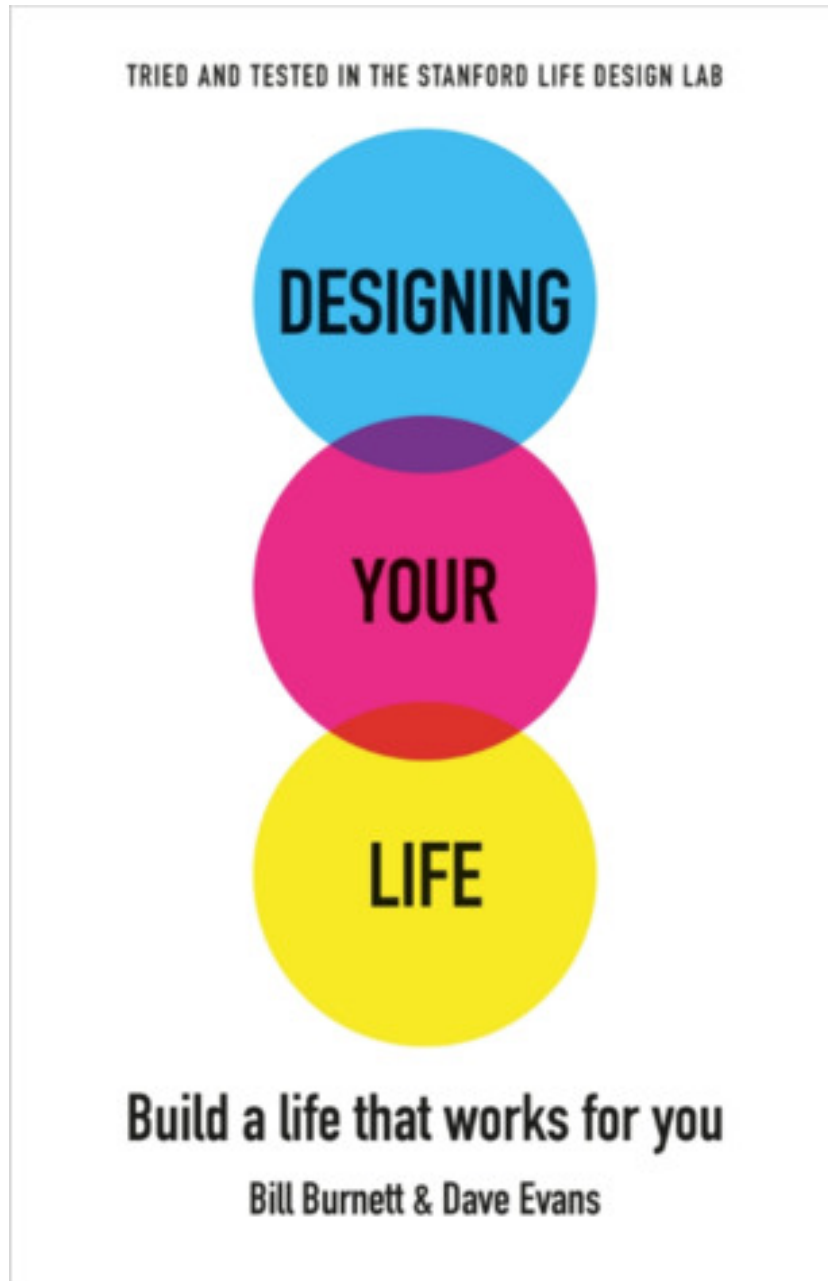


Designing Your Life: Build a Life that Works for You Book PDF Download



By:
William Burnett

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Savannah Peterson

What an excellent read! This is going to be my "Christmas of 2016" gift for friends and family. There's the reframe of a dysfunctional belief or Life Design tip for everyone inside. It's especially timely for the recent grad, the restless mid-career professional, or the encore passion seeker ready for a change.

Admittedly, I've been a Design Thinker for awhile, so the concepts here were not too foreign to me, but the application of them for my personal life very much was. Curiosity and prototypi

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Admittedly, I've been a Design Thinker for awhile, so the concepts here were not too foreign to me, but the application of them for my personal life very much was. Curiosity and prototyping are a crucial part of discovering what makes you happy in life, and DYL reminded me of that.

Designing Your Life is not a manual, it's an actual toolkit with worksheets and activities for you to do on your Life Design Journey. I have already read it a few times, and know I'll be coming back for years to come.

James

I actually thought this was going to be more about life rather than focusing on just work. Dschool

and DT apologists will insist that this stuff can be applied to life too, but that's a farking load of steaming hot BS. It's about work. Full stop.

And, sure, okay, the method in the book probably works for that...or at least a fairly narrow sub-set of highly skilled and highly valued workers in large urban areas. People who are basically on track for a good career no matter what. For people who a)

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And, sure, okay, the method in the book probably works for that...or at least a fairly narrow sub-set of highly skilled and highly valued workers in large urban areas. People who are basically on track for a good career no matter what. For people who a) may not be the top in their class, b) may be pursuing careers outside tech and big business, or c) may find themselves in a smaller city or rural situation are NOT going to profit from this, except to realize what choices they don't have and what lives they'll NEVER lead.

Kinda depressing.

For the rest of us, it's kind of...meh.

However, it did take me back to my three-option five year plan from grad school which started with the quote: "Sometimes I can hear my bones straining under the weight of all the lives I'm not living."

So I don't disagree with them 100% - I just don't see very much of real value here for people who aren't over-anxious, confused, or indecisive one-percenters.

Overall, over-hyped business book. Blah.

Deborah

Try Stuff

1. Write a few sentences about how it's going in each of the 4 areas
2. Mark where you are (0 to Full)
3. Ask yourself if there's a design problem you'd like to tackle

4. Now ask yourself if it's a problem of 'gravity' (not one that's gonna change).

Someone helps you figure out what you think vs telling you what to do

Integrity -

Coherence among

- Who you are

- What you believe

Melinda

Hearing a story about this book on NPR motivated me to purchase Designing Your Life: How to Think Like a Designer and Build a Well-Lived, Joyful Life. In all, I am pleased to have purchased and read this book. First, it gave me a different lens by which to view my life. Second, it allowed me to look at my youngest child and see how she is a natural born designer, and increased my desire to nurture her approach to life. The book is to-the-point and easy to read, combining ideas with real life stories.

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As I read this book I realized that my work-life situation is close to ideal. Yet the book seemed heavily weighted to analyzing and adjusting your work/career situation. Personally I could have used more assistance with enhancing the "play" portion of my life. I did make a mental note to refer to this book should I decided to have an encore career or change career directions later in life.

Overall the design approach to life's challenges offers a much needed element of positive empowerment in a challenging world.

Allison

While I can come up with a few groups who might not benefit from this book, I would think in general most would take away something to help them in their approach to life. The authors provide helpful anecdotes, exercises, and insight to guide the reader on the path of living intentionally.

As a Christian, I understandably found the lack of spirituality and reliance on self didn't fully align with my worldview. However, this book is a framework, and I think with thoughtfulness can be used by people

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As a Christian, I understandably found the lack of spirituality and reliance on self didn't fully align with my worldview. However, this book is a framework, and I think with thoughtfulness can be used by people with spiritual beliefs or persuasions and catered to include those frameworks.

Overall, a useful book to have on the self-help or career-planning shelf.