

## Designing Your Life in Uncertain Times with Gabrielle Santa-Donato '09

In advance of the first session, please prepare your at-home life design kit:

### **Nice to Have**

A journal or notepad  
8.5x11 paper  
Writing utensil

### **Extra Bonus**

(if handy; no need to buy new):

Post-it notes  
Fun colored markers or other writing utensils  
Old magazines/images

### **Come to Session 1 having written your work and worldview.**

(This activity need not take longer than an hour to complete. View it as a draft from which to iterate and build.)

#### **WORKVIEW**

Write your **workview** (~150 words).

A *workview* addresses the critical issues related to what work is and what it means to you. It is not just a list of what you want from or out of work, but a general statement of your view of work. A workview might address such questions as:

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



#### **WORLDVIEW**

Write a brief summary of your **worldview** (~150 words).

There are many approaches to *worldviews* and various prescriptions of what they need to include. Below are some questions which are classically addressed in a worldview, though which are the important questions is a matter of choice. The key thing is to address those highest order values and perspectives that provide the ordering basis for your life, that create the platform that interprets and organizes how you see and understand the world and assign order (or disorder) to it. Your worldview is that which provides your definition of "matters of ultimate concern."

You may wish to consider the following questions:

- Why are we here? Why am I here?
- What is the meaning/purpose of life? Of death?
- What is the relationship between the individual and others? Between persons and the rest of life (and perhaps inanimate) and reality?
- What is good or worthwhile?
- What is the meaning of time? Of eternity?
- Is there a higher power, transcendancy, God and, if so, of what nature and to what import for your life?
- What of joy, sorrow, justice, injustice, strife, love, and peace?