

Designing Your Life

How to Build A Well-Lived Joyful Life


By Bill Burnett and Dave Evans



Career Teachers First Book Club!



This was the first professional book club for career teachers in our district and we are happy to say we had participation from all 5 high schools.

- The book got us to look at our lives through a design thinking lens. The mindsets of a designer are:
 - Be curious- curiosity makes everything new
 - Try stuff, test things out- designers embrace change
 - Reframe Problems- this is how you get unstuck
 - Know it is a process- prototypes get thrown away
 - Ask for help- radical collaboration, design is a team sport
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“ Fail fast, fail forward”

“It isn’t about finding the perfect job but making the job you have perfect’



Each chapter had activities to try.

01

Health/Work/Play/Love Dashboard

How is it really going in these areas of your life? Are you playing enough?

02

Wayfinding

Good Time Activity Journal- what activities give you energy? Do you ever have total engagement or flow?

03

Getting Unstuck

Reframe, reframe, reframe- mind mapping will help.

04

Odyssey Planning

Creating alternative 5 year plans- Dream Big!

05

Reframing Failure

Failure immunity doesn't come in a vaccine, you need to log and analyze your failures

Summary

Teachers are going to try some of these activities with their students and will debrief in June. The book was easy to read and well laid out however some wish there was more diversity in the examples given ie) different ages, backgrounds etc. It was a great choice for our first book club.

