Thinking Tools

Module 1 – The Good Life

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What Is Needed for a Good Life?

Values

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Break

Struggling Altruist

Game Changer

SELF

Witless Plant

Selfish Bastard

OTHERS

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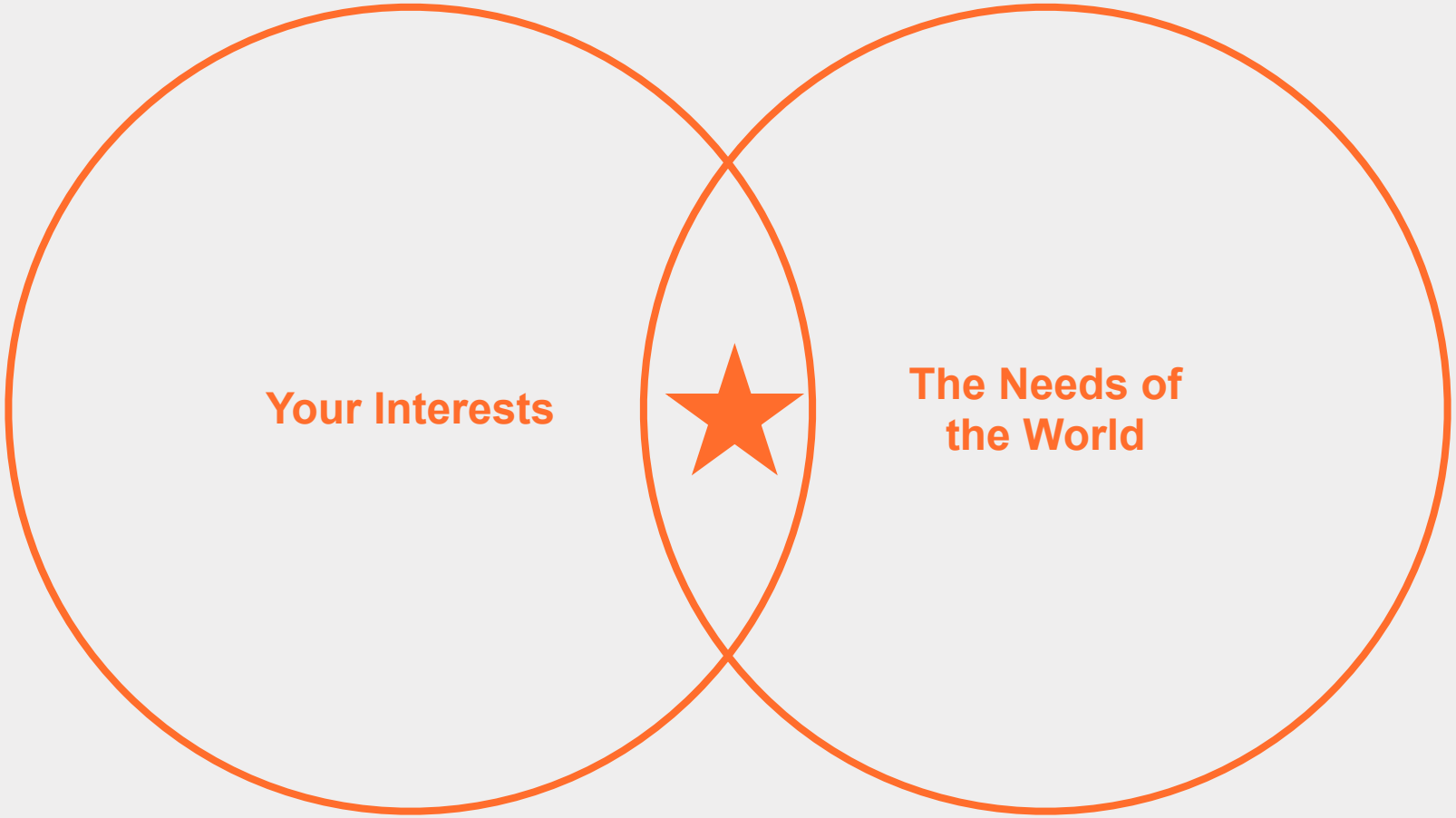
Vocation



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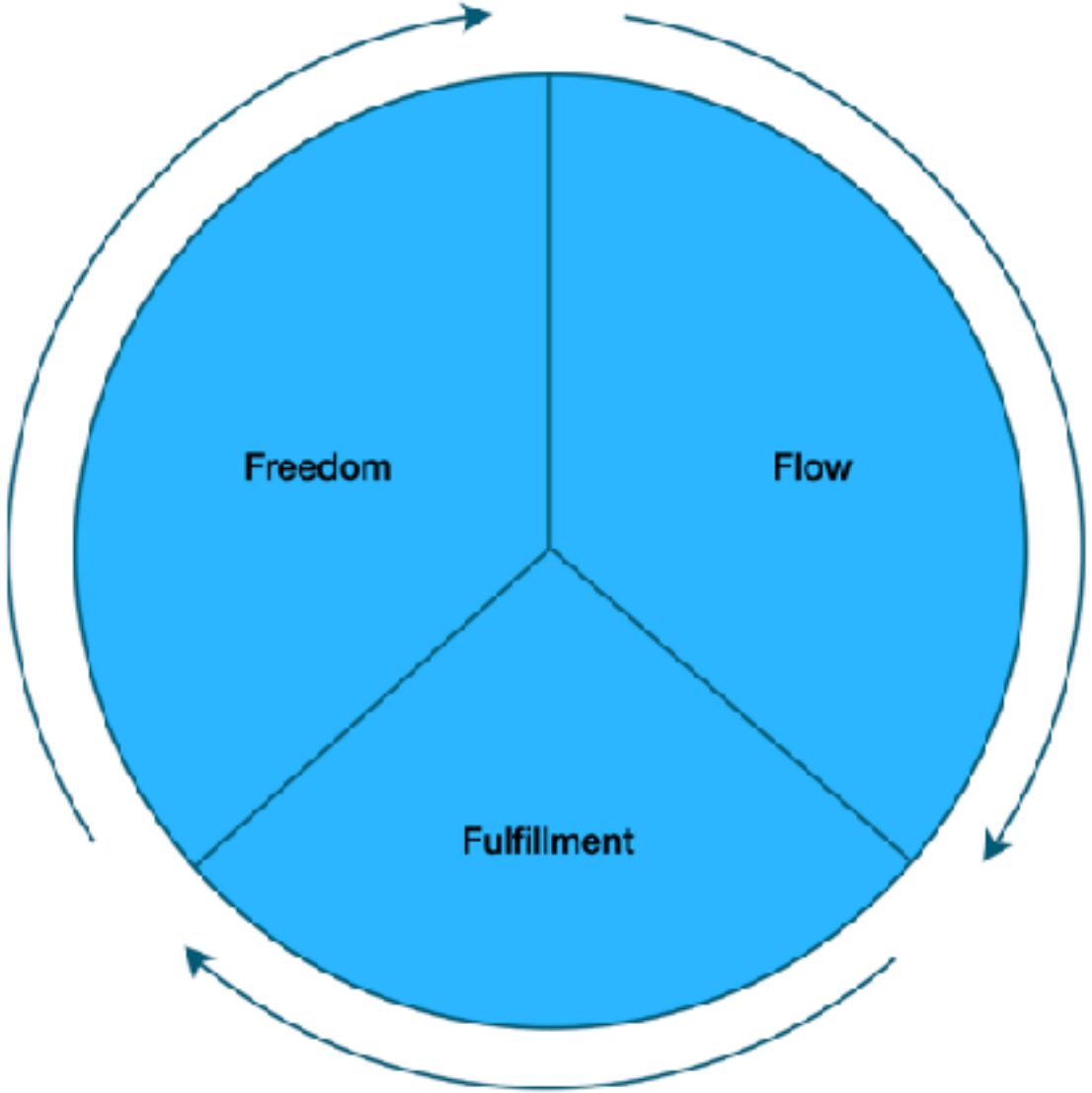
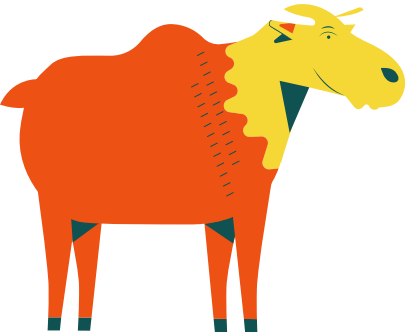
Intrinsic Motivation





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The Stoic Trichotomy

- What you cannot influence?
- What can you influence?
- What can you control?

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Workshop Briefing

- Value Exploration
- Vocational Mapping
- Stoic Trichotomy
- Action Steps

For online students: make sure you have several sheets of A4 paper and a few working pens or pencils available!

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Thank You

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