

Good Life Engine

Start of the journey

12.10.2022

**Good Life Engine course is a
unique individual experience**

Good Life Engine Crew

Lidia Borisova

Head of Education in AVP

Lecturer

Not just Talk the talk, but walk the walk

Lidia.Borisova@aalto.fi



“You have to charge your batteries with more energy than you draw out of them”

Aki Hintsa, The Core

Step #1. Exercise #1. Are You Headed for a personal Energy Crisis?

Body

___ I don't regularly get at least seven to eight hours of sleep, and I often wake up feeling tired.

...

Emotions

___ I frequently find myself feeling irritable, impatient, or anxious at work, especially when work is demanding.

___ ...

Mind

___ I have difficulty focusing on one thing at a time, and I am easily distracted during the day, especially by e-mail.

___ ...

Spirit

___ I don't spend enough time at work doing what I do best and enjoy most.

___ ...

Are You Headed for an Energy Crisis?

Guide to scores

0–3: Excellent energy management skills

4–6: Reasonable energy management skills

7–10: Significant energy management deficits

11–16: A full-fledged energy management crisis

Step #1. Exercise #2. Assess Where you are?

4 areas dashboard

HEALTH

LOVE

PLAY

WORK

*Designing your life” methodology from Stanford Life
Design Lab

**Fill your
dashboard
5 min.**

HEALTH

LOVE

PLAY

WORK

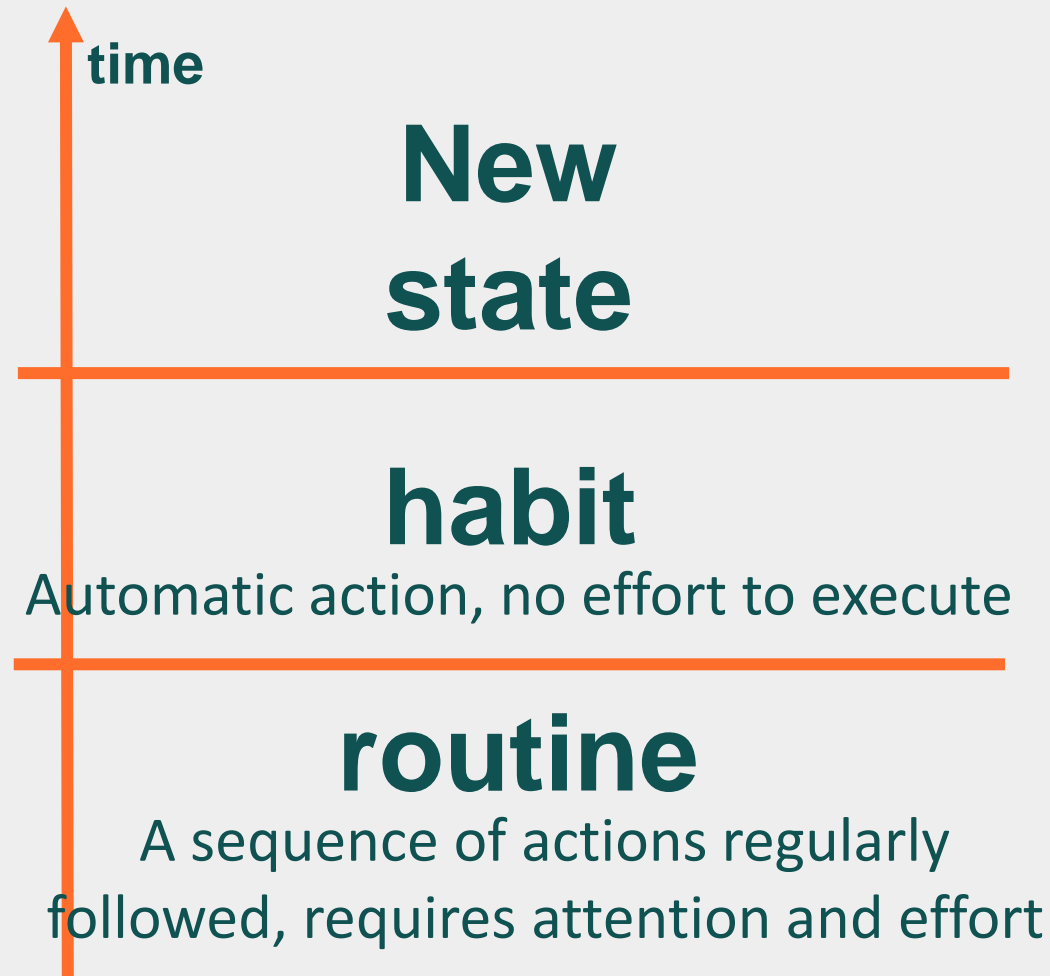
**Are you happy right now with
where your gauges stand in each
of these four areas?**



Course practicalities

- 1. Course will be run on campus;***
- 2. Sessions are twice per month. In total 13 sessions (attending 2/3 is compulsory – 8 sessions);***
- 2. Individual journey with routines execution;***
- 3. Team support and work;***
- 4. Team clinics (with Lidia and Teddy)***

Routine/habit pyramide



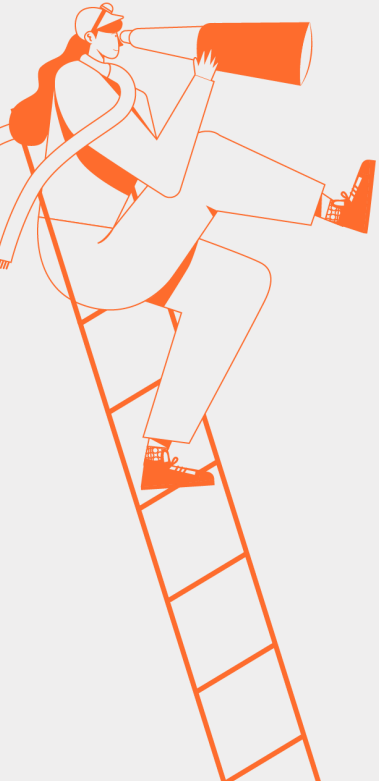
Good Life Engine Crew

Duy Tran (Teddy)

Coach in AVP

Good Life Engine course assistant

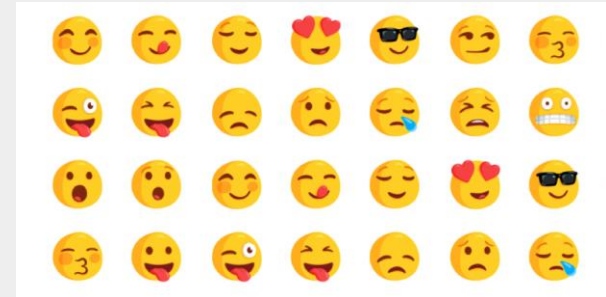
Duy.tran@aalto.fi



The main individual task is to execute routines. How we will track the execution?



Team peer tracking



Mycourses tracking

1 * How was your routine this week?

I did not manage to do as planned

I did some routine

I did as planned

I did more than planned

2 * How difficult was it to follow your routine? (1 = very easy, 5 = very hard)

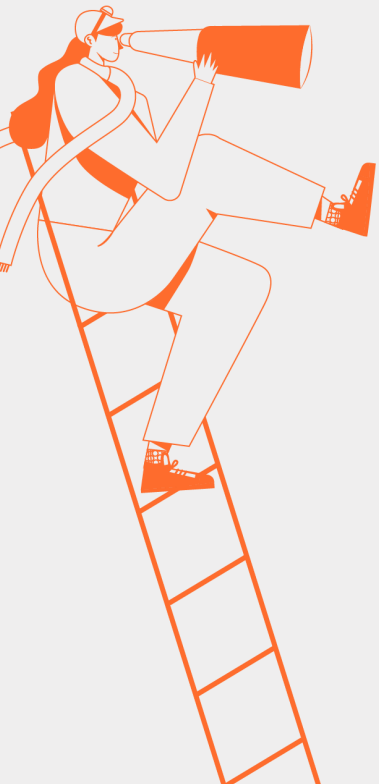
1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3 * How impactful is your routine to your well-being? (1 = not impactful, 5 = very impactful)

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

This is what your team chat bubble will look like

Pick your own emojis and text it to the group chat whenever you do your routine!



Weekly Mycourses routine tracker

1 * How was your routine this week?


- I did not manage to do as planned
- I did some routine
- I did as planned
- I did more than planned

2 * How difficult was it to follow your routine? (1 = very easy, 5 = very hard)


1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3 * How impactful is your routine to your well-being? (1 = not impactful, 5 = very impactful)

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

 **Update your routine tracker - week 2 is due**


Wednesday, 26 October, 21:00

 **L01**

Friday, 28 October, 10:15 » 12:00

 **Update your routine tracker - week 3 is due**

Wednesday, 2 November, 21:00

 **L01**

Wednesday, 9 November, 13:15 » 15:00

 **Update your routine tracker - week 4 is due**

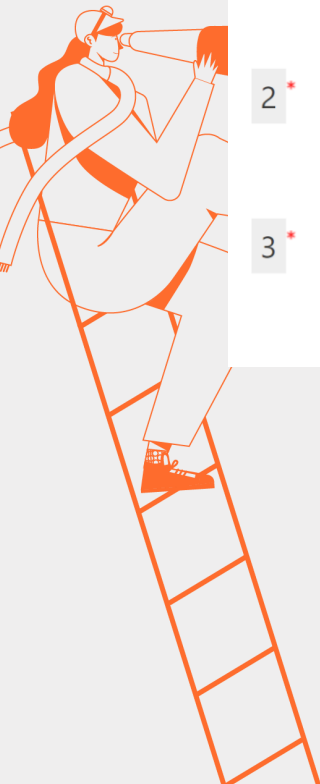
Wednesday, 9 November, 21:00

 **Update your routine tracker - week 5 is due**

Wednesday, 16 November, 21:00

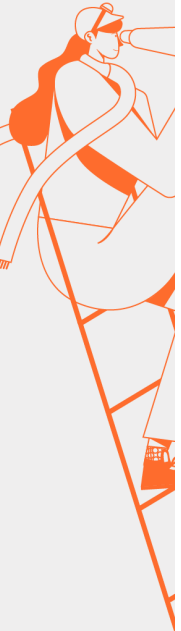
 **Update your routine tracker - week 6 is due**

Wednesday, 23 November, 21:00



Schedule

Date	Time	Event
12 - Oct	13:00 - 15:00	GLE course kick-off
28 - Oct	10:00 - 12:00	Why your way of thinking (mindset) needs to be flexible
9 - Nov	13:00 - 15:00	How to become a Wise Mind
25 - Nov	10:00 - 12:00	Time Management, work-life balance, Hints performance topics
30 - Nov	13:00 - 15:00	Maintaining motivation
16 - Dec	10:00 - 12:00	Breathing
11 - Jan	13:00 - 15:00	TBA
27 - Jan	10:00 - 12:00	Lessons from Stoic philosophy
1 - Feb	13:00 - 15:00	Portfolio and Risk Management
17 - Feb	10:00 - 12:00	TBA
1 - Mar	13:00 - 15:00	Antifragility and positive mindset
17 - Mar	10:00 - 12:00	TBA
29 - Mar	13:00 - 15:00	Wrap-up



The rules of the course

- Teachers work as facilitators and advisors on the methods. We will not tell you what is good or bad for you.
- All personal information shared during the course is confidential
- We assess mainly participation and persistence in routines execution

BREAK



Good Life Engine course learning outcomes

1. You will understand and, maybe, achieve a study/work-life balance without stopping progressing towards your strategic goals. You will learn how to live, not to run a marathon

“One of the main things I have learned from this course is how to balance between work and life. I can work hard and at the same time enjoy my life. This concept is unfortunately missed in my home country. People move and keep moving but they forget to live”

From GLE 2021-2022 student essay

Good Life Engine course learning outcomes

2. You will learn about yourself

“I think I learnt mostly about myself and my motivating factors during this course”

From GLE 2021-2022 student essay

Good Life Engine course learning outcomes

3. You will learn how to define your strategic goals, plan the journey towards them, and manage your time to progress on this journey

“It is important to go beyond what you want, or think that you want, and try to understand your deeper needs. After recognizing these it is much easier to construct meaningful incremental goals that bring you closer to what you need”

From GLE 2021-2022 student essay

Good Life Engine course learning outcomes

4. You will learn how to create new habits and, probably, you will create at least one

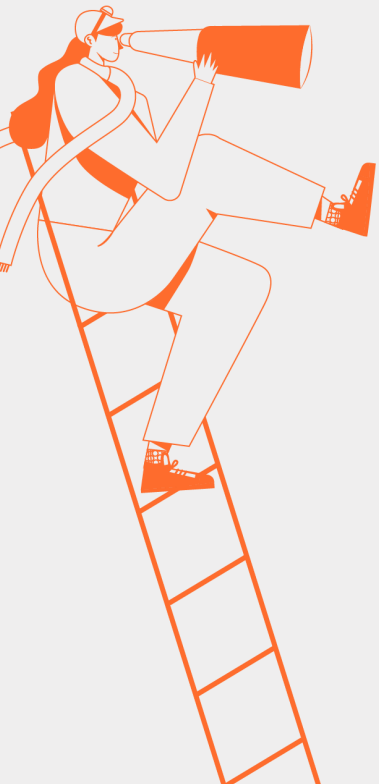
“It has been a great opportunity to get to know myself and set a good basis for new habits. It has given me lots of new perspective and highlighted the importance of self-care and habits even amid a rather chaotic phase in my life”

From GLE 2021-2022 student essay



The keys steps of your journey

1. Assess where you are in terms of physical and mental resources;
2. Define where you want to go - your big goals and dreams;
3. Routine(s) execution;
4. Reflect your journey.



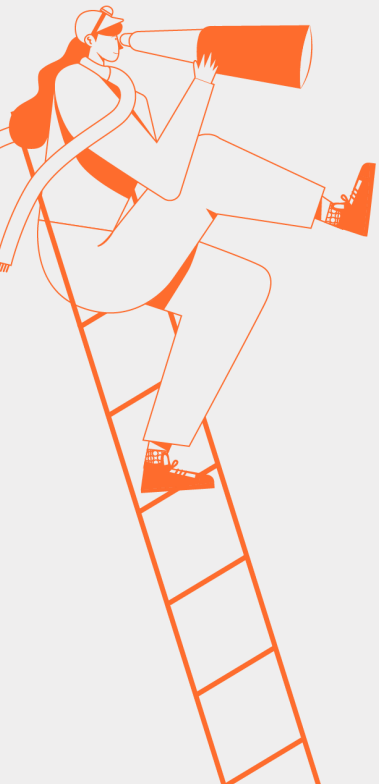
Step #2 – Goals' setting

**“Energy follows attention!” U theory,
Otto Shramer**

Goal #1 for everyone – accumulate psychological capital

Psychologists use this term to “depict an individual’s hopefulness, optimism, resilience, and self-trust...The more psychological capital he or she has, the better he or she is coping with difficulties and crises. That person’s goals and directions do not change every time he or she meets a tiny setback” (Aki Hintsa, The Core).

A certain stable level of psychological capital should be your desired state.



Good Life Engine Crew

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**Some things are up to us,
and others are not**

Dichotomy of Control concentrates on outcomes

**For a Stoic, outcome is nothing.
Action that is under control is
everything**

**Trichotomy of control focuses on actions,
and is therefore more practical**

No Control	Some Control	Total Control
No stress, you cannot do anything about these. Do not focus here	Focus here most of the time.	No stress, everything is in control. Focus here, too.
Sun rises and set in its own time	You cannot decide the outcome, but you can influence it	You can decide the outcome

No control	Some control	Total Control
No goals	Process goals	Outcome goals
	Playing your best game maximizes the change of winning	

Practical goal setting

- **Focus on playing well and the score will take care of itself**
- **Winning a tennis match is not in your control, so it is not a wise goal**
- **You can influence the outcome, so playing your best game is a good goal which raises the likelihood of winning**
- **Practicing and conditioning help you play better. Practicing 3 times a week would be a great process goal, which would make winning the match more likely**

Some control

Total Control

Process goals

Outcome goals

Playing your best game maximizes the change of winning



Fatalism

No Control	Some very little control	Total More Control
Past	Present	Future
Don't dwell here	Live here	Plan this

Step #3 – Defining your routine(s)

The most common routines:

Exercising, meditation, reading, journaling, planning, walking, learning language(s), learning specific skill (guitar, programming etc.), creative routines (crafting, drawing, free-writing, playing music), yoga, eating healthy/ cooking, creating healthy sleeping rhythms.

Step #3. Your homework – routine map

- Reflect on previous exercises.
- The routine is a sequence of actions regularly followed.
- You can choose ONLY new routine(s)
- More instructions could be find in MyCourses



Homework (*in MyCourses*)

- 1. Answer the survey***
- 2. Read blog about goals setting***
- 3. Watch the video about psychological safety***
- 4. Do resource map exercise***
- 5. Prepare your routine map and upload it in MyCourses***

See you on 28.10.2022
Session about teamwork and
mindset flexibility





