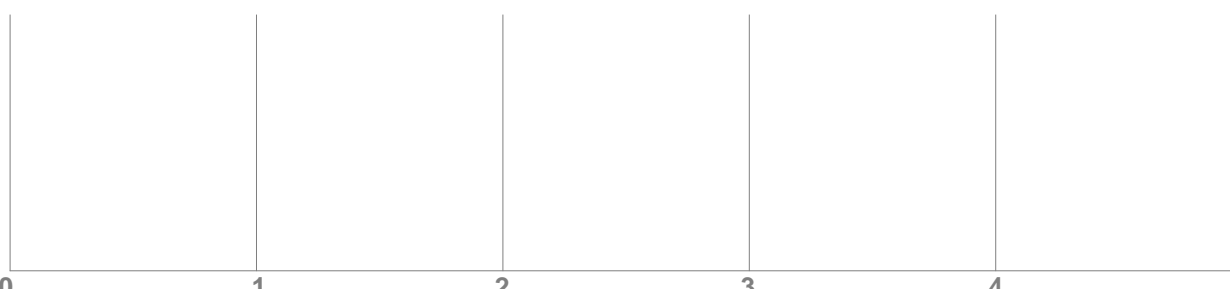
DELIVERY

You will share your plans with others verbally in a **5-minute presentation**.


ODYSSEY PLANS

How might you explore, engage or learn about the multiple great lives within you?

TITLE: _____

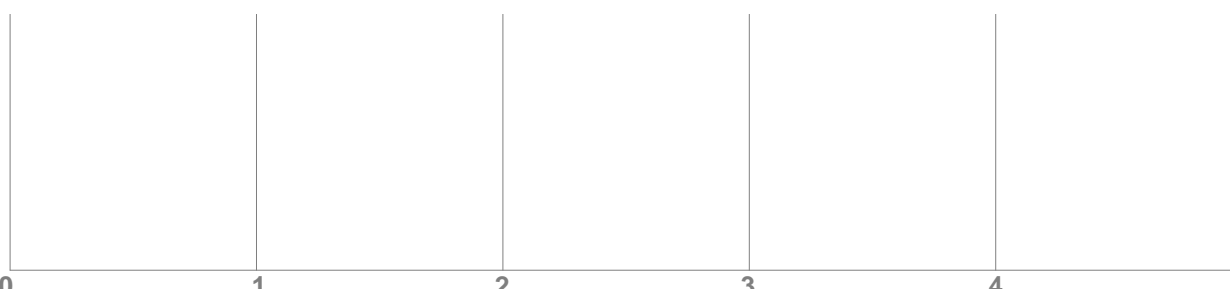


DASHBOARD




QUESTIONS

TITLE: _____

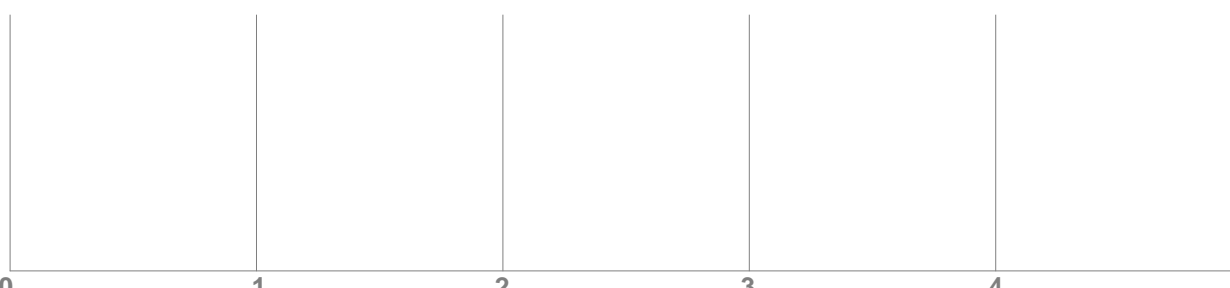


DASHBOARD

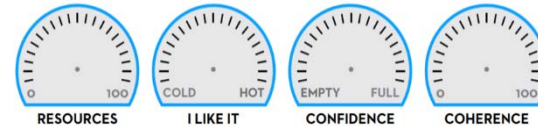


QUESTIONS

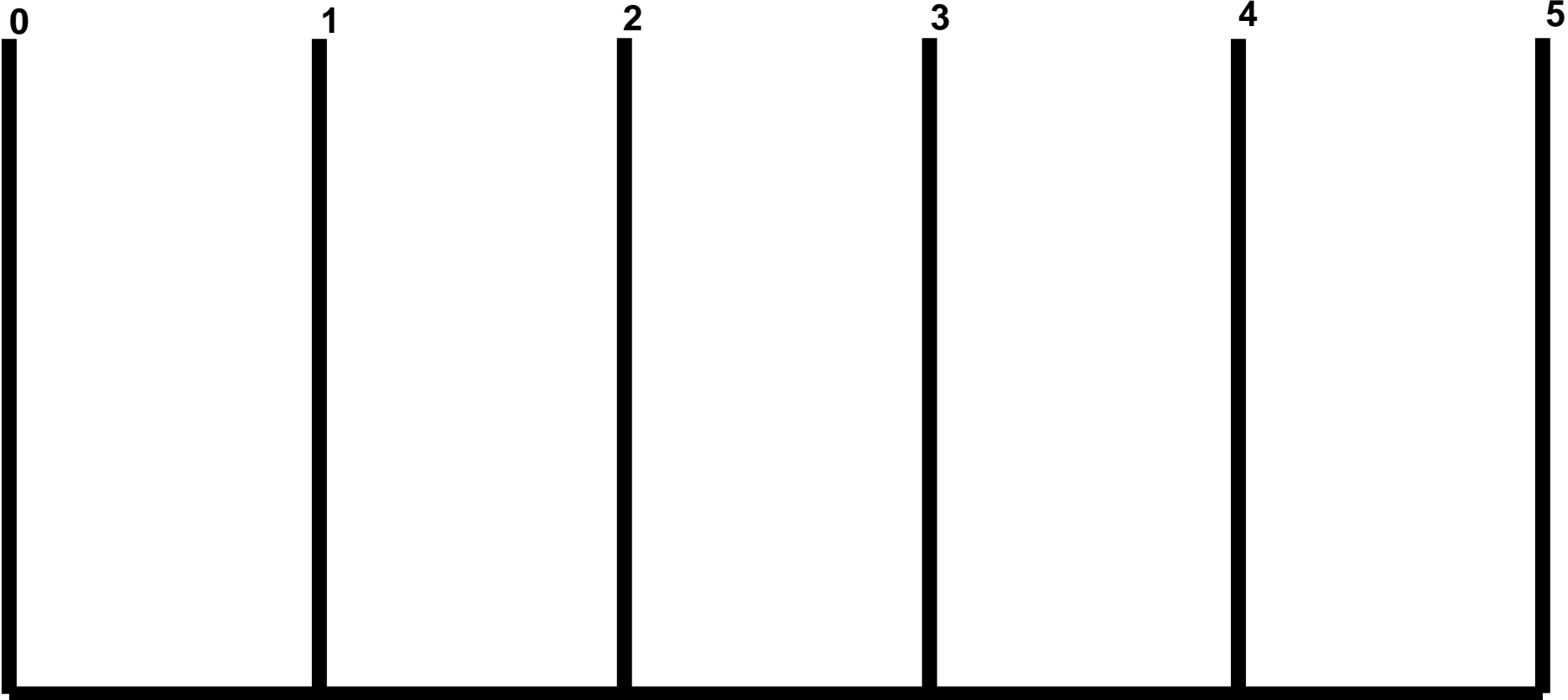
TITLE: _____



DASHBOARD



QUESTIONS



Resources



I Like It



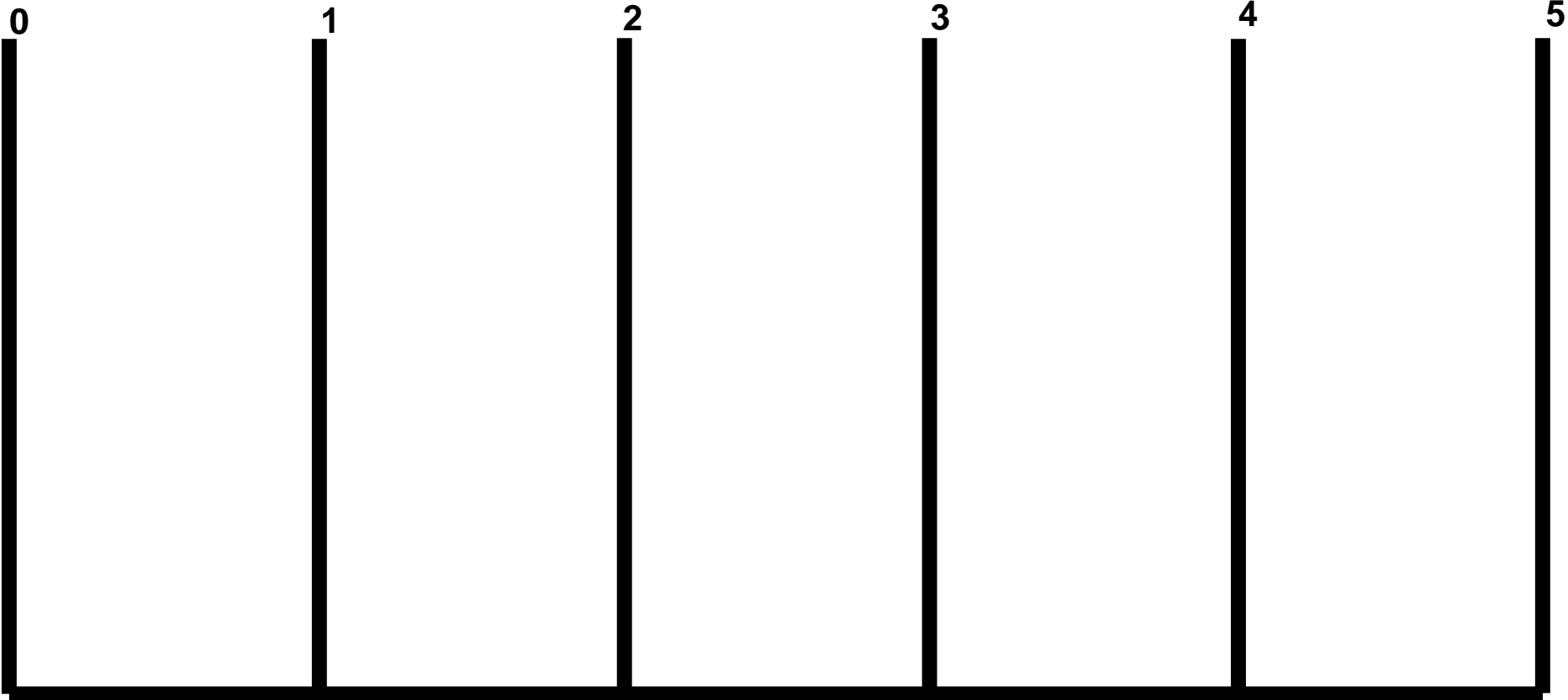
Confidence



Coherence

6 word title:

Questions this plan raises:



Resources



I Like It



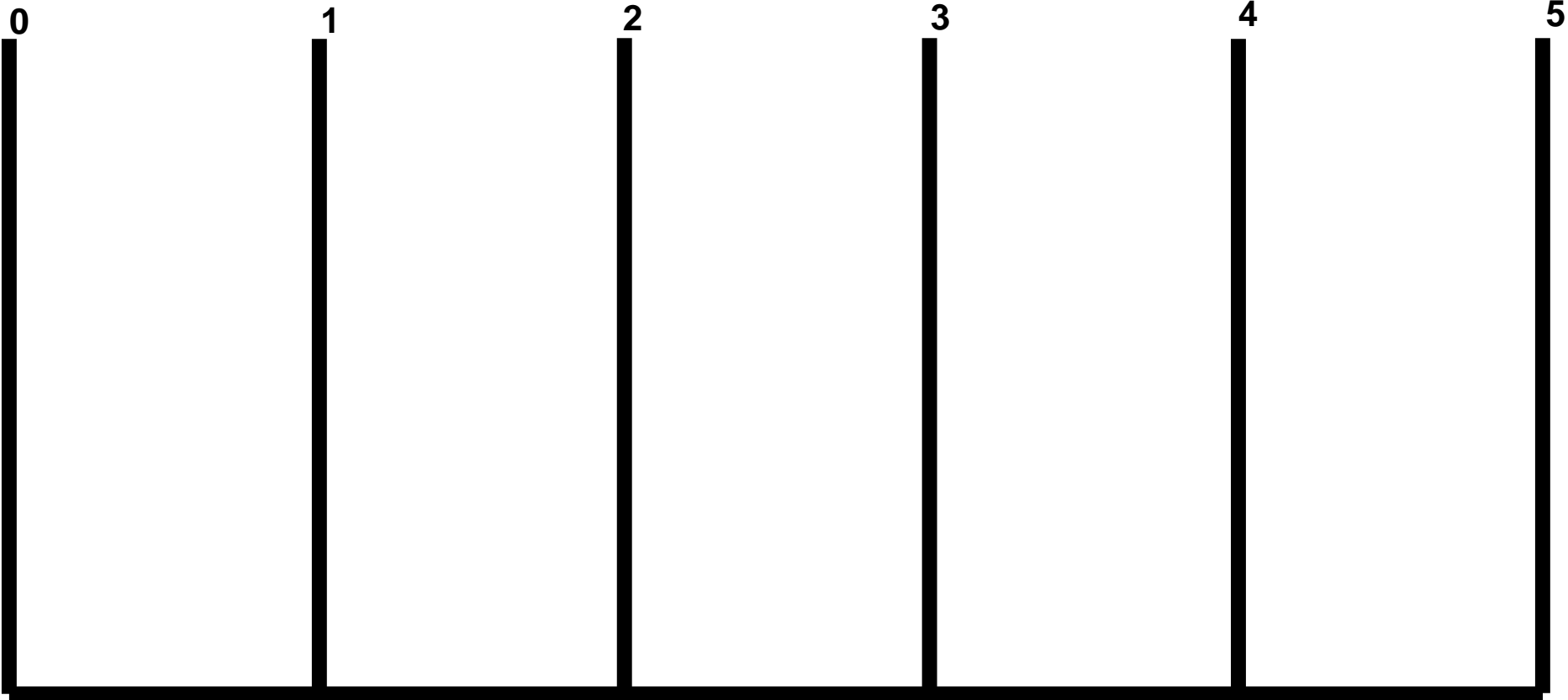
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Resources



I Like It



Confidence



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ODYSSEY PLAN NOTES AND REFLECTION

A large, empty rounded rectangular box with a thin black border, intended for writing notes and reflections. The box is centered on the page and occupies most of the lower two-thirds of the slide.

PROTOTYPE BASICS



PROTOTYPE to:

- Reduce risk
 - Expose assumptions
 - Engage others with your ideas
 - Learn!
-



A GOOD PROTOTYPE is:

- Cheap
 - Quick
 - Easy
-



Life Design PROTOTYPES are: 1. Prototype Conversations

2. Prototype Experiences

PROTOTYPE FRAMING QUESTION

Done on Idea Boards

“ How Might I
Prototype:

*(experience from my Odyssey Plan that I'm curious a
bout)*

? ”