Good Life Engine

Goal setting.
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Why/how set up goals?

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

*Héctor García and Francesc Miralles, Ikigai

6. I end up living inside my mind, worrying about or glorifying future or past. I don't really live in the moment.

5. I feel really stressed and end up avoiding things I should be doing: I'll start Netflix-marathon, FB, cleaning my room... Or I ruminate and worry inside my head.

Psychological inflexibility

1. I'm not sure what my values are, or I'm not truly committed for them, or it's not possible to follow my values for some reason

4. I start to believe my negative thoughs are reality, and end up acting upon them.

2. I end up following impulses, without no goals, or I start over-doing everything, or became really passive.

3. Things don't go as I hope, and I'll end up blaming myself

6. Be present and kind for yourself. Live more in this moment and have compassion for yourself.

5. Acceptance:
Accept that you have thoughts and feelings, you have a history and that there are things you can't change. But, change what you can: your actions.

Psychological flexibility

1. Values:
What is important to you? Now and in the long run?

2. Acts that are based on your values!

4. Don't let your mind control you. You are not the same as your thoughts – you HAVE thoughts.

3. Healthy self-image:
Let go of negative thoughs (this is not the same as avoiding them!)
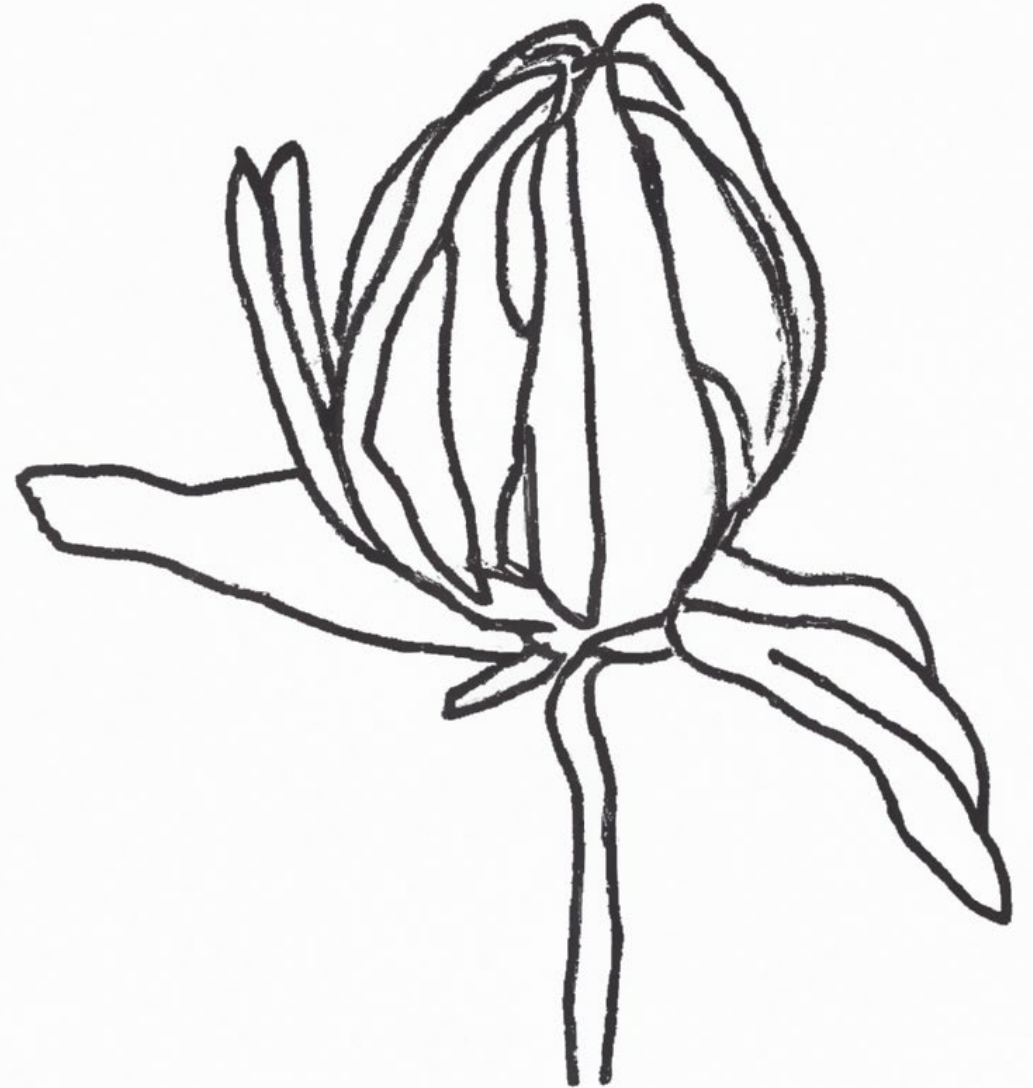
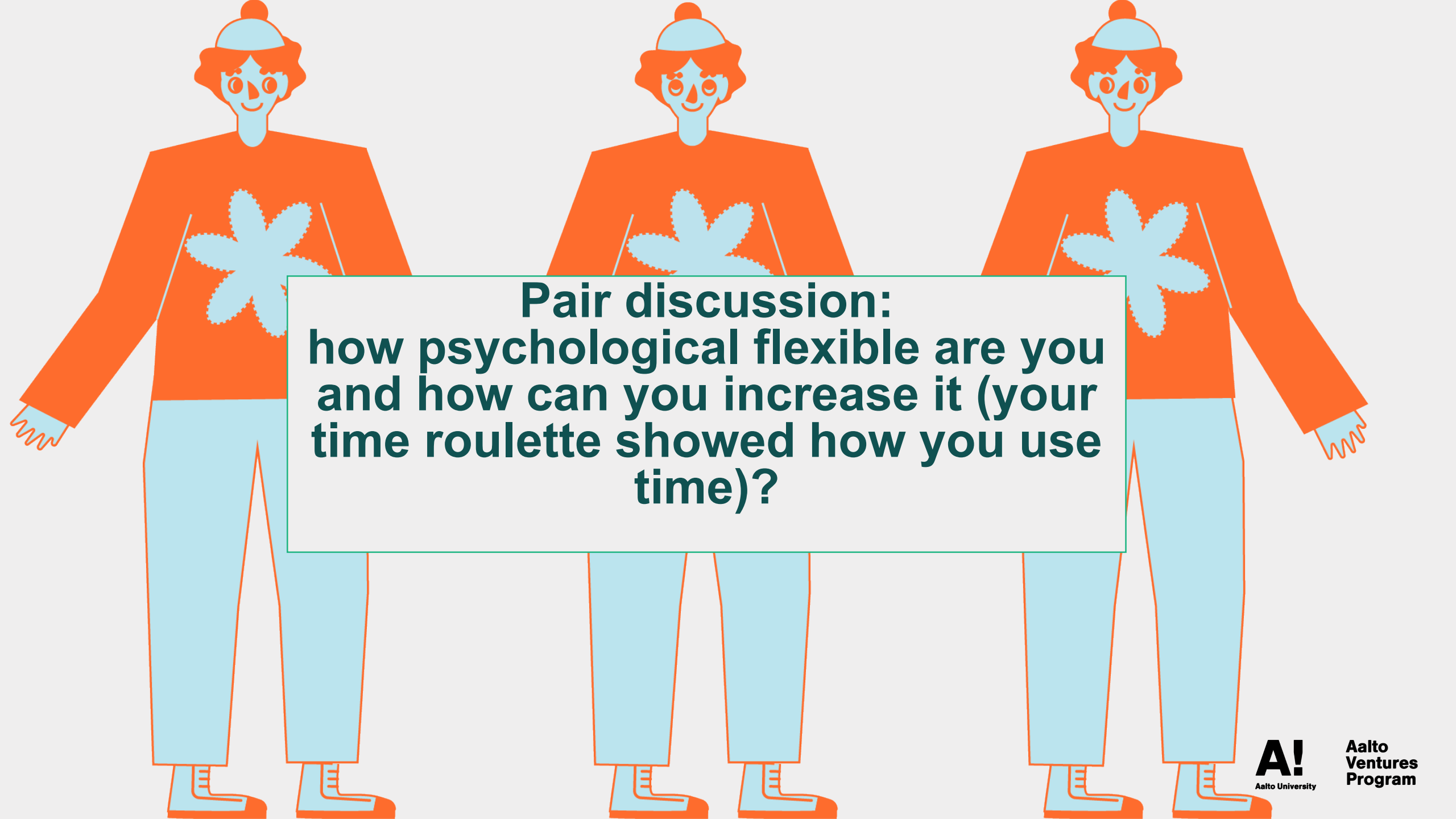# Exercise 1.

P r e s e n c e .

"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 exercise

Pair discussion:
how psychological flexible are you and how can you increase it (your time roulette showed how you use time)?

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

*Kalle Airo

Stoics sought after **tranquility** i.e. experiencing few negative emotions, such as anxiety, grief, and fear, but an abundance of positive emotions, especially joy.

Main sources of Unhappiness According to The Stoics

1. Insatiability i.e. wanting more and more
2. Worrying about things beyond our control

Attributed to Reinhold Niebuhr, Lutheran theologian (1892–1971): "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference".

An obsession for control originates from:

- **Will I be abandoned? Left?**

- **Will I get hurt?**

- **I value X, how can I be sure I will keep it?**

- **I want stability, can I keep it?**

The Dichotomy of control

The Trichotomy of control

Things over which we have complete control (such as the goals we set for ourselves)

⇨

Things over which we have complete control (such as the goals we set for ourselves)

Things over which we don't have complete control (such as whether the sun rises tomorrow and whether we win while playing tennis)

⇨

Things over which we have no control at all (such as whether the sun rises tomorrow)

Things over which we have some control (such as whether we win while playing tennis)

*William B. Irvine

| No Control	Some Control (Influence)	Total Control
No stress, you cannot do anything about these. Do not focus here	Focus some time here.	No stress, everything is in control. Focus here.
Sun rises and sets in its own time	You cannot decide the outcome, but you can influence it	You can decide the outcome

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No control	Some control (Influence)	Total Control
No goals	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 delve here	Live here	Plan this

How to set goals?
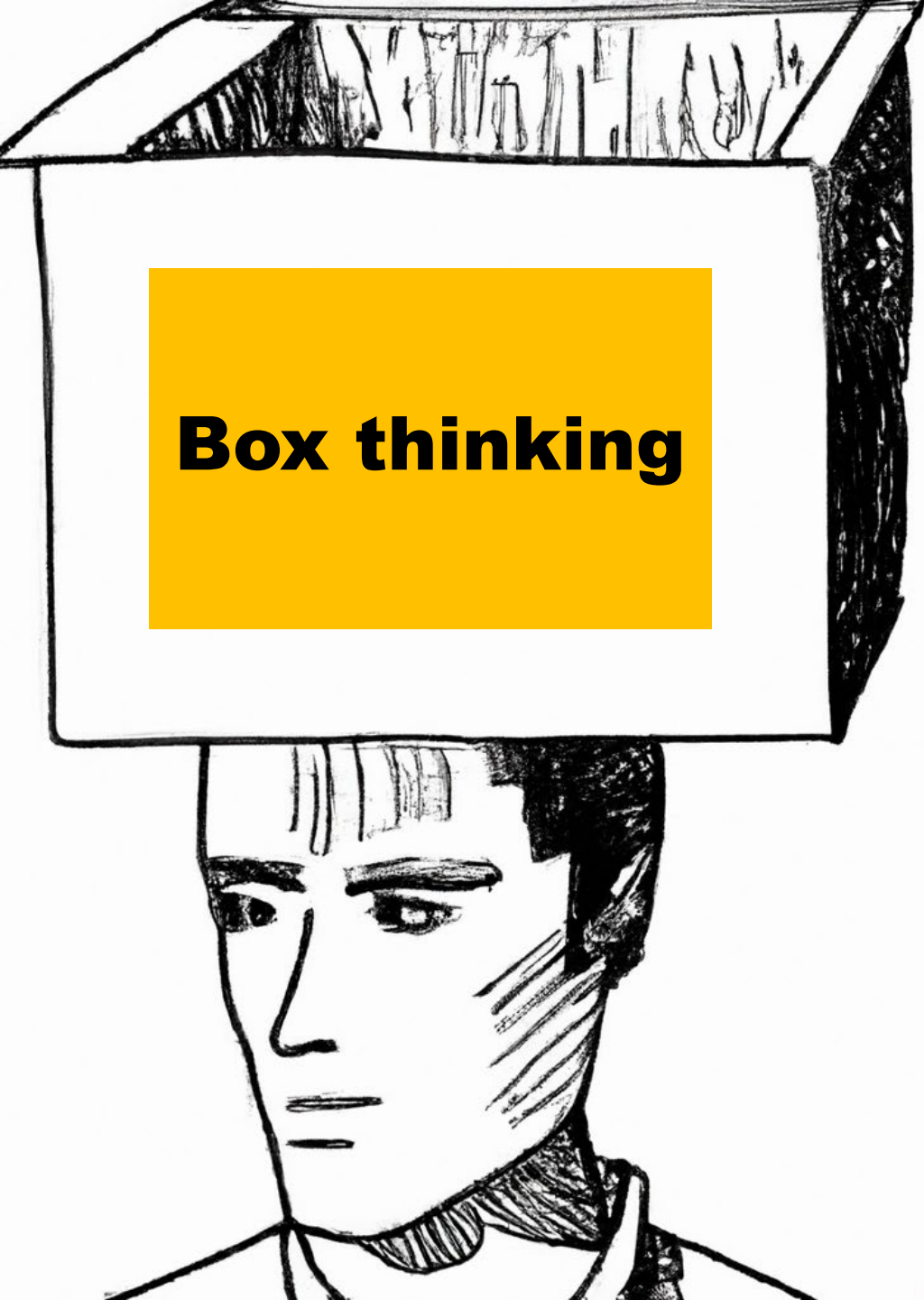
Box thinking vs. tree thinking

Box 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 confidence to approach harder bigger goals.

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

The Wise Mind

Rational mind

Wise Mind
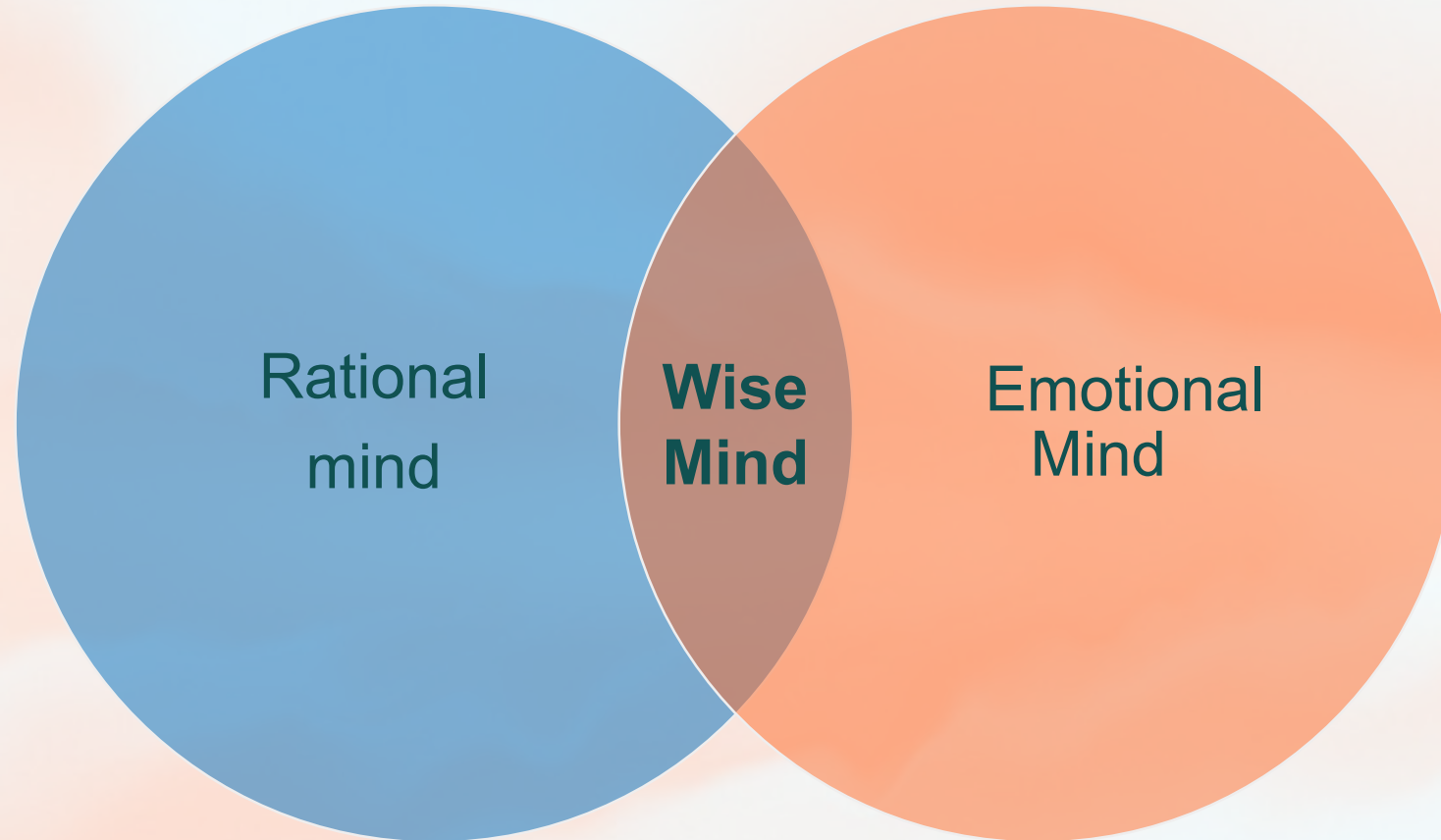
Emotional Mind

*Adapted from the book Viisas Mieli, by Sadeniemi & al
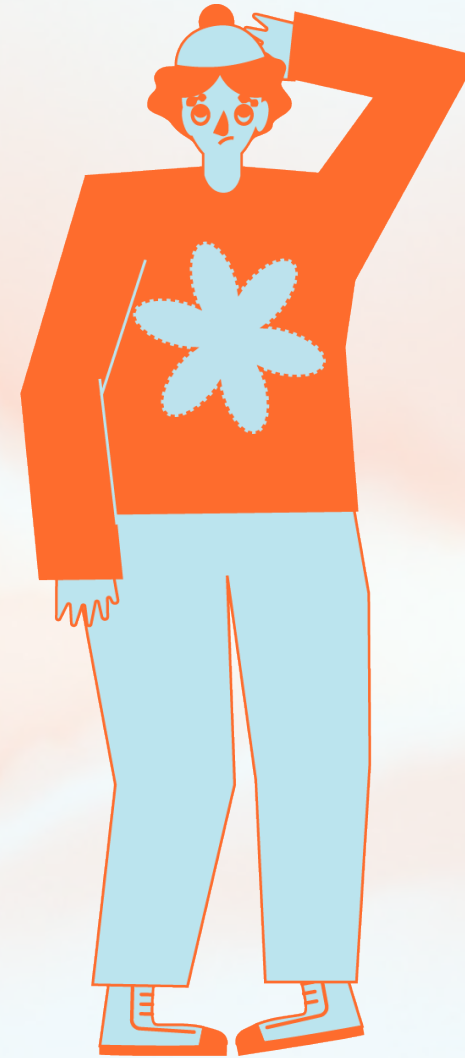Cognitive behaviour therapy

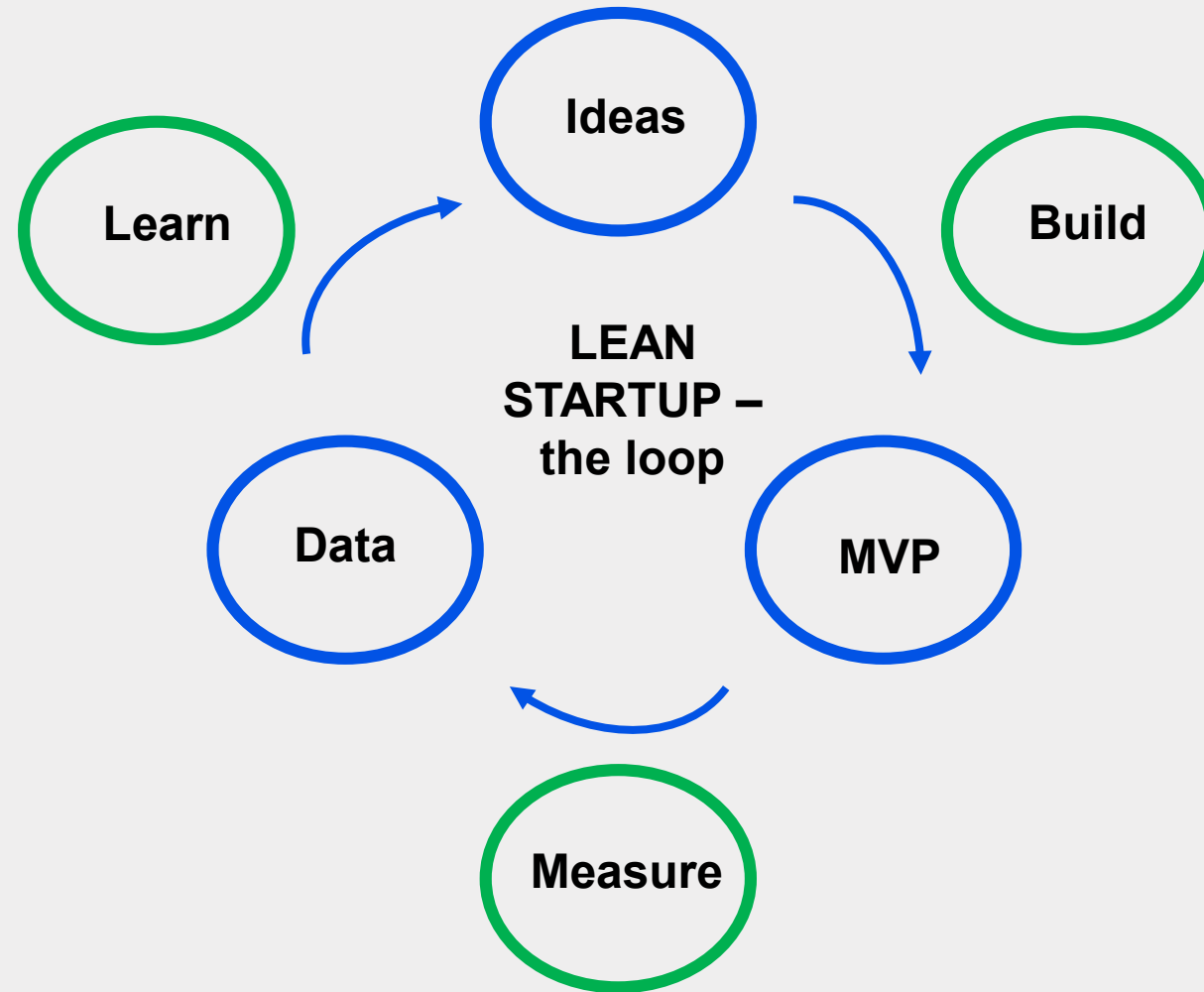©Kalle Airo

Wise Mind in Decision Making:

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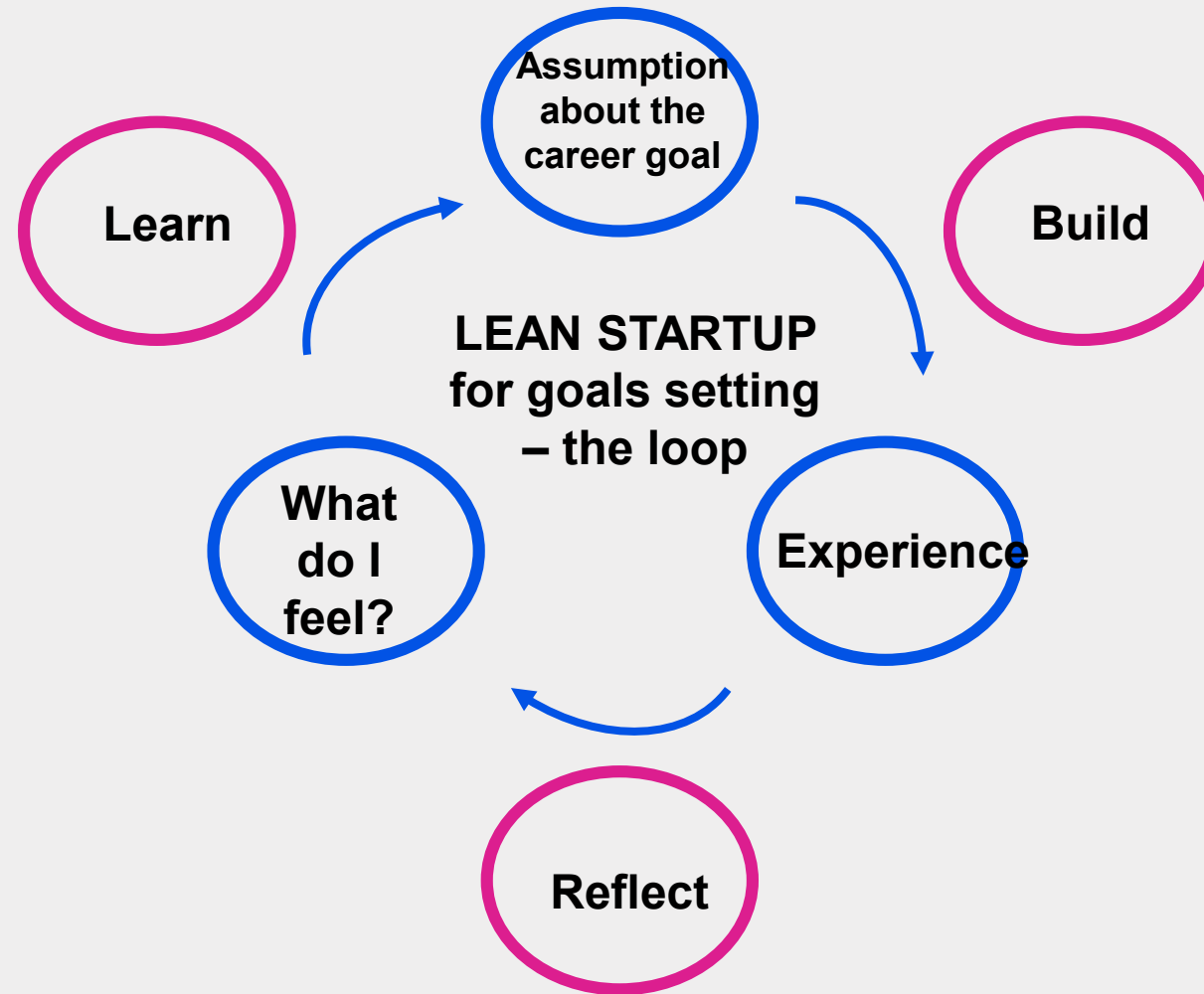5. Make the decision

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

*https://effectuation.org/effectuation-101

Bird-in-hand as one of the main principle

LEAN STARTUP – the loop

Ideas

Build

MVP

Measure

Data

Learn

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Eric Ries, book "The Lean Startup", 2008

LEAN STARTUP
for goals setting
– the loop

Assumption about the career goal

Learn

Build

What do I feel?

Experience

Reflect

Eric Ries, book "The Lean Startup", 2008

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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

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Games and Goals

Game theory is a branch of mathematics that studies how people or groups make decisions in situations where their actions affect each other.

Zero Sum

Positive Sum

Finite   Infinite

What are the games you play?

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 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 2.

Zone of Genius

Zone of Genius:

**1. Zone of Incompetence
2. Zone of Competence
3. Zone of Excellence
4. Zone of Genius**

Self-determination theory (SDT)

SDT defines three basic psychological needs on which autonomous motivation is dependent: **competence, autonomy or self-determination, and relatedness or belongingness** (Deci et al., 2017).

According to SDT, these basic needs are innate, psychological **requirements for ongoing psychological growth, integrity, and well-being**. Workplaces supporting the satisfaction of these needs do not only facilitate autonomous motivation amongst their employees but also enhance their work performance and well-being (Deci and Ryan, 2000).

competence	autonomy	relatedness or belongingness

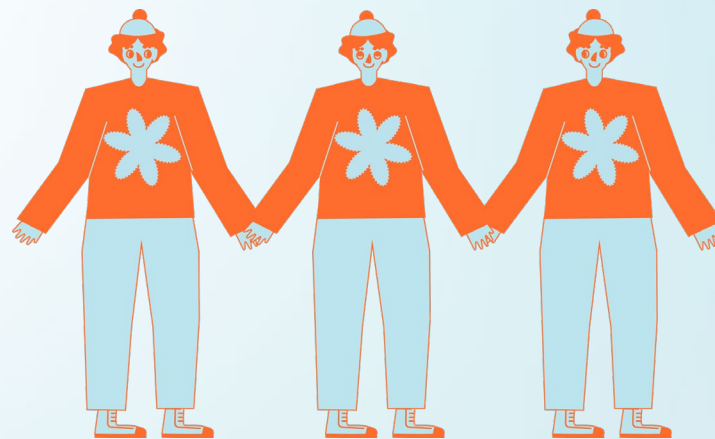lidia.rauramo@aalto.fi

Homework

- Continue your learning diary

- Resource map exercise

- Goal Splitting with 12 week framework

- SDT exercise

Let's have a break.

Back at 0000

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Thank You!

See you next week 06.03.2024

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Time for attendance