

Use design-thinking to create the next stage of your life.

Thinking ahead 3-5 years is important. Design-thinking can help us expand possibilities. Designers brainstorm for a large quantity of diverse options because more ideas can produce better and more innovative results. The key is to not edit ourselves at the brainstorm stage, just write non-stop without blocking anything that seems too far fetched.

For those of us considering a shake up to our work life, here are some thoughts to get us started... What would we do if money were no issue? How could we make a positive social impact? What value can we add to the world? What countries/cities would we like to work in? What skills do we have that could make us lots of money? Are there any companies we'd like to work with? What if we started our own business? Is there an evolution to what we currently do? What jobs are stress-free? Can an interest or hobby bring us an income?

This brainstorm can continue over several days and it's a good idea to ask others for their ideas as well. Once we have a large quantity, consider what jumps out, brings us joy and energizes us. Now we can narrow it down and consider some details about how to make it possible. Be continually iterative. Every time you hit a roadblock on how to make it happen, tweak the direction and revise the path.

Take action: Test drive a few of your ideas. Figure out how to experiment and get some experience in your areas of interest, so you know what parts of it you like and don't like. You have to actually do it to know yourself well enough in that situation, and be able to understand the details and nuances.

Inspired by Bill Burnett and Dave Evans' book, *Designing Your Life: How to Build a Well-Lived, Joyful Life*.

Notes

