

# Designing Your Life (DYL)

For University/ College Students

Instructor- **Navyug Mohnot**

*We are here to build your conscious competency in **career and life wayfinding** and create a **supportive community** for conversations about your life.*

*“A well-designed life is a life that is generative—it is constantly creative, productive, changing, and evolving, and one where there is always the possibility of surprise. “(Bill Burnett (Executive Director, D-School, Stanford University), Dave Evans (Lecturer, D-School, Stanford University), Authors of the bestselling book **Designing Your Life.**)*

## Introduction

The Designing Your Life (DYL) course is inspired by the bestselling course (being offered for over 15 years) and extensive research at Stanford University and Stanford’s Life Design Lab (200 higher ed institutions have engaged with Stanford’s Life Design lab); is based on the bestselling book of the same name, by Stanford Professors Bill Burnett and Dave Evans; The course is offered under a license through Certified Instructor and Coach, Navyug Mohnot.

DYL is a philosophy, framework and process with a set of tried and tested tools and methods based on principles of Design Thinking. The course’s aim is to enable people to figure out where they are now, get ‘unstuck’ and plan what they could do next with their lives.

## Why ‘Designing Your Life’?

We need a designer’s approach to design the most important project of our lives: our Life.

We need a set of tools, mindsets and frameworks for discovering the multiple lives possible and thereby creating one that’s flourishing and congruent to who we are.

## Course Curriculum: Ten modules

### 1. Course Set Up: The Container, Construct, Conversations and Community set-up. Introduction to Design Thinking and Designing Your Life (DYL) Framework

#### Module Overview:

- a. Welcome; Course set-up and expectation setting.
- b. Understanding and experiencing Design Thinking in a high-paced way.
- c. Design Thinking as the foundation for Designing Your Life (DYL) and the Life Design Framework and the Journey overview.

#### Module Goals/ Objectives:

- a. Getting students to experience Design Thinking, and start to build the DT mindsets.
- b. Introducing the framework and the philosophy behind the Designing Your Life concept and getting clarity on what it is and what it is not.
- c. Creating a safe space and support structure for with 4C's of working together for the DYL journey – namely, Container, Construct, Community and Conversations.

#### a. Exercises/ Tools / Readings used in the Module:

Designing Thinking workout.  
Several papers

## **Accept: Start from Where You Are.**

### 2. Life view, Worldview, Work view, Social Narratives, Coherence: Building Your Personal Compass

#### Module Overview:

- a. To design their futures, individuals learn to build their “compass”.
- b. Life view, World view and Work view Exercise and sharing.
- c. Understanding Coherence and well-being.
- d. The PERMA model.

#### Module Goals/ Objectives:

The module asks for self-reflection and enables the participants to start building their compass for Life wayfinding. Establishing and examination of one's worldview, work view and life view to enable their integration and thereby coherence. Understanding a flourishing life, and the anatomy of happiness.

DYL Exercises/ Tools used in the module:

- a. Life view reflection.
- b. Work view reflection.
- c. PERMA test
- d. Readings

## **Empathize (with Yourself)**

### **3. Dysfunctional Beliefs, Framing and Reframing Problems**

Module Overview:

- a. Recognizing Dysfunctional beliefs.
- b. Understanding Gravity and Anchor problems and reasons for feeling "stuck".
- c. Problem/ Beliefs Framing and Reframing.

Module Goals/ Objectives:

- a. Individuals will learn one of the most powerful life design tools to address dysfunctional beliefs – Reframing. Participants learn about problem types and how to use awareness of these types to improve their own ability to frame problems they may be facing to get unstuck. The module provides an opportunity to practice reframing to build reframing as a skill.

DYL Exercises/ Tools used in the module:

- a. Reframing Methods, dysfunctional beliefs exercise
- b. Problem Identification– Gravity Vs Anchor problems
- c. Reframing problem using 'How Might I...?'
- d. Brainstorming tools for ideas for the problem reframed.

### **4. Energy Assessment**

Module Overview:

- a. Charting and tracking energy.

- b. Understanding the characteristics and the concept state of Flow.
- c. Identifying Flow
- d. Determining Prototyping actions.

Module Goals/ Objectives:

Participants by reflecting on energy-gaining and draining activities in their routines and learn strategies to balance energy and feel more fulfilled. Energy is an accurate indicator of what activities interest individuals by identifying what tasks get them into a 'flow' state. Activities which get individuals in the 'flow' state help them decide what kind of work or career they could choose. The critical distinction between tracking time and tracking energy is brought out.

DYL Exercises/ Tools/ Readings used in the module:

- a. Your Energy Assessment
- b. Incremental Prototyping Exercise
- c. Articles and book on Flow

## **Define Your Multiple Futures**

### **5. Maker's Mix**

Module Overview:

- a. Charting one's future "Maker's Mix"

Module Goals/ Objectives:

- a. The goal is to help students understand how to measure in what way they would like to to/ aspire to "make" in the vocation or the avocation of their choice that they are working towards. Over the future life phases, what would be most motivating/ congruent/ exciting for them in terms of what they "make"?

DYL Exercises/ Tools used in the module:

- a. Student's ideal Maker's mix.
- b. Prototyping Worksheet

## 6. Odyssey Planning and Designing Your Odysseys

### Module Overview:

- a. Create three alternate Life Odyssey Plans.
- b. Odyssey presentations in triads.

### Module Goals/ Objectives:

Life design is about generating options, and this exercise of designing multiple lives will guide a student in whatever's next for them. There are multiple great lives within each person.... everyone has many lives in them! The module will facilitate individuals to explore 3 variations of their future and try to plan their life 6 months, a year, two years, and five years ahead for each of the Odysseys. In this module will enable individuals to ideate multiple variations to choose creatively and generatively.

### DYL Exercises/ Tools used in the module:

- a. 10-year-old self-reflection
- b. Odyssey journeys Charts

## Ideate Your Way Forward

## 7. Ideation using Idea boards

### Module Overview:

- a. Learn Ideation techniques.
- b. Techniques for Radical collaboration.

### Module Goals/ Objectives:

- a. The module brings to bear ideation techniques and gets team members to ideate to help each other to activate and take prototyping actions on their Odyssey plans. Creative ideas from all help build creative confidence and determine prototyping steps forward.

### DYL Exercises/ Tools used in the module:

- d. Ideation using Idea Boards.

## Prototypes Get Us Started

### 8. Prototyping a part of Your Odysseys

#### Module Overview:

- a. Create a candidate list of Prototypes and commit to some to get started on your Odyssey

#### Module Goals/ Objectives:

- a. The goal of prototyping is to expend a small number of resources to learn a lot.
- b. By making this small investment up front, a participant can learn if he/she wants to invest more in a specific area of work/ career or invest in something else with increased confidence.

#### DYL Exercises/ Tools used in the module:

- a. Prototyping Conversations
- b. Prototyping Actions

## Tell and Test

### 9. What's Your Story

#### Module Overview:

- a. Learn basic elements of storytelling
- b. Narrate each of their Odyssey journeys through stories to their co-participants as if five years have elapsed.

#### Module Goals/ Objectives:

- a. This storytelling exercise will give the participants an opportunity to test the story and a sense of how excited they would be to live the Odyssey they have narrated.
- b. Helps in visualization and manifestation.
- c. In the end, participants will have better clarity on the journey they want to plan and prototype.

#### DYL Exercises/ Tools used in the module:

- a. Storytelling the Odyssey journeys.
- b. Creative Visualization techniques.

## 10. A Designer's Action Plan for your Odyssey and Course Debrief and Reflections

### Module Overview:

- Build Action Plans.
- Debrief and Reflections
- Articulating Commitments for actions

### Module Goals/ Objectives:

- a. Research tells us only about **20%** of the people who complete a training program actually implement new actions or behaviors.
- b. A Designer's Action Plan incorporates all the elements needed for individuals to start and stick with a new action or change.
- c. It would enable individuals to build their way forward, experiment, learn and iterate – the essence of design thinking.
- d. Reflections and Learnings debrief to Reinforce the tools/ techniques/ mindsets and vocalizing of actions committed.

### DYL Exercises/ Tools used in the module:

- a. Individuals Action plan.
- b. Commitment Sheet

## Duration

The Program comprises 6 sessions of 3 hours and the overall program is of 18 hours. Time on homework, assignments, out-of-class readings etc is additional.

## Course Instructor

### Navyug Mohnot

Navyug has over three decades of experience- as a Founder, CEO, evangelist, start-up mentor, and thought leader. He did his Executive Coaching course at Harvard and is India's first certified DYL Coach and only DYL Facilitator. He is an ardent believer in the power of Design Thinking.

An Alumnus of IIT Delhi, Navyug proceeded to the USA for a PhD in Management on a Fellowship, from which he dropped out to return and set up QAI India, under license from QAI USA. QAI India later went on to acquire its parent company QAI USA.

Navyug Mohnot is also the Founder and CEO of QGLUE, a consulting, coaching, and training company helping enterprises and individuals adopt and embrace the “design-led way”.

He has spoken at several conferences around the world, and is a TEDx speaker (“Manifesting Desires, Embracing Contradictions”), is the recipient of IIT Delhi’s Outstanding Contribution to National Development Award.

He sits on the Boards of several companies, is a mentor and coach to several start-ups, angel investor, runs a film club, wants to restart his Vipassana meditation and direct a film, and hopes to never has to spend a day without his Labrador pet dog, Leo.

## **Contact**

Navyug Mohnot, CEO QAI | QGLUE | [navyug.mohnot@qaiglobal.com](mailto:navyug.mohnot@qaiglobal.com) | 9810135795