

A stylized illustration of a person in a dynamic, almost contorted pose. The person is wearing a green and black striped shirt, green pants with white stripes, and green sneakers. They have a yellow headband, sunglasses, and a green face. A yellow line is drawn around their head, and a blue line is drawn around their torso. The background is a solid orange color.

# Thinking Tools

## Module 1 – The Good Life Workshop

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# Value Exploration



## A stylized illustration of a moose. The moose has large, white, velvet-covered antlers. Its head is yellow with a small red eye and a black nose. The body is orange with a yellow patch on the neck and chest. The legs are orange with black hooves. The moose is standing on a light gray background.



# Break

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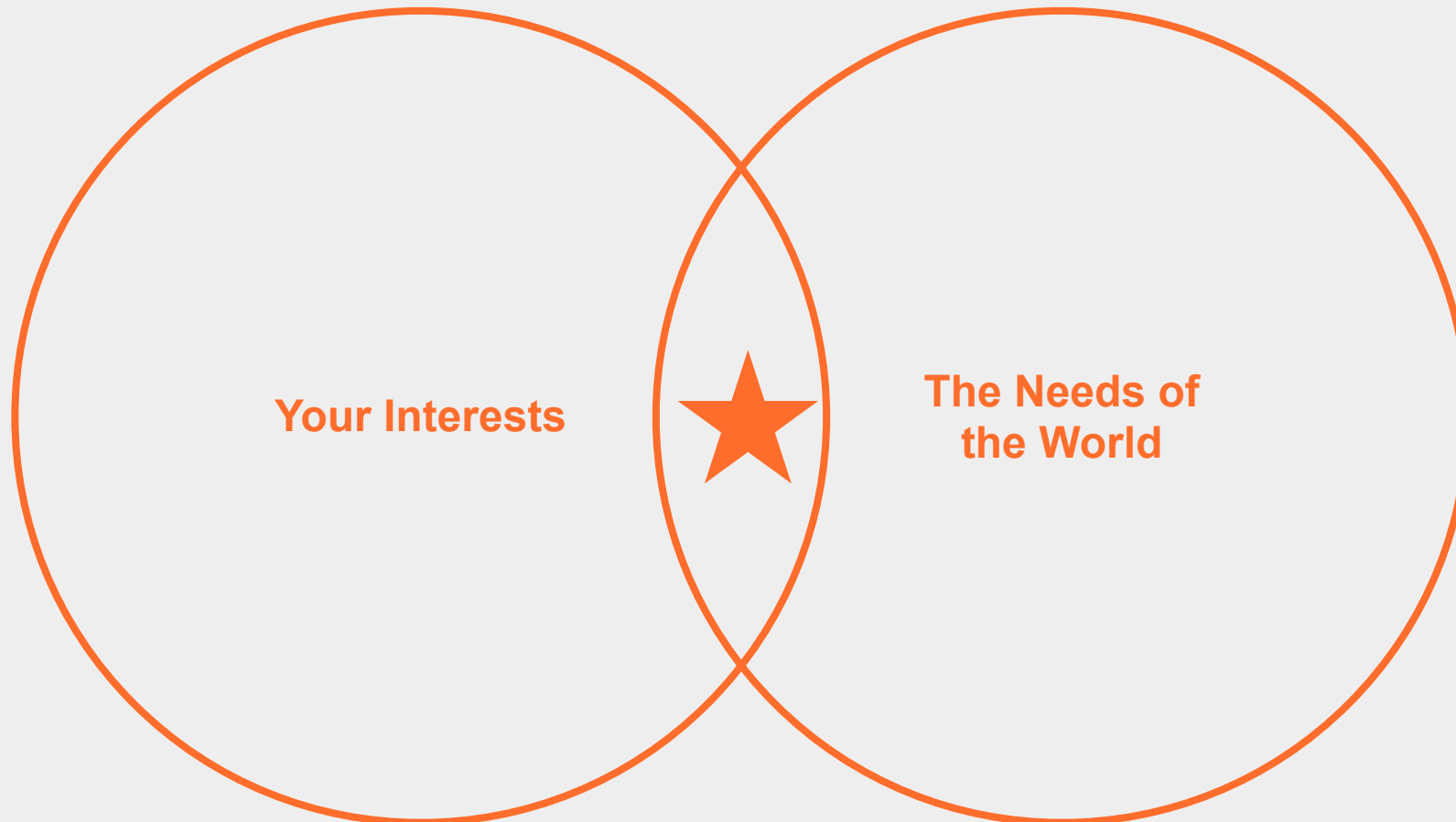


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# Vocational Mapping

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# 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

# The Stoic Trichotomy

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





# ACTION STEPS





# Thank You



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