

Good Life Engine

Values and
vision.
31.01.24

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Kick-Off Survey Results

1

How would you rate these challenges in terms of their impacts on your personal life?

Average rank (and average values) ↓

	Not challenging	Mildly challenging	Moderately challenging	Severely challenging	Extremely challenging	
Time pressure (time famine)				■		3.4 (3.4)
Difficulty focusing				■		3.4 (3.4)
Procrastination				■		3.5 (3.5)
Anxiety			■			2.9 (2.9)
Lack of clarity and confidence in next career / life / study move			■			3.0 (3.0)
Lack of energy			■			2.6 (2.6)
Self-criticism			■			3.0 (3.0)

Responses	Not challenging	Mildly challenging	Moderately challenging	Severely challenging	Extremely challenging	Total
Time pressure (time famine)	1 (4%)	4 (15%)	11 (41%)	6 (22%)	5 (19%)	27
Difficulty focusing	1 (4%)	5 (19%)	9 (33%)	5 (19%)	7 (26%)	27
Procrastination	3 (11%)	4 (15%)	7 (26%)	3 (11%)	10 (37%)	27
Anxiety	4 (15%)	5 (19%)	10 (37%)	5 (19%)	3 (11%)	27
Lack of clarity and confidence in next career / life / study move	5 (19%)	3 (11%)	10 (37%)	5 (19%)	4 (15%)	27
Lack of energy	6 (22%)	9 (33%)	5 (19%)	3 (11%)	4 (15%)	27
Self-criticism	2 (7%)	9 (33%)	6 (22%)	7 (26%)	3 (11%)	27

Kick-Off Survey Results

2

Why do you join the Good Life Engine course? Rate each answer from 1 - 5, with 1 being very low influence and 5 being very high influence, according to how much of an influence each reason is for you.



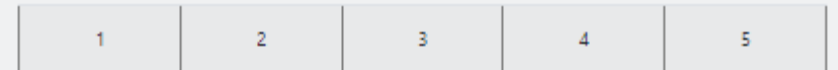
Responses	1	2	3	4	5	Total
I need to get the study credits	13 (48%)	3 (11%)	7 (26%)	3 (11%)	1 (4%)	27
Course topics sound interesting from an academic perspective	4 (15%)	4 (15%)	8 (30%)	5 (19%)	6 (22%)	27
I want to develop more self-mastery skills	1 (4%)	0	3 (11%)	3 (11%)	20 (74%)	27
I struggle with some of the challenges in question 1	1 (4%)	1 (4%)	1 (4%)	9 (33%)	15 (56%)	27

Kick-Off Survey Results

3

How well do you manage to work on your own dreams and goals alongside typical life chores? (1=very difficult, 5=very easy)

Average rank ↓



2.8

Responses	1	2	3	4	5	Total
	3 (11%)	7 (26%)	10 (37%)	6 (22%)	1 (4%)	27

Routine Survey Results

1. What is your routine?

- Meditation
- Yoga
- Journaling
- Strecthing
- Gym
- Running or Walking

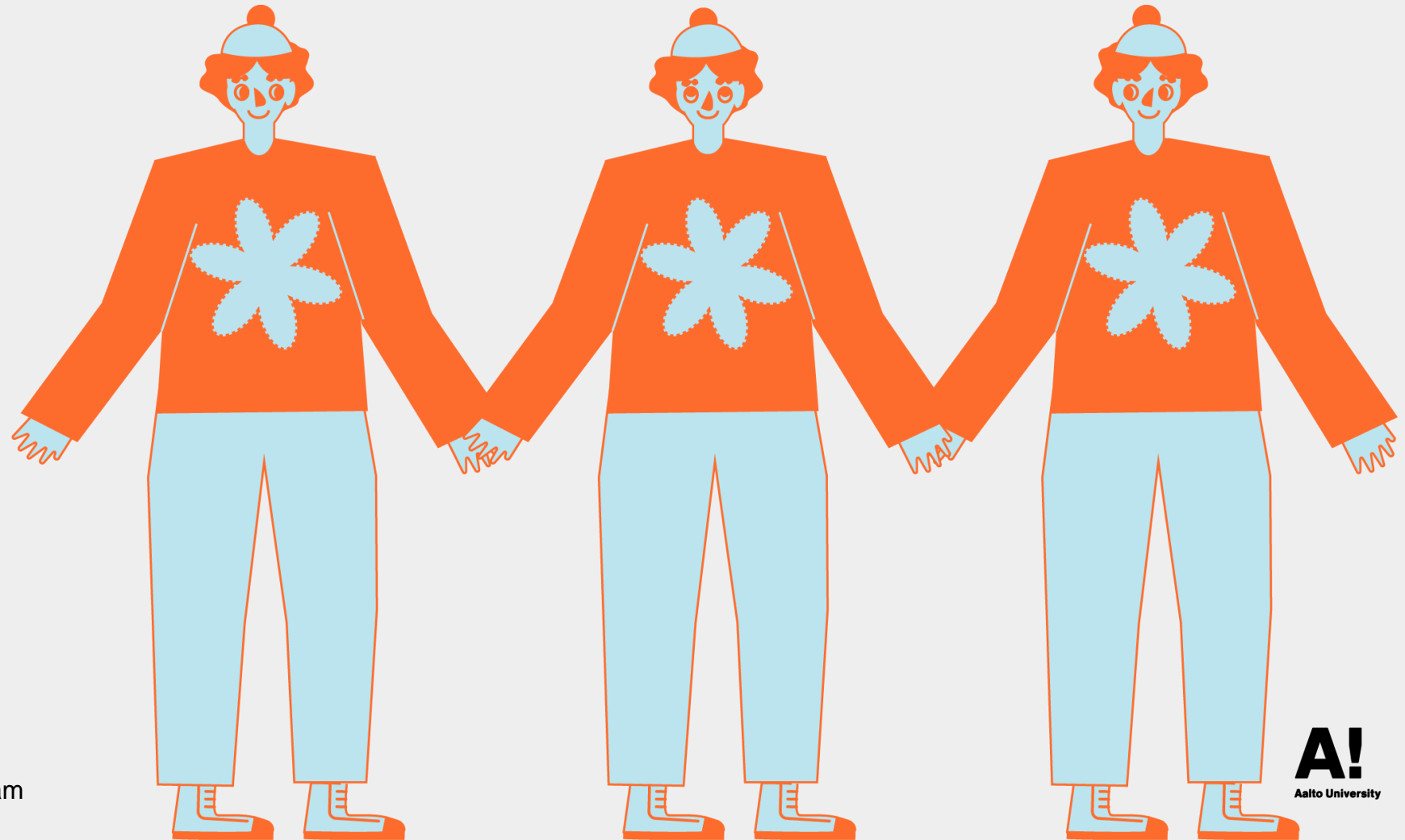
2. How often do you plan to execute your routine?

- 48% answered everyday

3. How long does your routine take per session?

- 48% answered 10-15 min

Group formation based on routines selection



Exercise 1.

Anti-superhero exercise



Anti-superhero exercise



Logotherapy: meaning in life instead of meaning of life.

“The meaning of life differ from man to man, and from moment to moment. Thus, it is impossible to define the meaning of life in a general way. Questions about the meaning of life can never be answered by sweeping statements. “Life” does not mean something vague, but something very real and concrete” (Viktor Frankl).

VIKTOR E. FRANKL

Man's Search For Meaning



The classic tribute to hope from the Holocaust

12 MILLION COPIES SOLD

Ways to discover a meaning

- By creating a work or doing a deed
- By experiencing something or encounter someone
- By the attitude we take toward unavoidable suffering.

What it is for you?

- By creating a work or doing a deed
- By experiencing something or encounter someone
- By the attitude we take toward unavoidable suffering.

The Core – “the individual’s self, a kind of mental and emotional profile. Knowing one’s own core means thoroughly knowing oneself, one’s goals, and one’s motives. Knowing the core makes it much easier to make decisions and it is a source of motivation”
(Aki Hintsa, the Core).

Main questions to find the core

1. Do you know who you are? – it is about identity. Write down all your roles that you have: daughter/sun; partner, friend, uncle, student, volunteer etc... All potential roles you are thinking about.

Main questions to find the core

2. Do you know what you want? – it is about the purpose – the purpose and goals could be big and ambitious and attractive.

This question can be opened up with the following questions:

- Are you satisfied with the way you spend your time?
- Are your goals permanent or do they change often?
- Do other people's decisions and choices have a strong influence on your own?
- Do you know what your next step in life is?

Main questions to find the core

3. Are you in control of your own life? – check up if you live a life in relevance of your goals and values – it is about ability to control your life

Exercise 2.

People's tree exercise.



The people's tree



Vocational map*

1. Write down all activities that you like to do

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

*Tool developed by Lauri Järvillehto, PoP AVP, PhD
Järvillehto, L. 2014 Learning as fun. Rovio edt.

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

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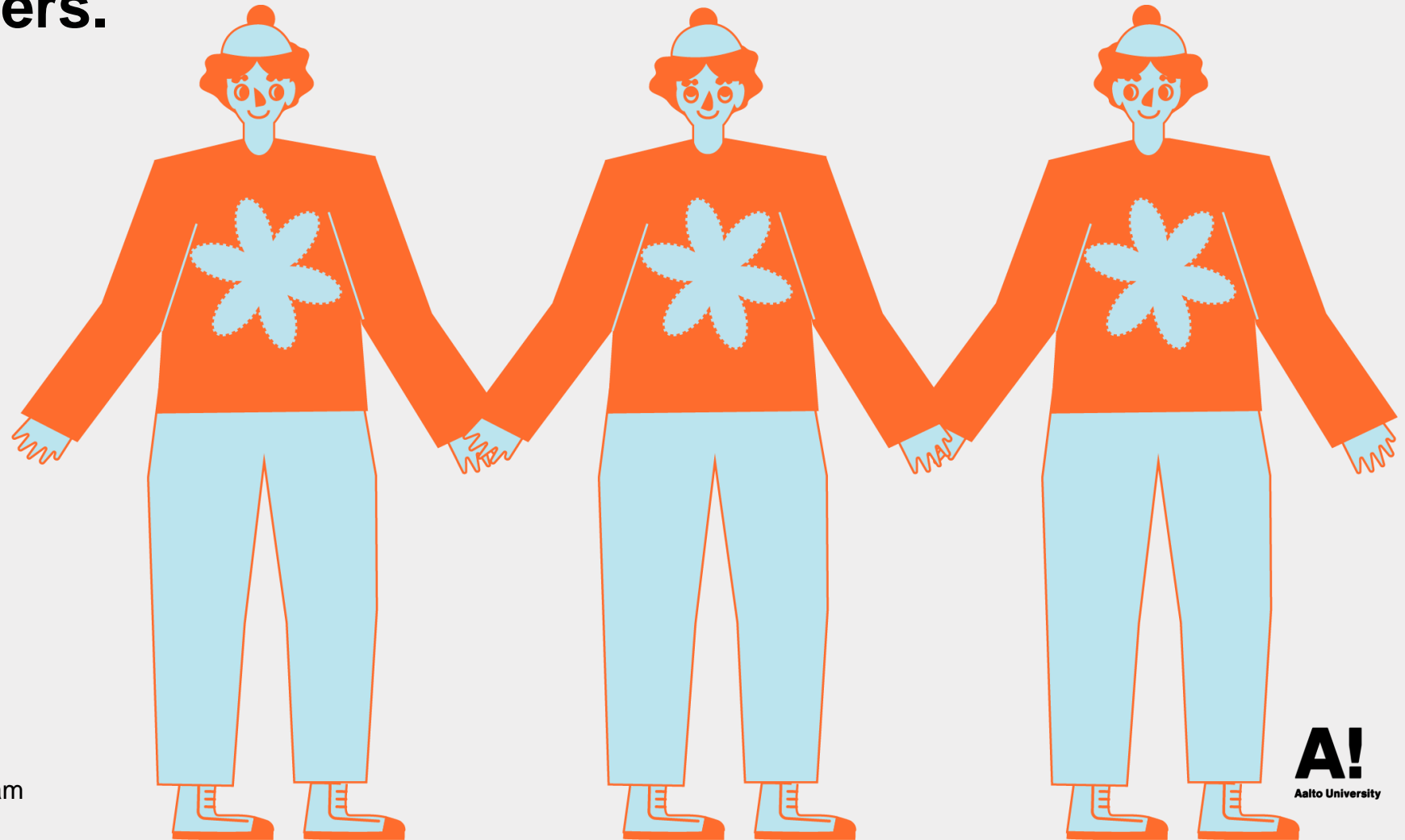
Vocational map*

3. Think how you will incorporate in your life more activities that you scored 1 and 2

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Group discussion

Each student shares at least 1 of your values and your action plan towards them. Get feedback from group members.

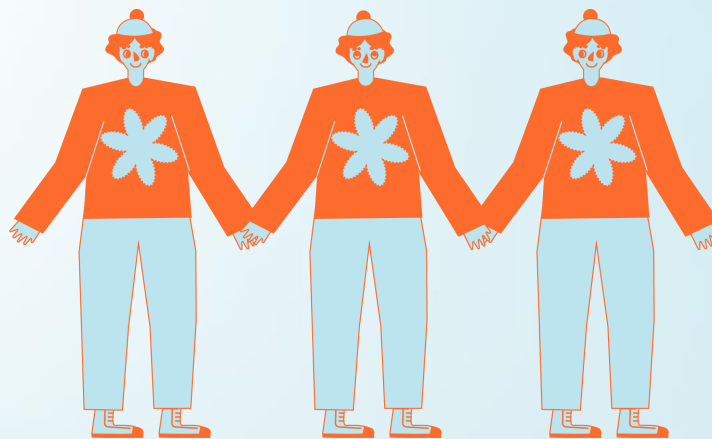


Homework (in MyCourses):

- Learning about your strengths exercise (instructions in MyCourses)
- Personal manifesto
- Start executing your routines and participate in group discussion

Homework (in MyCourses):

- Continue your learning/ reflection diary.
 - What new did you discover today at the session?
 - What did you feel today during the session?
 - What insights from this session could you use to improve your work, study, or everyday life?
 - Where are you with your routine? If you had any challenges – how did you overcome them?



Thank You!

See you next week 07.02.2024

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