



RESOURCE MAP

STARTUP EXPERIENCE COURSE

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Goal

To create your vision towards dreamed future.

See what kind of resources you already have to achieve your dreams.

See what kind of resources you need to achieve your dreams.

**To start to move towards your dreams
TODAY**



You need:

empty surface (table) to put A1 or A2 sheet

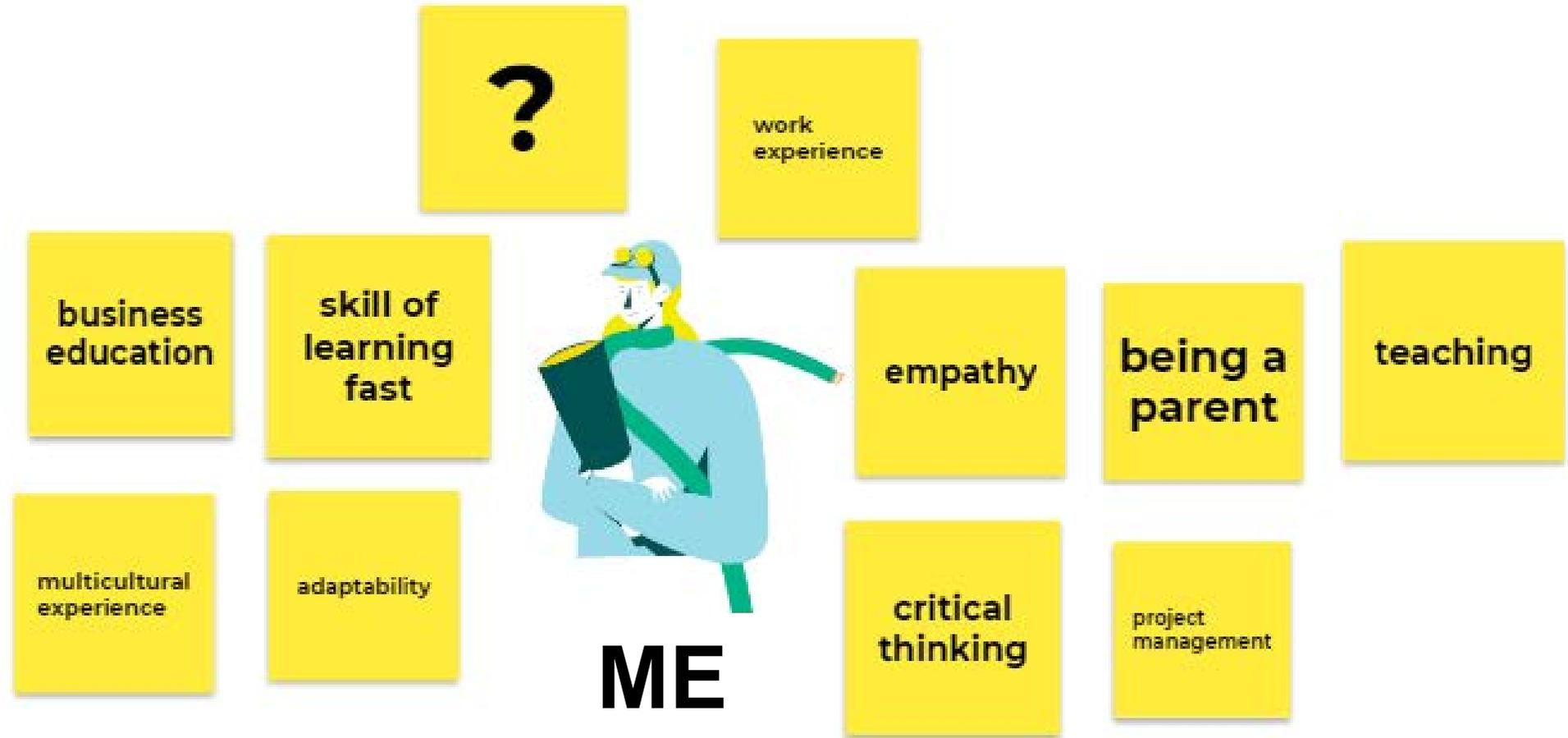
Markers with different colors (3-4 colors)

Post-in notes with different colors





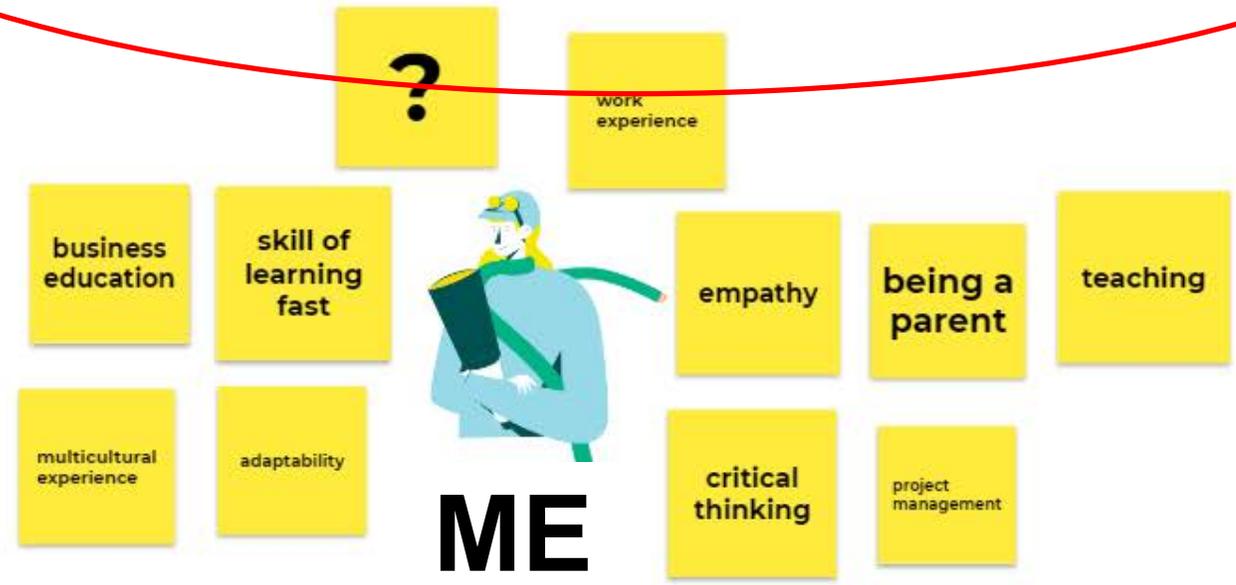
Resources
you have



Your dreams & goals



Resources you have



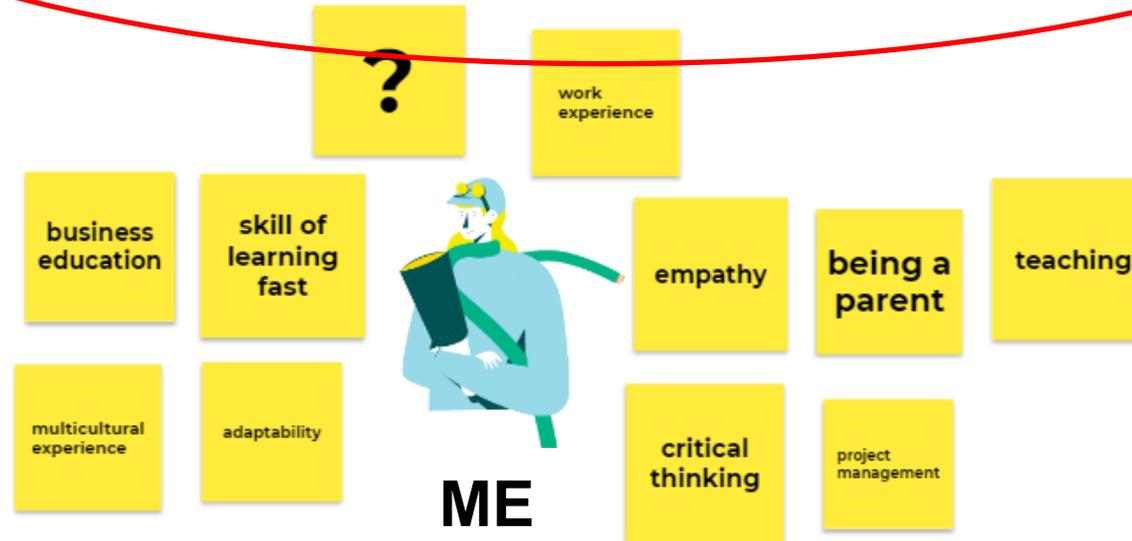
Your dreams & goals



Your dreams
& goals



Resources
you have



Resources
/ skills you
need



Resources
/ skills you
need



time

self-compassion
instead of self
criticism

time
managment
skill

support /
guidance

**skill
in**

**skill of
saying
no**

money

managing
my
emotions

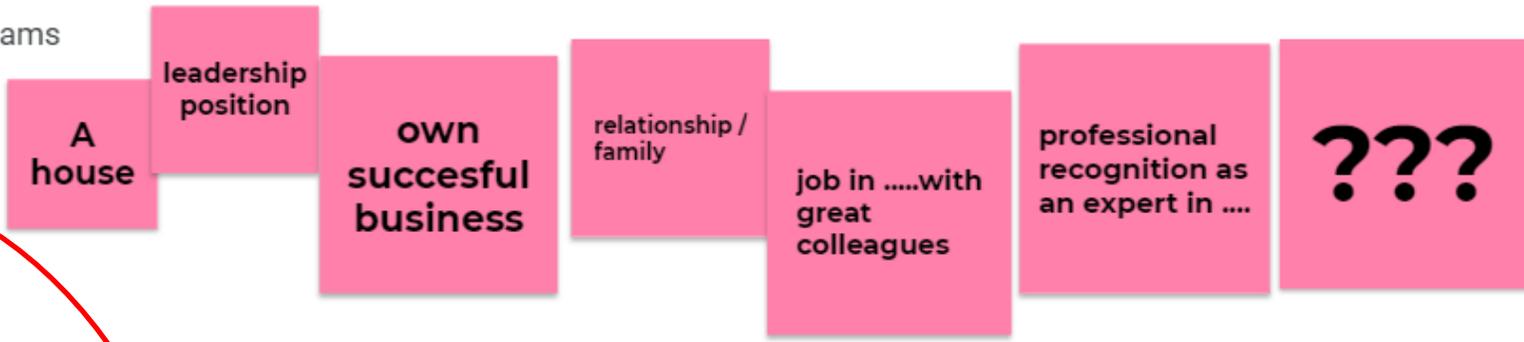
patience

the skill of
letting
things go

healthy
egoism

???

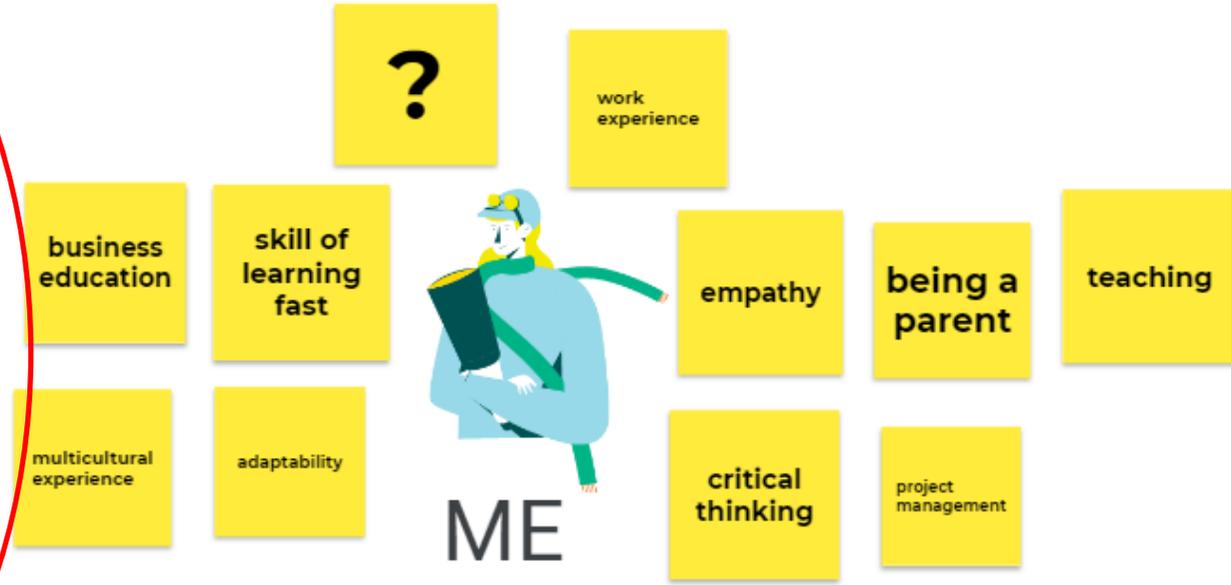
Your dreams & goals



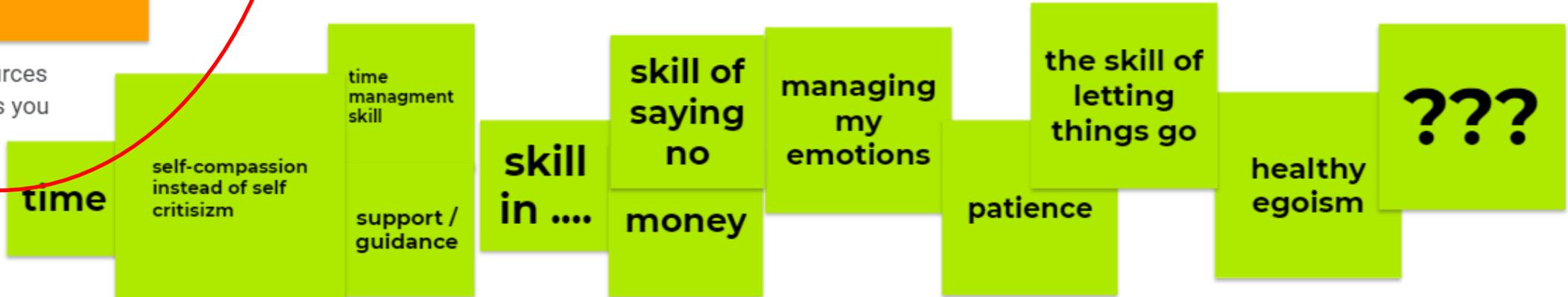
Challenges



Resources you have



Resources / skills you need



Challenges

Corona

**financial
limitations**

**time
limitations**

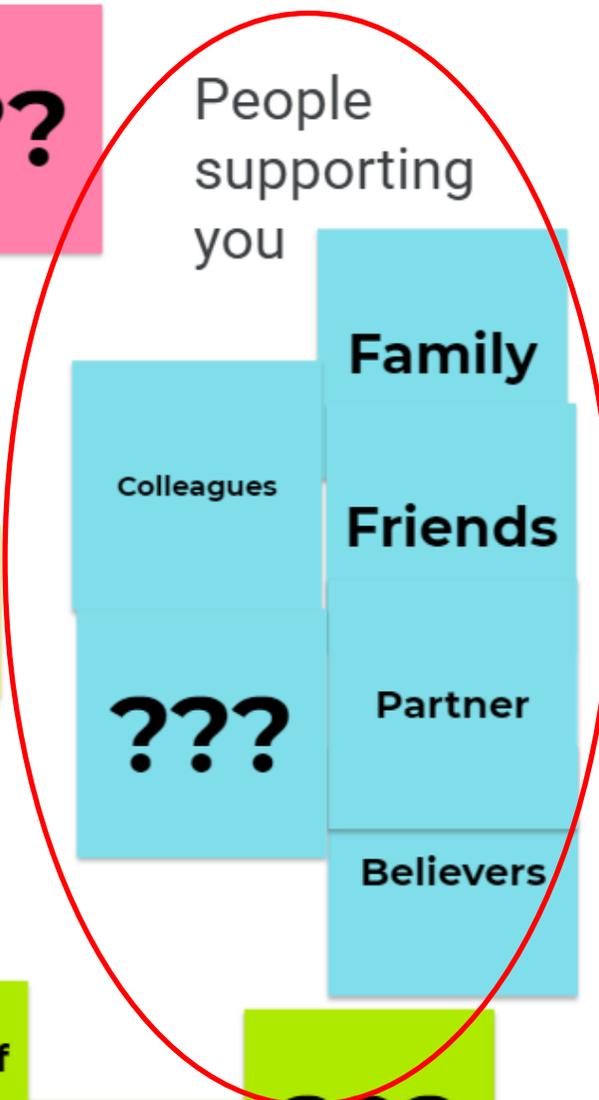
**legal
restrictions**

???

Your dreams & goals



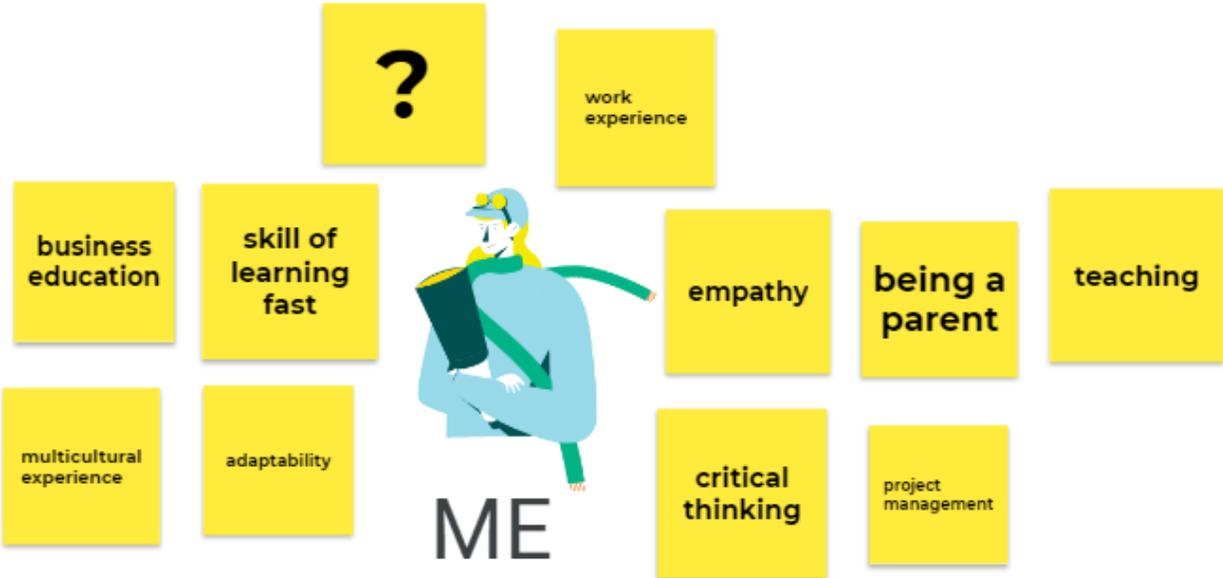
People supporting you



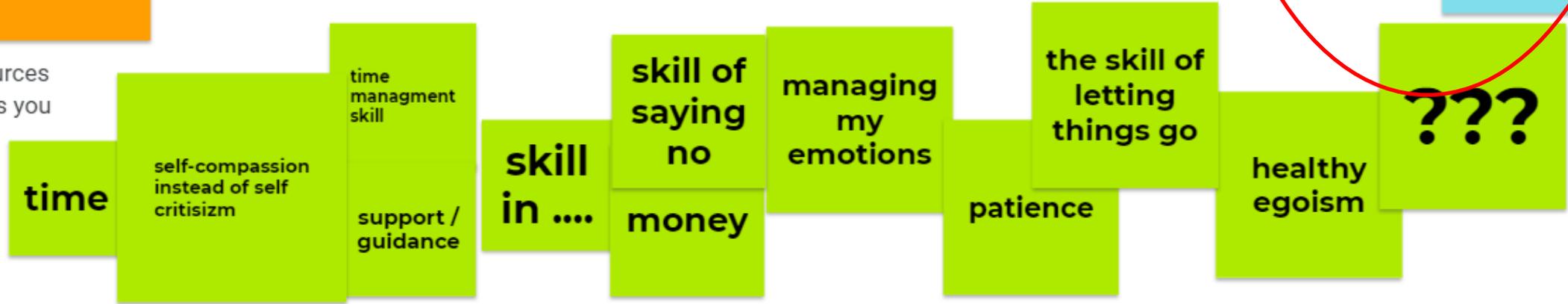
Challenge



Resources you have



Resources / skills you need





People supporting you

Colleagues

???

Family

Friends

Partner

Believers

Change the headings:

Resources / skills you need → areas for development

Challenges → stimuluses



Should I? Developed by Jaakko Kopra and Ben Nothnagel

Exercise: Enhance adaptive behavior by establishing cortical connectivity

Goal: Break the cycle of automation and facilitate adaptive, smart responses when it matters in your life

Step 1: Identify a situation(s) at school, work or private life where you are feeling nervous, stressed, frustrated or any other strong emotion. Many times these are social situations. Try to recognize where and how you experience this in your body and mind.

Step 2: Reflect how you tend to behave in those situations and how this emotion or your response affects your performance or happiness.



Should I?

Developed by Jaakko Kopra and Ben Nothnagel

Step 3: When those emotions or situations occur, each time ask yourself: **Should I be nervous/stressed/frustrated etc.?** The answer can be "yes" or "no" and it does not really matter which one. Whichever the answer, you have achieved cortical connectivity and created an opportunity for breaking of an automation and for initiation of an adaptive response.

Step 4: Reflect on how using the Should I? -tool (preferably for days or weeks) has affected your well-being, performance or relationships or any other aspect of your life.



Ten Bulls or Ten Ox Herding Pictures

a series of short poems and accompanying drawings used in the [Zen](#) tradition to describe how a young oxherder search, pursue, tame, train and bring the Ox (bull) to home. Emerged in China in the 12th century



1.

In Search of the Bull

In the pasture of the world, I endlessly
push aside the tall grasses in search
of the Ox. Following unnamed rivers,
lost upon the interpenetrating paths of
distant mountains,

My strength failing and my vitality
exhausted, I cannot find the Ox.



2.

Discovery of the Footprints

Along the riverbank under the trees, I
discover footprints. Even under the
fragrant grass, I see his prints.

Deep in remote mountains they are
found.

These traces can no more be hidden
than one's nose, looking heavenward.



3.

Perceiving the Bull

I hear the song of the nightingale.
The sun is warm, the wind is mild,
willows are green along the shore -
Here no Ox can hide!

What artist can draw that massive
head, those majestic horns?



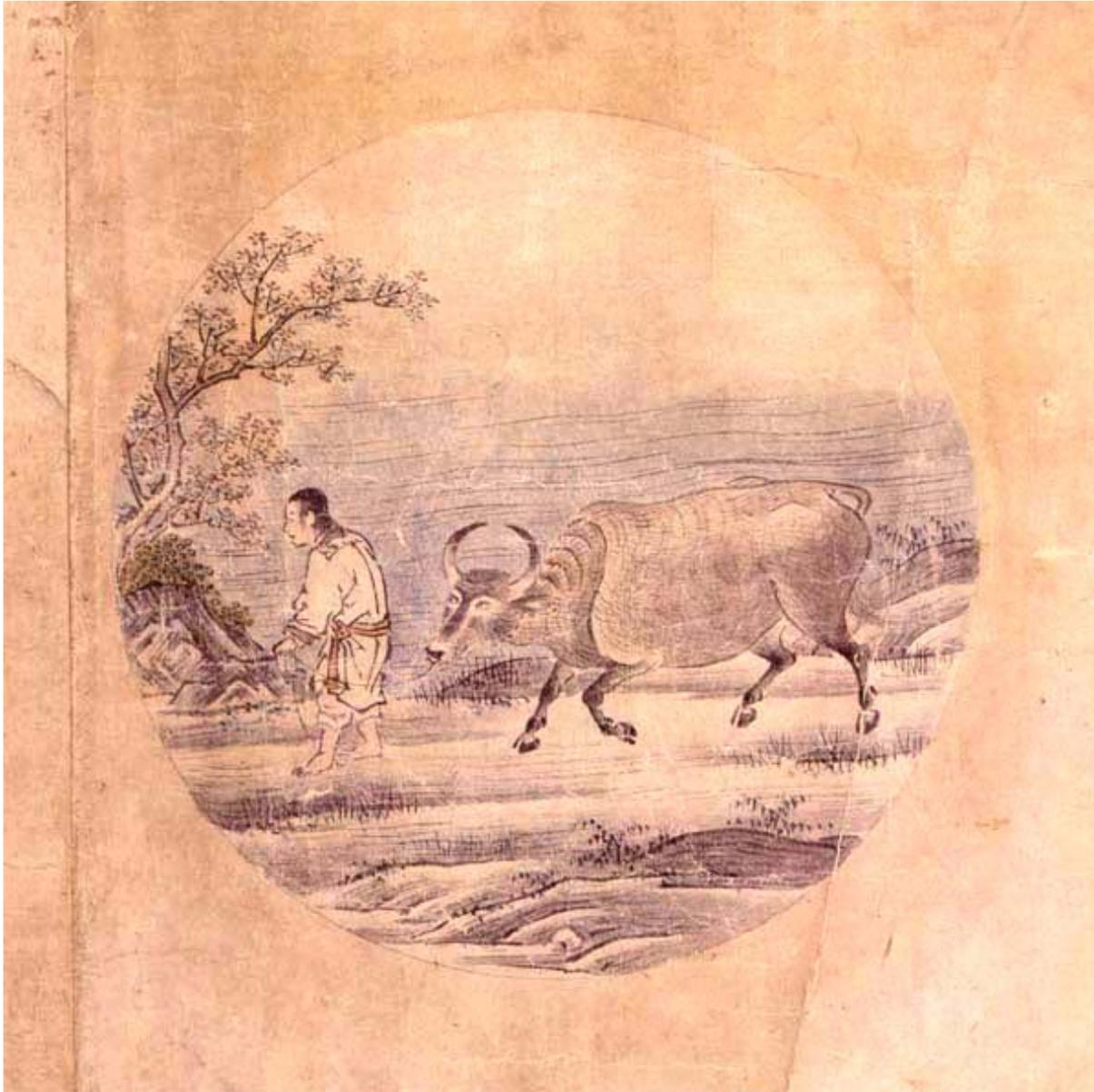
4. Catching the Bull

I seize him with a terrific struggle.

His great will and power are
inexhaustible.

He charges to the high plateau far
above the cloud-mists,

Or in an impenetrable ravine he
stands



5.

Taming the Bull

The whip and rope are necessary,
Else he might stray off down some
dusty road.

Being well-trained, he becomes
naturally gentle.

Then, unfettered, he obeys his
master



6.

Riding the Bull Home

Mounting the Ox, slowly I return
homeward. The voice of my flute
intones through the evening.

Measuring with hand-beats the
pulsating harmony, I direct the endless
rhythm.

Whoever hears this melody will join me



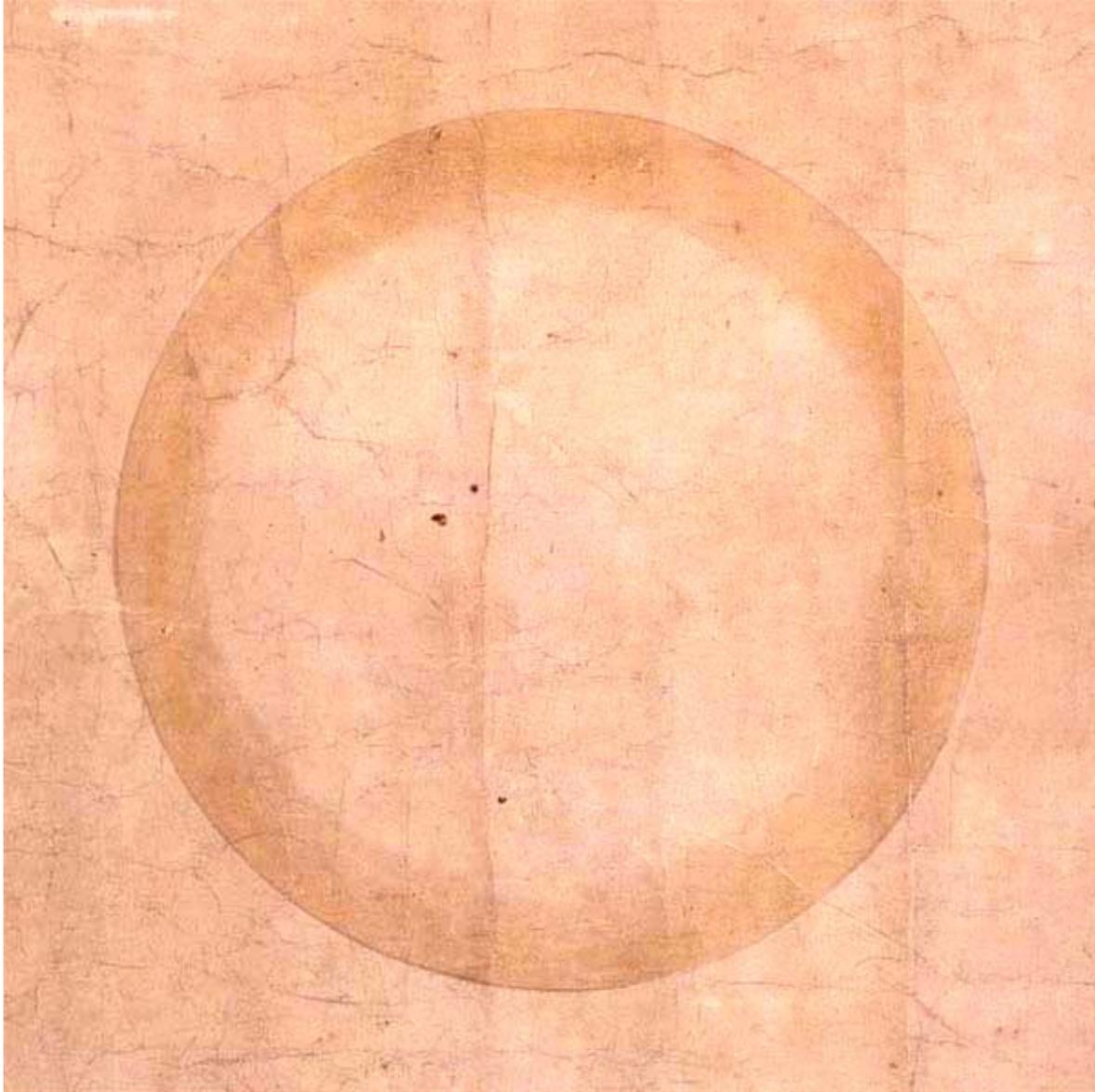
7.

The Bull Transcended

Astride the Ox, I reach home.

I am serene. The Ox too can rest.

The dawn has come. In blissful repose,
Within my thatched dwelling I have
abandoned the whip and ropes



8.

Both Bull and Self Transcended

Whip, rope, person, and Ox - all merge in
No Thing. This heaven is so vast, no
message can stain it.

How may a snowflake exist in a raging
fire. Here are the footprints of the
Ancestors

Ten Bulls or Ten Ox Herding Pictures

a series of short poems and accompanying drawings used in the Zen tradition to describe **the stages of a practitioner's progress toward enlightenment.**

The Bull Transcended

Until now there was this idea that there was something to do, something tangible to bring home. There was a separation between ourselves and the Ox. There was a dualism between what was spiritual and not spiritual, what was Zen and what was not Zen. At this stage, **we become united with the Ox.**



9. Reaching the Source



10. Return to Society

WHAT IS YOUR OX?



