

# Good Life Engine

Goals  
setting.  
Where you  
want to go?

*Lidia Rauramo, Anna Dementyeva*



# 1. Goal setting prerequisites.

# Why/how set up goals?

| <b>Vague objective</b>                                                         | <b>Clearly defined objective and a focus on process</b> | <b>Obsessive desire to achieve a goal while ignoring the process</b>  |
|--------------------------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------------------|
| <b>Confusion, procrastination, time and energy wasted on meaningless tasks</b> | <b>FLOW</b>                                             | <b>Fixation on the objective rather than getting down to business</b> |

\*Héctor García and Francesc Miralles, Ikigai

# Exercise 1.

Discuss in groups how independent is your thinking?



# Exercise 2.

People's tree exercise.



# The people's tree



# Exercise 3.

Vocational map.



# Vocational map\*

**1. Write down all activities that you do for their own sake and activities that make you feel alive.**

**2. Score the activities from 1 to 3:**

1: things you would like to do but don't get to do right now

2: things you would like to do more in your life

3: things you get to do enough in your life right now

\*Inspired from the tool developed by Lauri Järvillehto, PoP AVP,  
PhD



# 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

\*Inspired from the tool developed by Lauri Järvillehto, PoP AVP,  
PhD

# Vocational map\*

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**3. Think how you will incorporate in your life more activities from 1 and 2 part (write down few very practical actions).**



## 2. How to set goals?

Stoicism was an ancient school of philosophy. It focused on how to live a virtuous life, to maximize happiness and reduce negative emotions.

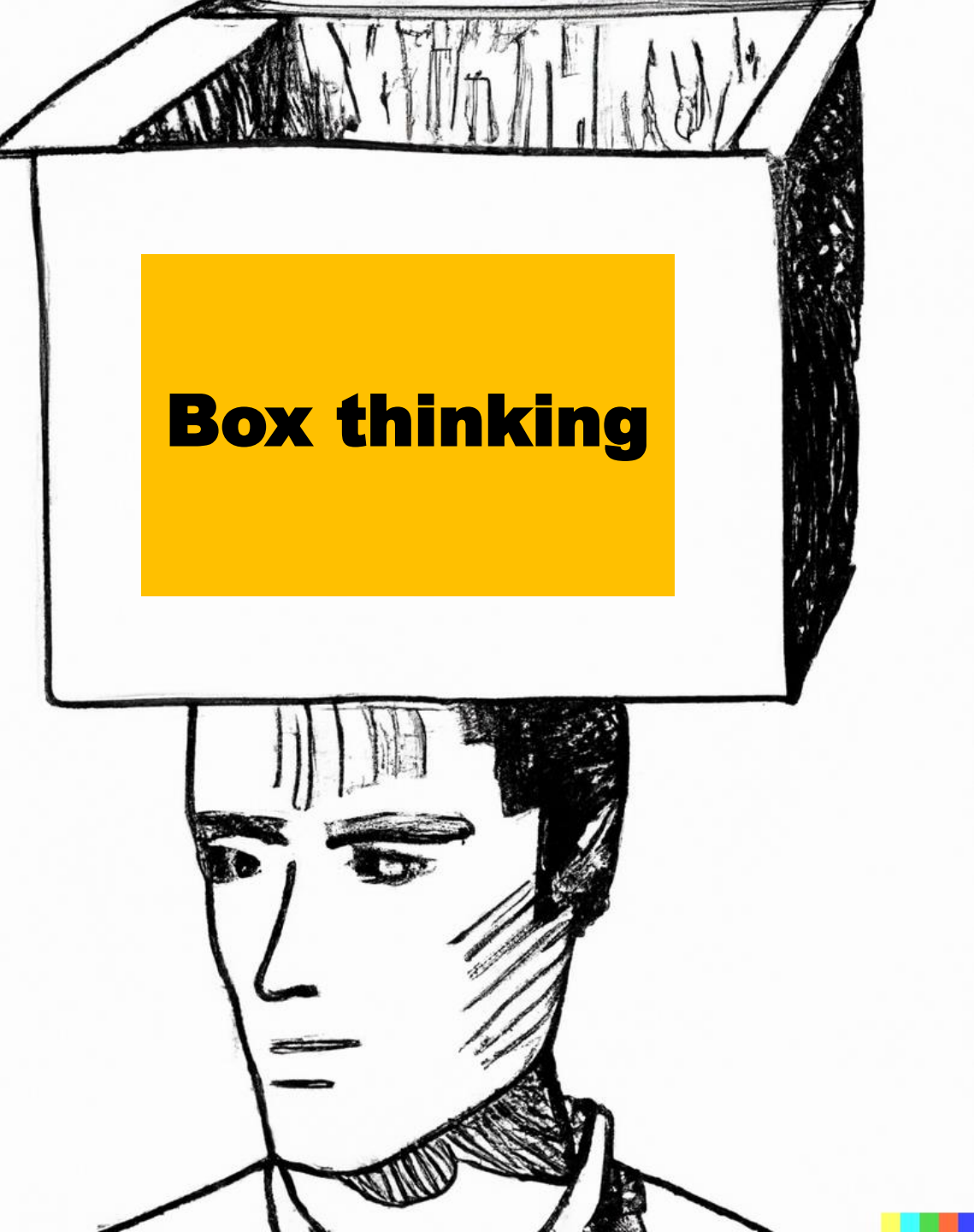
Tranquility and Joy

“Some things are up to us  
and some are not up to us”

Epictetus

# Dichotomy / Trichotomy of control

| <b>Things over which we have complete control</b> | <b>Things over which we have some but not complete control</b>                                           | <b>Things over which we have no control at all</b> |
|---------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------|
| Goals we set for ourselves, our values            | E.g. winning a tennis match                                                                              | Sun rising tomorrow                                |
| We should concern ourselves with these things     | We should concern ourselves with these things, but we should be careful to internalize the goals we form | We should not concern ourselves with these things  |



# Box thinking vs. tree thinking

**“Box thinking, or classification is useful for making immediate decisions about things, such as which outfit to wear or what film to watch, but it places severe limitations on our ability to process and interpret information and our ability to make complex decisions”**

Dr. Camilla Pang, Explaining Humans

# Box thinking vs. tree thinking



\*Dr. Camilla Pang, Explaining Humans

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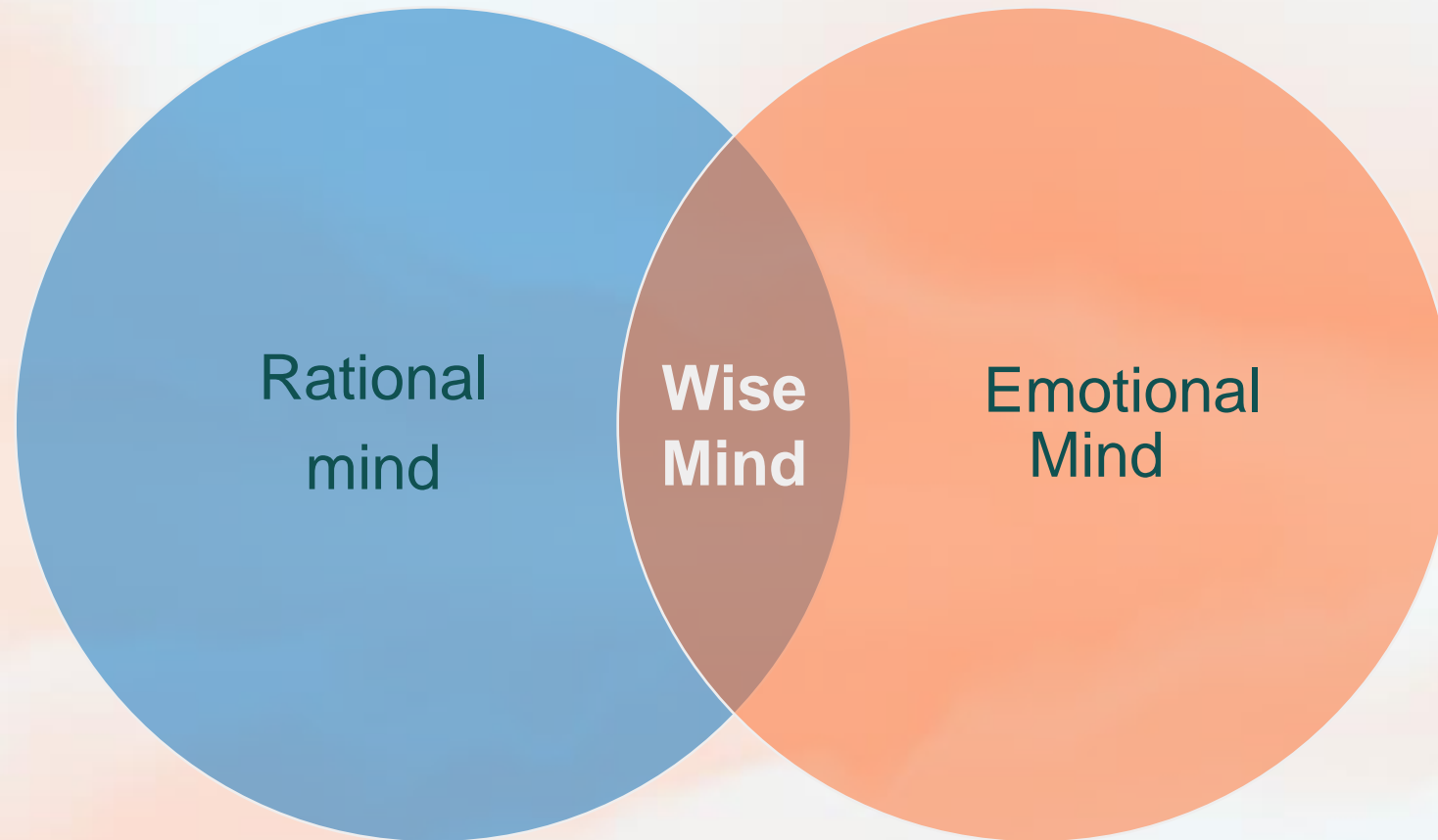


# **A balance of operational goals and long-term goals is the best.**

General notice – it is good to set up some small easier achievable goals as well. Accomplishing operational goals will bring you satisfaction and more confidence in your abilities. You need these confidence to approach harder bigger goals.

\*Range: Why Generalists Triumph in a Specialized World  
Book by David Epstein

# The Wise Mind



**Effectuation** is a decision-making framework used by entrepreneurs and business leaders to navigate uncertain and unpredictable environments.

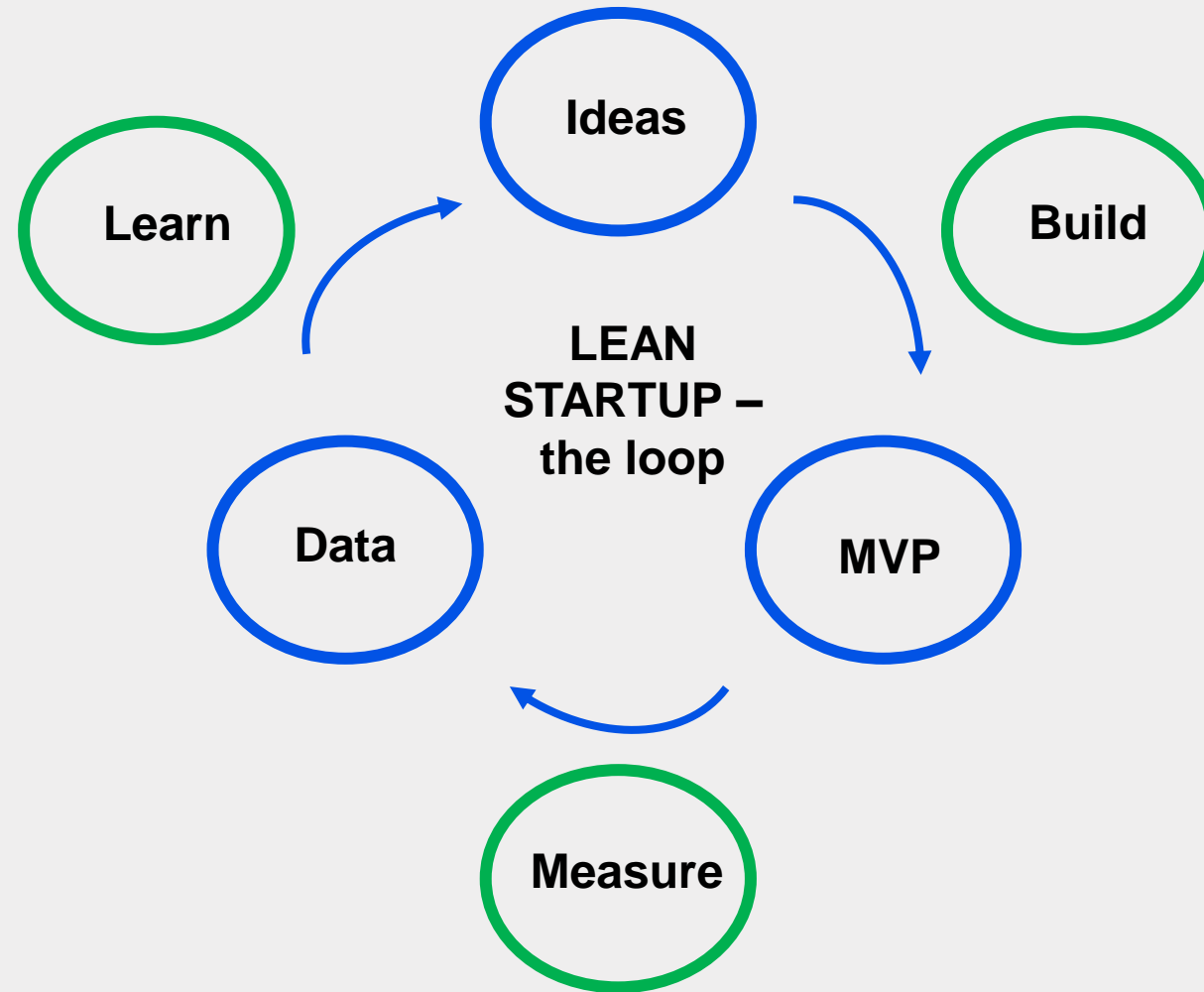
\*<https://effectuation.org/effectuation-101>

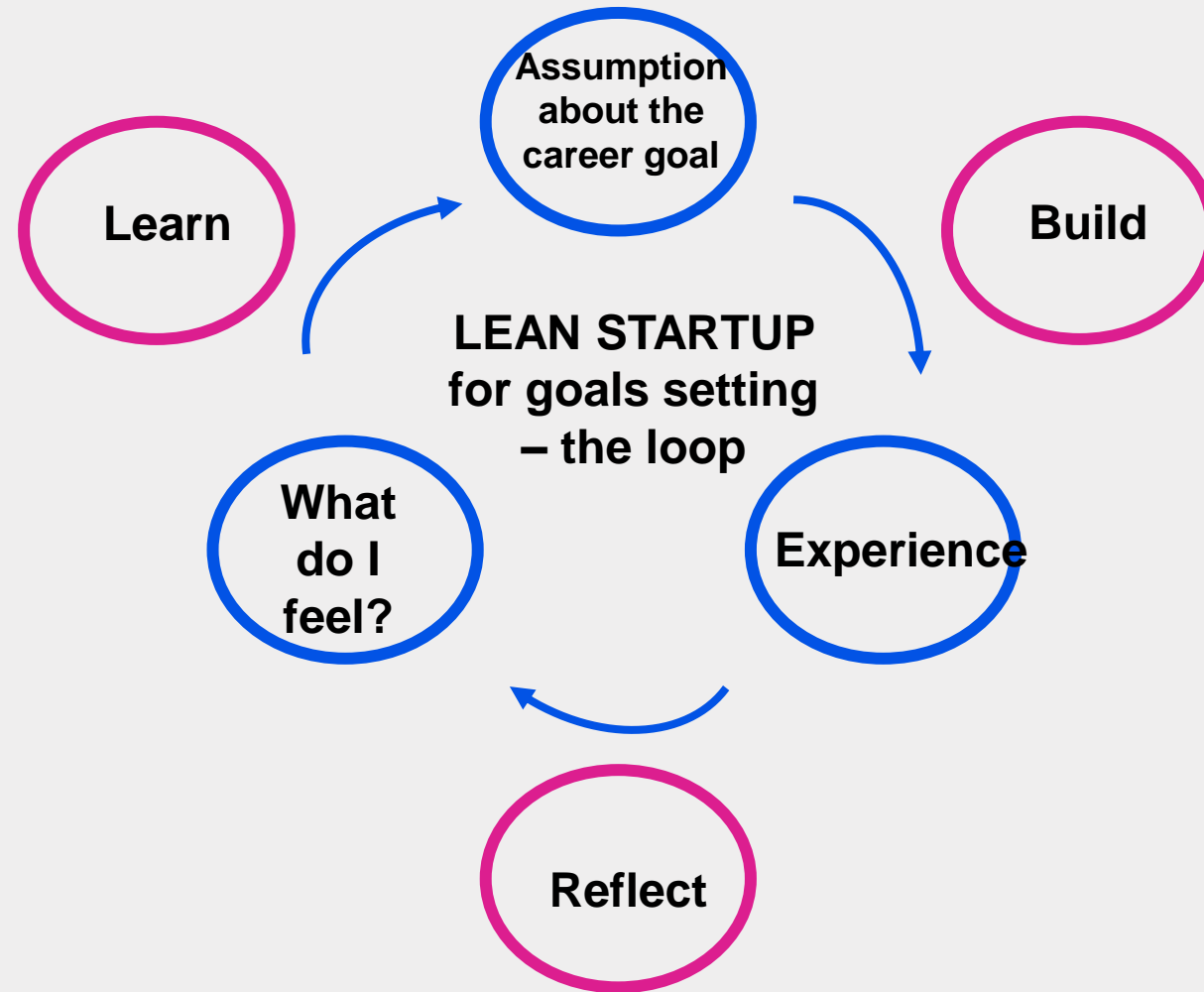


# Main principles

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- Bird-in-hand - **Start with your means**
- Affordable loss - **Set affordable loss**
- Lemonade principle – **Leverage contingencies**
- Crazy-quilt principle – **Form partnerships**
- Pilot-in-the-plane principle - **Control the controllable**





# **MINDSETS TO BE ABLE TO DESIGN YOUR LIFE**

- **Curiosity**
- **Proactive approach**
- **Ability to step back and reframe the problem**
- **Trust the process**
- **Collaboration with network**

# Delayed life syndrome

Woman got a box of ripe pears. She ate the rotten one every day, saving the best for tomorrow. Tomorrow the next one rot and she ate it. This action was repeated day after day until the pears ran out. As a result, the old woman did not taste a single good pear.







**“What shall it profit a man if he gain the whole world and lose his soul?” Logic, intelligence, and reason are satisfied, but the heart goes hungry”**

**Watts, Alan W., Wisdom Of Insecurity**

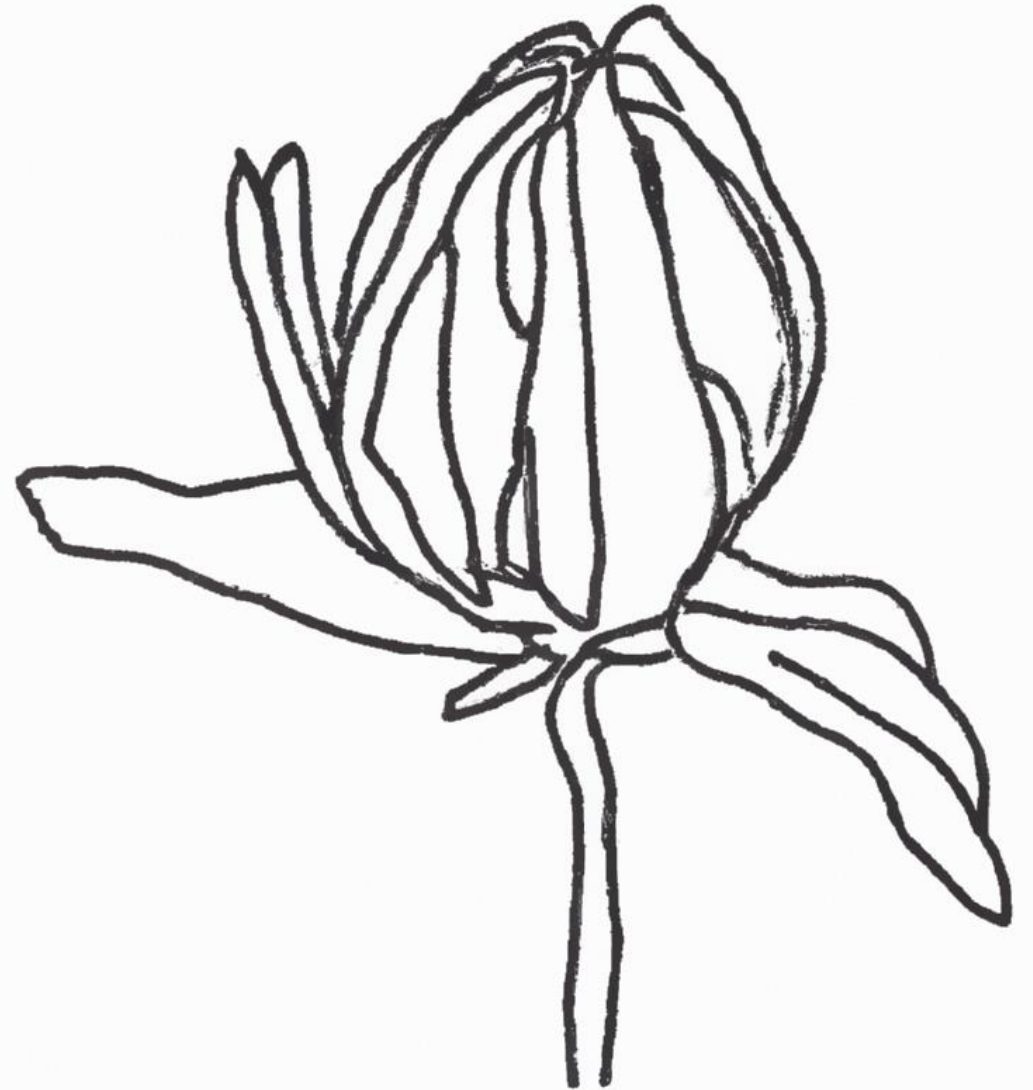
# Exercise 4.

Presence.



“We stopped being and started doing a lot of things,  
existing on a kind of autopilot that we could not turn off”  
Tara Swart, The Source

# Butoh dance exercise





# 3. Decision making.

# Wise Mind in Decision Making:

1. Form a question
2. Activate the rational mind:
3. List rational benefits and drawbacks
4. Activate the emotional mind:
5. List emotional benefits and drawbacks
- 6. Sleep on it (do not skip this step!)**
7. Make the decision

# **Decision making struggle**

- the more options you have, the more difficult is to make a decision.

**Overthinking is a  
direct way to  
anxiety and fear of  
starting doing.**





## **Learning from the student of GLE course**

*“In the beginning, I struggled a lot with the routine, because I was overthinking and I was focusing more on what would be the best way of doing the routine rather than actually doing the routine. I spent time looking for different tools, templates, strategies, and mobile apps that could make the routine as efficient as possible for me, but I could not find a good tool, so I just kept stressing about it.”*

Sometimes you can use Occam’s razor for your own thoughts.  
Think, is this inner dialogue fruitful for you now?

Learning from the student of GLE course

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**Once the decision is done  
– stick to it.**

*As soon as you think: “I  
should do this instead of...” –  
you ruin your mood.*

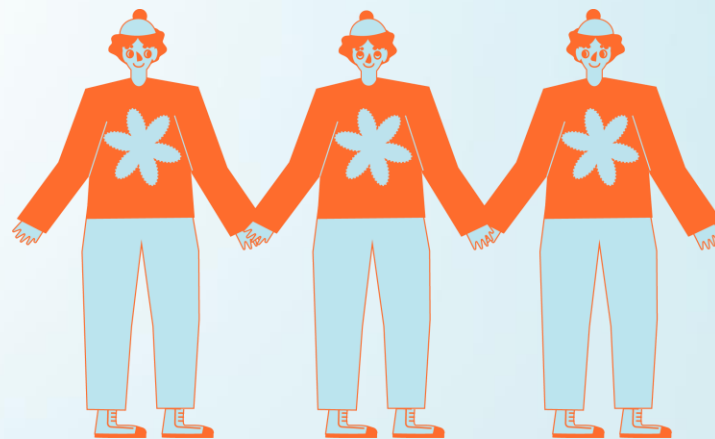
# Homework

- Answer 4 questions in your learning diary
- Keep on with the chosen routine
- Define your Core exercise
- Do resource map (only after the Core exercise)

# Attendance



<https://link.webpolsurveys.com/S/4027315A000ACAF6>



# Thank You!

See you next week 10.09

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