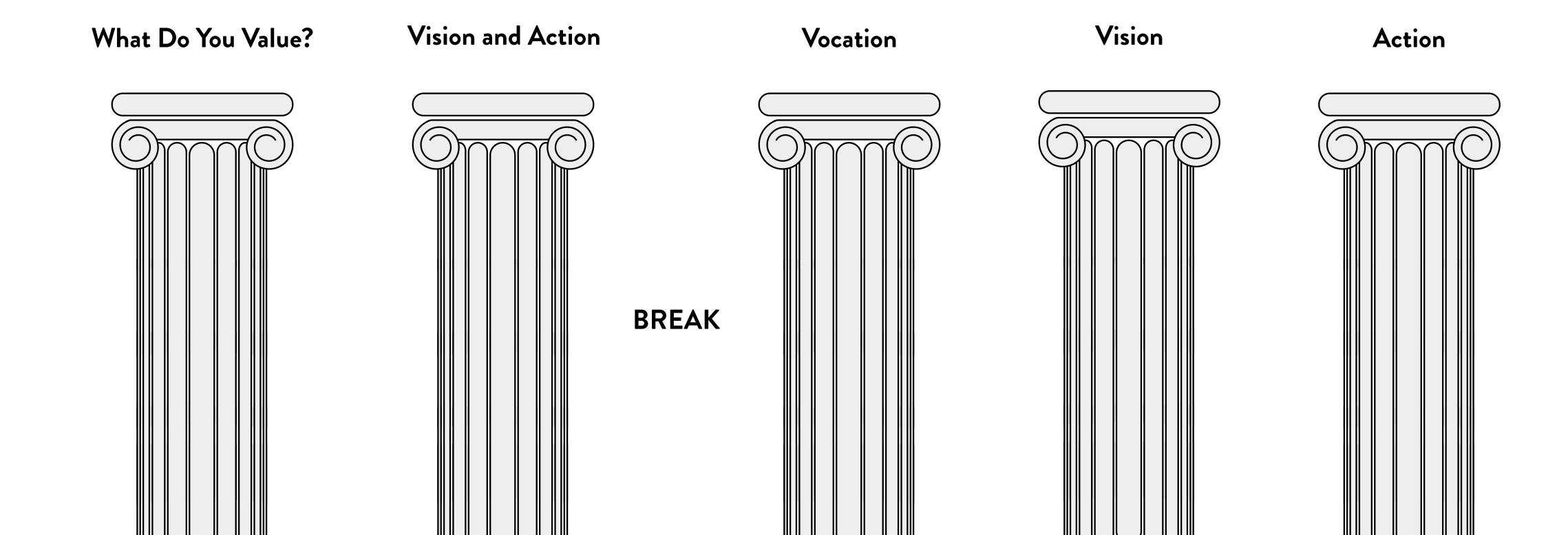


## RECAP OF LECTURES 10 & 11



### TODAY:

# How to Live a Good Life?

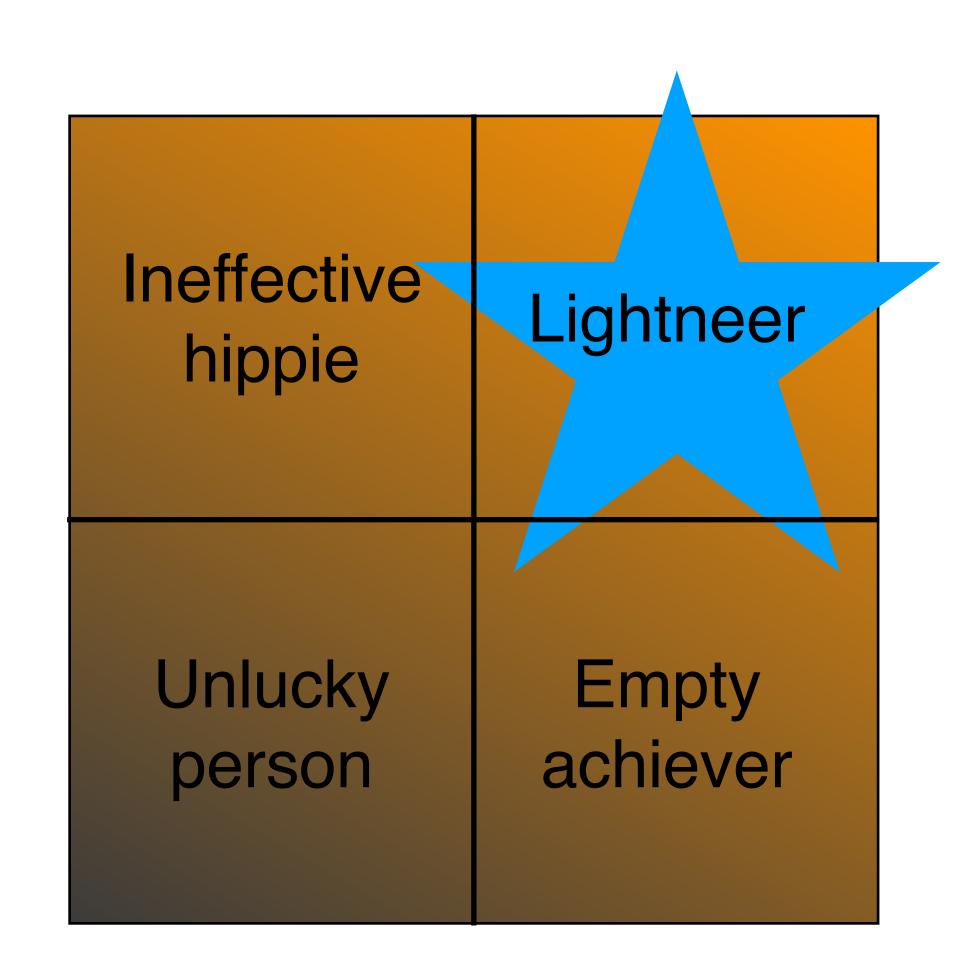


### WHAT DO YOU VALUE?

- Personal vs social values
- Mental health and physical health
- Confidence, self-acceptance
- Initial vs external valuew
- Figuring out the contradiction between individual and environment
- Connection
- Friendships, family, closeness
- Honesty to others and to yourself
- Personal growth, courage, meaningful choices
- Honesty vs fairness
- Empathy
- Sense of justice, right vs wrong
- Doing good things, having a good impact
- Freedom to speak up for yourself
- Integrity

#### VISION AND ACTION

VISION



ACTION

## BREAK



# Vocational Map

Social Activity:

Conversation

Performance

Caring

Connecting

Teaching

Thinking:

Researching

Calculation

Programming

Reading

Problem Solving

Creativity:

Creating Ideas

Invention

Writing

Painting

Playing an

Instrument

Composing

Singing

Physical Activity:

Team Sport

Individual Sport

Roaming the Nature

Strength Training

Dancing

Animals and Plants:

Gardening

Riding

Dog Training

Caring for Farm

Animals

Administration:

Leading

Organizing

Planning

Coordinating a Team

Leisure:

Being with Friends

Playing Games

Traveling

Movies

Music

Theatre

Fine Arts



Aalto Ventures Program



## NEXT TIME:

Lecture 13: Philosophy of Leadership

Pre-readings:

1. Heskett et al.: Putting the Service-Profit Chain to Work

## Thank You!

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