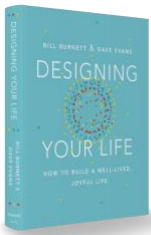


# 'CliffsNotes' Book Club Recap

DO YOU LOVE BOOKS ON LEADERSHIP, NEUROSCIENCE, AND BUSINESS, BUT NOT HAVE TIME TO READ ALL THE BOOKS?

Join the '**CliffsNotes' club**—where there's no pressure to pre-read the book, no membership required, no cost, and lots of discussion in just 90 minutes. Each month, you will hear a **summary of highlights** from a recently-published business book. This discussion summary is intended to provide a recap of the conversation at Book Club, rather than serve as a thorough book summary. We'll keep you "in the know" on the latest and greatest concepts and models. **Register here** for upcoming events.



April, 2021

## **Designing Your Life: How to Build a Well-lived, Joyful Life**

By Bill Burnett and Dave Evans

### **Discussion Highlights**

Presented by Emily Giacomini [emily@volareinsights.com](mailto:emily@volareinsights.com)

### **Philosophy of Design Thinking**

- ❖ Be curious
- ❖ Try stuff
- ❖ Reframe problems
- ❖ Know it's a process
- ❖ Ask for help

## Path to Designing your Life



- ❖ Start where you are- Health, Work, Play, Love gauges
- ❖ Build a compass- creating coherence in your Life View and Work View
  - Who you are
  - What you believe
  - What you are doing



- ❖ Wayfinding- Good Times Journal
- ❖ Getting Unstuck- Mind-mapping to create options
- ❖ Design your Lives- Odyssey lives with 5-year plans



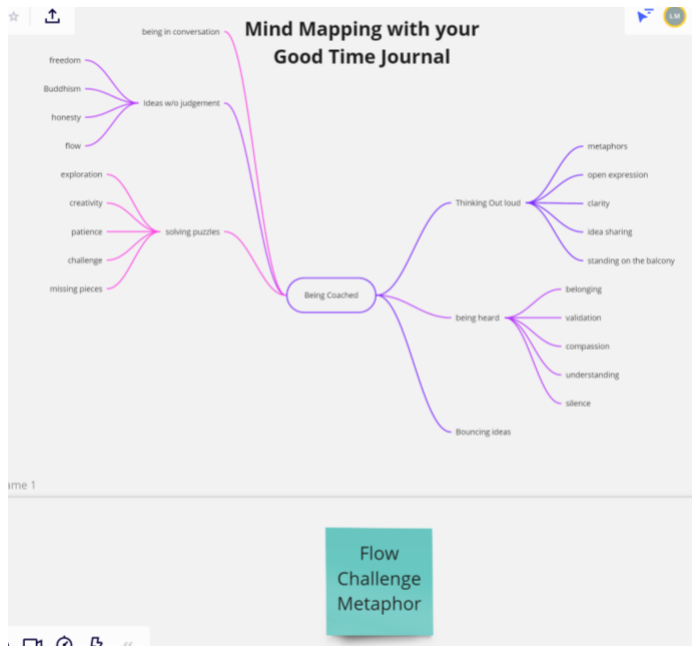
- ❖ Prototyping- experiment!
- ❖ How Not to Get a Job- job boards
- ❖ Designing your Dream Job- ask for people's life stories!
- ❖ Choosing Happiness- how to make a choice and be content
- ❖ Failure Immunity- you can't fail if you're designing your life



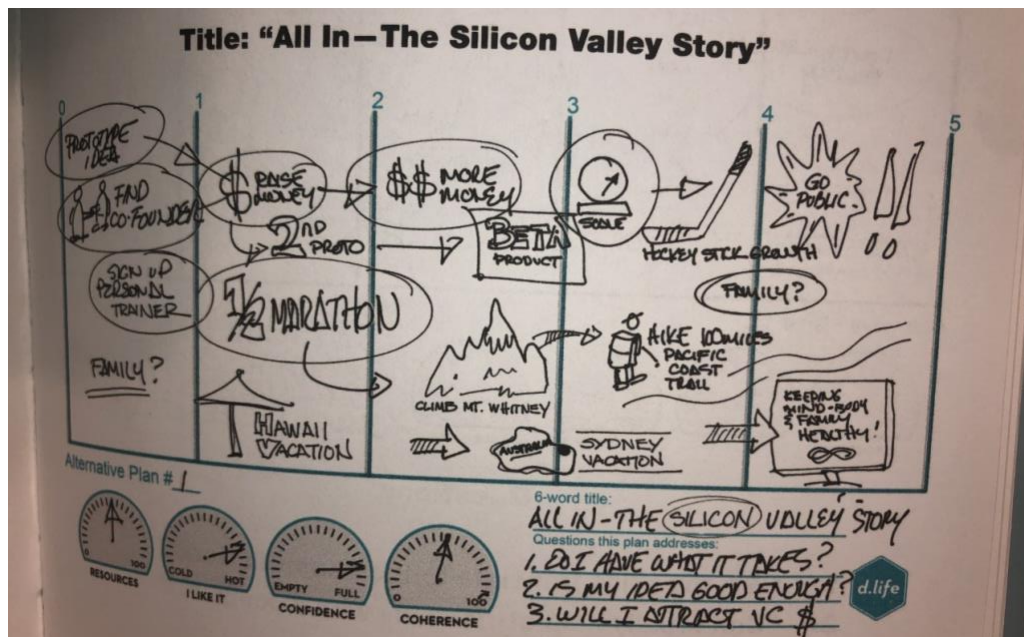
- ❖ Building a Team- be intentional
- ❖ Enjoy the journey as you (keep) design(ing) your life!

## Select Activities from the Book

### Mind Mapping



### Odyssey Drawing



**About the Book Club** In this monthly club, a presenter shares highlights from a book related to leadership, business, neuroscience, or coaching. Membership is not required, and there's no obligation to pre-read the book. This discussion summary is intended to provide a recap of the conversation at Book Club, rather than serve as a thorough book summary. [Register here](#) for upcoming events. For the full set of discussion summaries, [click here](#).