

## **The task: Workview and lifeview**

This time your task is to write your workview and lifeview. This task is taken from Stanford University's *Designing Your Life* –course, which has become one of the most popular elective classes at the university.

### **Sub-task 1: Write a workview reflection**

What does work mean to you? In this task the aim is to write a short reflection about your views about work. Don't just list what you want from work but rather how you view work in general. You can use the following questions for inspiration for your workview. You don't have to answer them directly (and definitely not answer all of them), but they provide guidance on what kind of questions are relevant as regards your workview:

- Why work?
- What's work for?
- What does work mean?
- How does work relate to the individual, others, society?
- What makes work good or worthwhile?
- What's the role of money in work?
- What's the role of experience, growth, and fulfillment in work?

The length of the workview should be approximately half a page (A4). It should take about a half an hour to write it. I suggest first reflecting on the topic for a while (making paper-and-pencil notes or drawing perhaps a mindmap) before writing the reflection.

### **Sub-task 2: Write a lifeview reflection**

What does life mean to you? In this task the aim is to write a short reflection about your views about life. The aim is to capture your general views that form the basis of how you understand this human life you are living. The following questions provide some guidance on what kind of questions are relevant as regards your lifeview. Again, you don't have to answer them directly, but use them for inspiration in compiling your lifeview:

- Why are we here?
- What are people (ultimately) striving for or pursuing in life?
- What makes life valuable and worth living?
- What is the meaning or purpose of life?
- What is the relationship between the individual and other people?
- What is good and what is evil?
- Does your lifeview include a higher power, God, or something transcendent, and if so, what impact does this have on your life?
- What is the role of joy, sorrow, justice, injustice, love, peace, and strife in life?

Remember that for this kind of task there are no right or wrong answers. Ask the questions that work for you or make up your own questions. And see what you discover about your lifeview!

The length of the lifeview should also be approximately half a page (A4). It should take about a half an hour to write it. I suggest first reflecting on the topic for a while (making paper-and-pencil notes or drawing perhaps a mindmap) before writing the reflection.

Please submit your lifeview and workview as one file to MyCourses before Friday 18<sup>th</sup> Jan at 13.00. Take a copy with you to the gathering.

\* This task and other tasks from the Designing your life -course can be found in the book *Designing your life – Build the perfect career, step by step* by Bill Burnett and Dave Evans (Vintage 2018) where they walk us through the essential insights and exercises of their popular course. So if you are interested in applying design principles to your life, that is a book to read!