



Lifeview

Life design tools and methodologies can help you to design a life you love. We want to get you thinking about not only your career goals, but how that fits in with the rest of your life. Lifeview might seem lofty but we all have one. These are simply your thoughts about the world, how it works, and why we are here. Everyone's needs and desires around their life are different, and being able to articulate your views on work, life, etc. can help you to design a life that is meaningful, joyful, and fulfilling. Being able to articulate how you view the world around you, means you're less likely to let others come in and design a life for you. We know that this will likely change overtime too, and that is okay. Our goal is coherency, which means you're living in alignment with your values and what you believe in.

Use these questions to brainstorm:

- What is the meaning or purpose of life?
- Where do family, country, and the world fit in? What is the role of an individual in society?
- What are the roles of joy, sorrow, justice, strife, love, and peace?
- What motivates you? What are the things you look forward to?
- How do your values affect the choices you make?