UTAH 4–H & UTAH STATE UNIVERSITY EXTENSION
COLLEGE & CAREER READINESS
DESIGNING YOUR LIFE

Material adapted from "Designing Your Life" by Bill Burnett and Dave Evans, 2016.

UTAH 4-H

4-H specializes in helping students find college and career options related to their interests and passions. Approaching major life decisions with a designer's mindset can help youth identify options and make decisions that are unique to their needs.

"YOU CAN'T KNOW WHERE YOU'RE GOING UNTIL YOU KNOW WHERE YOU ARE."

The first step to navigating the future is to identify an individual's starting point, or "dashboard" (Designing Your Life, 2016). Think of this dashboard like the gauges in your car. Do you have enough to complete your journey? Are things going to keep running smoothly? These gauges can help you understand the four things that provide energy and focus as you plan for the future.

Based on the following definitions, complete the dashboard for your current situation:

LOVE GAUGE: Love makes the world go 'round, and when we don't have any, our world isn't as bright. It is as critical to feel loved by others as it is to love – it has to go both ways. Love comes from a primary relationship, family, community, pets, and more.

PLAY GAUGE: Play is about activity that brings joy just for the pure sake of doing it. It can include productivity, but only if the activity is done for fun – not merit.

WORK GAUGE: Make sure to consider all responsibilities that are considered work – not just the one's you are paid for. This can include homemaking, school work, volunteerism, typical employment, etc.

HEALTH GAUGE: This measurement includes mind, body, and soul. Consider each of these in your own life as you make an assessment.

Dashboard

WORK	0				FULL
PLAY	0				FULL
LOVE	0				FULL
HEALTH	0				FULL

Note any observations, and what decisions you could make in the future to create a more balanced dashboard. What is one adjustment to your life that would help you to achieve more balance?

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