OVERVIEW

- Design Thinking
  - Mind Mapping

- Design Coaching

- Designing Your Life
  - Design Team
  - Love, Work, Play and Health
    - Meters
  - Reframing:
    - Anchor vs. Gravity Problems
  - Odyssey Planning
  - Prototype Ideation

- Resources
偏见行动

设计团队
  T 型人

第一个想法绝不是最好的

失败得早且频繁

思维导图
MIND MAPPING

How to Create A Mindmap

- Let your ideas explode
- Don't focus on perfection
- Tidy up later
- Nobody's Perfect

- Go Deeper
- Share it
- Use Colour
- Group your ideas and thoughts by using colour

- When you finish, share it with your Study Buddies
- This will help you get a fresh perspective

- So your Mindmaps shouldn't be either
- Your brain isn't confined to one page
- Break the 'on the page' mentality

- Don't take sides
- Embrace both sides of your brain
  - The Creative
  - The Analytical
DESIGN COACHING ©

- Coaching Psychology Manual, Chapter 9
- Coaching philosophy and presence
- Coaching relationship
- Coaching sessions
- Coaching skills
Bill Burnett and Dave Evans

Stanford

Culture of Mindset:
- Curiosity
- Reframing
- Radical Collaboration
- Mindful of Process
- Bias to Action

Have a design Team of 2-3 other people

Add ACCEPT –> Empathy--> Define--> Ideate--> Prototype--> Test
**Dysfunctional Beliefs and Reframing**

- **Dysfunctional Belief:**
  - "I should know my passion." Only about 20 percent know their passion
  - “I should know what you’re doing by now.”

- **Reframe:**
  - Life is an adventure, not a problem to be solved

- **Dysfunctional Belief:**
  - Balance between work and life is possible

- **Reframe:**
  - Balance comes from meaningful work that also meets your other (financial needs) and allows a full life of fun, love, play, health and mental and spiritual grounding

- **Dysfunctional Belief:**
  - Are you being the best version of you? Problem: There are lots of versions of you.

- **Reframe:**
  - Are you being the best self you can be right now. Lots of “best” versions of you, life is long and there is a lot to do.
LOVE, WORK, PLAY AND HEALTH

- Love
- Work
- Play
- Health
- Dashboard Activity
- Life View
- Work View

Design Thinking is about finding good problems

Gravity Problems: Kind of problem you can’t do anything about
- Not actionable. Not fixable.
- Looks like real problems but aren’t solvable
- Move out of gravity and into acceptance

Anchor Problems: Kind of problem that is actionable but is being used to hold you back.
GOOD TIME JOURNAL

- Zoom In
- Good Time Journal: A daily log of activities and use a dashboard to measure engagement, energy and if in flow.
  - Three Weeks
  - End of week jot down reflections
  - Any surprises?
  - Reflect using the AEIOU method.
    - Activities
    - Environments
    - Interactions
    - Objects
    - Users

Three Plans
- Obvious
- Can’t do Obvious
- Money is no issue - creative

5 year

Meters:
- Resources
- I Like It
- Confidence
- Coherence

Six Word Title

LIFE DESIGN PROCESS

- Prototype: Pick one element from your prototype ideation you want to learn more about
  - People and stories
  - Experiences

- Choosing Process:
  - Gather and Create
  - Narrow Down
  - Choose
    - Too many choices is overwhelming
    - Dysfunctional Belief: To be happy, I have to make the right choice.
    - Reframe: There is no right choice, only good choosing.
  - Let Go and Move On
    - Don’t constantly think of past options, life this choice to your fullest

Human Beings or Human Doings?

Dysfunctional Belief:
- There are winners and losers in life

Reframe:
- Life is an infinite game with no winners or losers.

Failure Reframe:
- Log your failures
- Categorize your failures
  - Screwup
  - Weakness
  - Growth opportunity
- Identify growth insights
- Once or twice per month

RESOURCES

- IDEO: ideo.com
  - Design School: ideou.com
- Designing Your Life Book
  - Website: designingyour.life
  - FaceBook Page: www.facebook.com/DesigningYourLifeTheBook/
  - List serve
- Kelly Davis Martin
  - kdavismartin@wellcoaches.com
  - (541) 588-6168

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