

Explore possibilities = curiosity  
Experimentation = bias to action  
Finding the question = reframing  
Work the process = awareness  
Ask for help = collaboration

Problem finding - avoid problems that aren't alterable - don't fight reality - suppress wishful thinking  
Wicked problems - seemingly unsolvable problems are the funnest

“Five-Year Unemployed Job Seeker. The statistics are unmistakable on this one. If you've been unemployed a long time, you have a harder task to get re-employed. Research using identical résumés with no difference but the duration of unemployment made clear that most employers avoid the long-term unemployed—apparently, groundlessly concluding that whoever else didn't hire you over that time must have had a good reason. That's a gravity problem. You can't change employers' perceptions. Instead of changing how they think, how about working on changing how you appear to them? You can take volunteer roles and list significant professional results (without having to get into how little you were paid until much later in the conversation). You can identify roles in industries where there is less ageism. (Dave is so grateful that he got into teaching later in life; now his age is seen as a source of wisdom, and he's not still trying to pass himself off as a marketing expert to clients half his age who know he's no digital native and doesn't actually “get it” anymore.) Even in the face of daunting realities, you always have some freedom you can exercise. Find it and take action there, instead of going against gravity.”

The authors are idiots, they think gravity comes from the Earth's orbit (its mass causes gravity....idiots)

Life assessment - health (physical, mental, emotional), work (what are you doing, not what is your job), play (anything that is done for the joy of it), Love (the hardest to define and to find)

Health is the foundation (healthy body, engaged mind, spiritual practice)  
Work comes in many forms (list all of the work you do)  
Play can be productive but must be done for fun and not merit  
Love is the ultimate meaning of life but it needs to flow both ways (any form of affection???)

Health - empty : quarter : half : three-quarter : full  
Work - empty : quarter : half : three-quarter : full  
Play - empty : quarter : half : three-quarter : full  
Love - empty : quarter : half : three-quarter : full

**Health** is good except for overweight:  $\frac{3}{4}$

**Work** is guiding, home improvement, car maintenance, pet care, engineering, all good but need more engineering and more pay:  $\frac{3}{4}$

**Play** is guiding, pets, growing trees, boat prep, and camping, need to play some every day:  $\frac{1}{2}$

**Love** my dogs, my God and trying to love all people including my own family, no partner and no more kids yet:  
 $\frac{1}{4}$

The authors don't know what love really is.

“I love my wife, my children, my parents, my brothers, and my sister, and I receive love back from all of them in their own ways. I love great art, painting especially, and it moves me like nothing else. I love music in all its forms—it can make me happy and can make me cry. I love the great spaces in the world, man-made or in nature, that take my breath away.”

Write a few sentences for each area of your life

Mark your gauges

Look for a problem you'd like to tackle

Avoid gravity problems

Life direction

Worry, analysis and speculation are not good ways to figure out your life

Why am I here?

What am I doing?

Why does it matter?

What is my purpose?

What's the point of it all?

Workview

What is work for?

Why do you do it?

What makes good work good?

- Why work?
- What's work for?
- What does work 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 do experience, growth, and fulfillment have to do with it?

Lifeview

What gives life meaning?

What makes your life worthwhile or valuable?

How does your life relate to others in your family, your community, and the world?

What do money, fame, and personal accomplishment have to do with a satisfying life?

How important are experience, growth, and fulfillment in your life?

- Why are we here?
- What is the meaning or purpose of life?
- What is the relationship between the individual and others?
- Where do family, country, and the rest of the world fit in?
- What is good, and what is evil?
- 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, love, peace, and strife in life?

A coherent view of life connects these questions:

Who are you?

What do you believe?

What are you doing?

- Where do your views on work and life complement one another?
- Where do they clash?
- Does one drive the other? How?

Living coherently means you are living in alignment with your values and have not sacrificed your integrity along the way.

"We may all want the same things in life—a healthy and long life, work we enjoy and that matters, loving and meaningful relationships, and a hell of a lot of fun along the way—but how we think we'll get them is very different."

### Wayfinding

No map, just a direction

Follow the joy, what engages and excites you, what brings you alive

If you feel engaged and energized you are probably in coherence with your Life and Work views

Your purpose and mission is where you will find Joy

### Engagement

Make a good time journal to track when you feel happy and engaged vs when you feel depressed and disengaged

Flow = total engagement

- Experiencing complete involvement in the activity.
- Feeling a sense of ecstasy or euphoria.
- Having great inner clarity—knowing just what to do and how to do it.
- Being totally calm and at peace.
- Feeling as if time were standing still—or disappearing in an instant.

### Energy

the brain represents only about 2 percent of our body weight, and yet it takes up 25 percent of the energy we consume every day.

Energy doesn't always track with engagement

Watch for what sucks energy from you and for anything that produces negative energy

### Good Time Journal

Categorize and describe activity in detail

Rate engagement level, high or low

Rate energy flow, up or down

Determine which activities were enjoyable and which weren't

Reflect on why a particular activity makes you feel the way it does for at least three weeks

Use this insight to optimize your schedule or to even restructure your life around what you find enjoyable

Don't get stuck in journaling everything

Questions you can use when reflecting on your Activity Log.

Activities. What were you actually doing? Was this a structured or an unstructured activity? Did you have a specific role to play (team leader) or were you just a participant (at the meeting)?

Environments. Our environment has a profound effect on our emotional state. You feel one way at a football stadium, another in a cathedral. Notice where you were when you were involved in the activity. What kind of a place was it, and how did it make you feel?

Interactions. What were you interacting with—people or machines? Was it a new kind of interaction or one you are familiar with? Was it formal or informal?

Objects. Were you interacting with any objects or devices—iPads or smartphones, hockey sticks or sailboats? What were the objects that created or supported your feeling engaged?

Users. Who else was there, and what role did they play in making it either a positive or a negative experience?

If a Good Time Journal of present activities isn't producing insights into the roots of your engagement and energy then try using your memories of past high and low moments. Approach the chain of good and bad memories as though you are journaling them while they happened. Try to be accurate and don't reach any conclusions about why these memories are good or bad until you have recorded as many as possible. Then reflect and ask the same questions as though you had just experienced these things.