

Good Life Engine

Course
Wrap-Up
10.04.2024

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Psychological Mindedness

Psychological mindedness refers to a person's capacity for self-examination, self-reflection, introspection and personal insight.

It includes an ability to recognize meanings that underlie overt words and actions, to appreciate emotional nuance and complexity, to recognize the links between past and present, and insight into one's own and others' motives and intentions.

“For my part, when I enter most intimately into what I call myself, I always stumble on some particular perception or other, of heat or cold, light or shade, love or hatred, pain or pleasure. I never can catch myself at any time” David Hume

We don't have only one personality within us, we have competing personalities

Autobiography in 5 Short Chapters

I. I walk down the street. There is a deep hole in the sidewalk. I fall in. I am lost. I am helpless. It isn't my fault. It takes forever to find a way out.

II.
I walk down the same street. There is a deep hole in the sidewalk. I still don't see it. I fall in again. I can't believe I am in the same place. It isn't my fault. It still takes a long time to get out.

III.
I walk down the same street. There is a deep hole in the sidewalk. I see it there, I still fall in. It's habit. It's my fault. I know where I am. I get out immediately.

IV.
I walk down the same street. There is a deep hole in the sidewalk. I walk around it.

V.
I walk down a different street.

© 1977 Portia Nelson, There's a Hole in My Sidewalk: The Romance of Self-Discovery

**Exercise 1.
Discuss in small
groups “What is
your hole where you
tend to fall over and
over again?”**



Personal agency

“Agency” is the technical term for the feeling of being in charge of your life: knowing where you stand, knowing that you have a say in what happens to you, knowing that you have some ability to shape your circumstances”

Kolk, Bessel van der. *The Body Keeps the Score*

WABI SABI

Our imperfection is perfect



Kintsugi

*Be proud of your
experience.*



In groups, share ideas about following questions:

- What a balanced (study or work) life means for you? How do you notice if your life is in balance or not?
- Do you want/need to have a balanced life? What does it mean for you? How can you make your life a balanced-one? Or is it even possible? If not, why?
- What obstacles or stressors can there be waiting for you?
- How can you support your wellbeing and study/work motivation?
- What kind of stress and time management tips would you recommend to others (what have you tried yourself and found useful)?

What we don't have in modern society.

The new forms of scarcity that emerge from information society. Some of them may be described like this:

- slow time
- predictability
- stable personal identity
- coherence and understanding
- cumulative, linear, organic growth
- real experiences (nor mediated by mass media)
- ?...

Eriksen, Thomas Hylland. Tyranny of the Moment: Fast and Slow Time in the Information Age

An artistic illustration featuring two stylized human figures in profile, facing each other and holding hands. The figures are rendered in a dark teal color with intricate, white, swirling patterns that resemble a complex network of veins or neural pathways. They are set against a background of a landscape with rolling hills and a bright, hazy sky. The overall style is graphic and modern.

Exercise. Mirror.



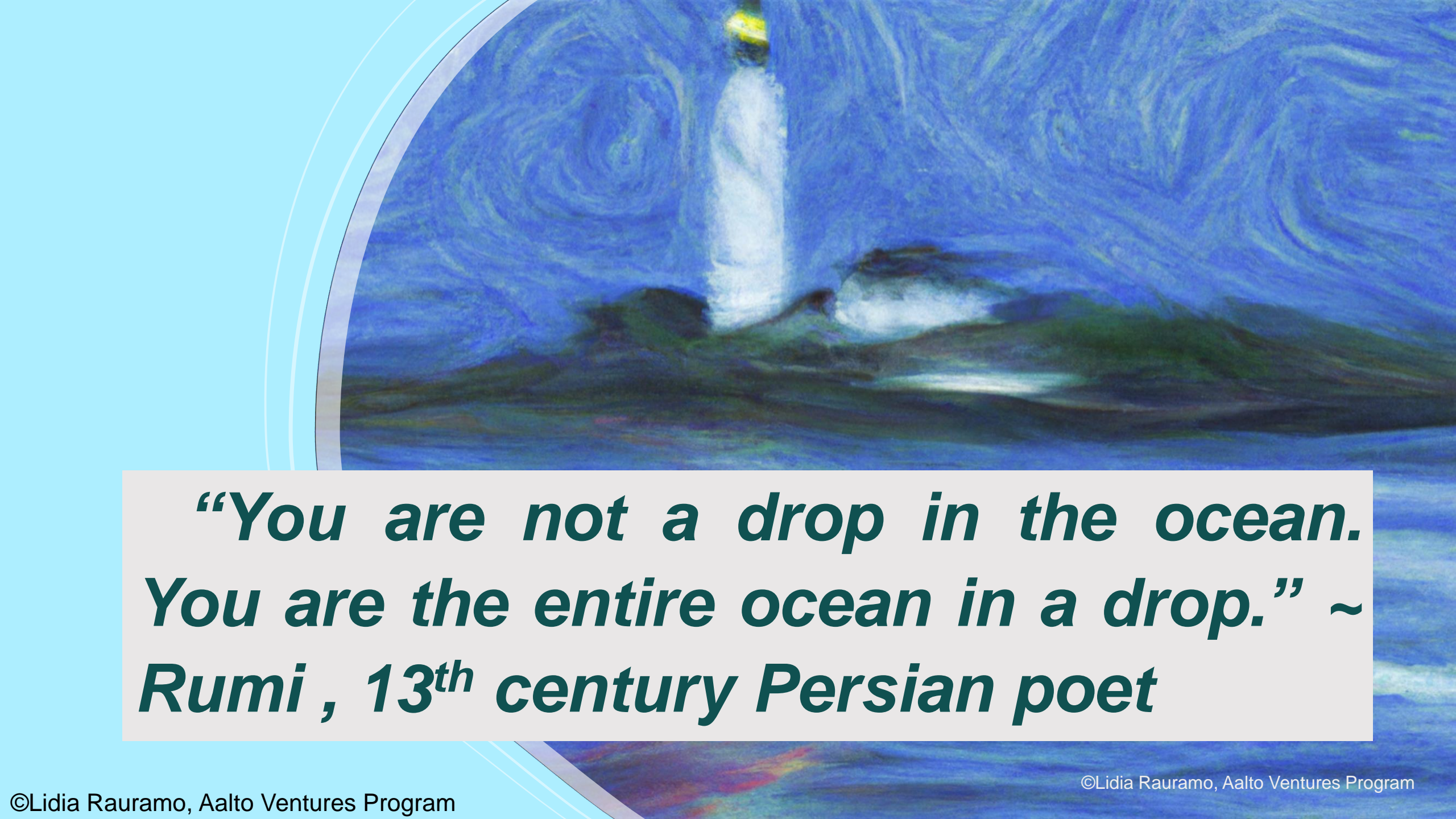
**Exercise.
“Make
somebody
happy”**

**Exercise.
Trust.**



Connection to other people = longer and healthier life

- Loneliness switches on sympathetic system (fight or flight=stress)
- The brain rewards togetherness because of better chances of survival
- Study: 20% of depressions in people 50 y.o. and older came from the feeling of loneliness (but even short regular calls decrease depression!)
- Loneliness is a subjective feeling, it's not the same as being alone
- A few close relationships are key to long happy life (it's not about the amount, but the quality of relationships)



***“You are not a drop in the ocean.
You are the entire ocean in a drop.” ~
Rumi , 13th century Persian poet***

Self-portrait homework

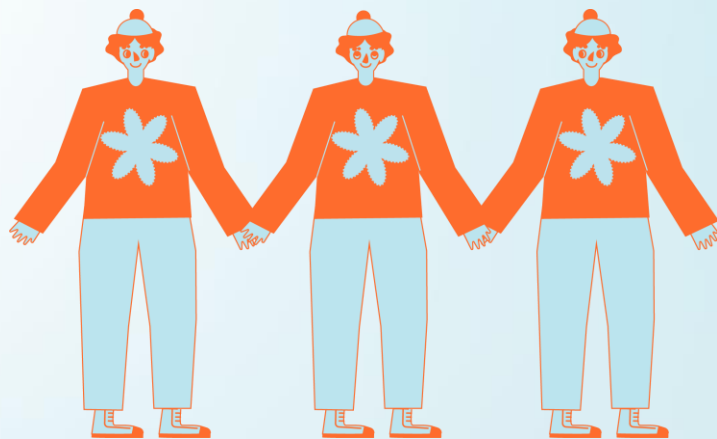
- Your temperament type - <https://openpsychometrics.org/tests/O4TS/>
- Your personality type - <https://www.16personalities.com/personality-types>
- Your strengths - ask people around you about your strengths
- Your pain points (what we discussed today)
- Your zones of genius (session 5 from 28.02.24)
- What a balanced (study or work) life means for you? (today's discussion)
- Your motivators
- Your distractors
- Your values (session 2 from 31.01.24)
- Your long-term goals and operational goals (session 5 from 28.02.24)



If some one wants coaching?

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Thank You!

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Time for attendance



Wish you all the best for your
future endeavours 😊

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