

Applying Design Thinking to Your Life

STEP 1 – Assess Where You Are

Consider the different aspects of your life. Mark along each spectrum where you feel like you are in terms of your own satisfaction with that area. In the notes section, include a few details to support your rating on the scale. If there are aspects of that area that you would like to change or with which you are unsatisfied, include them in your notes. You can even include questions that you have or unknowns. You may feel like you do not have any problems to solve in your life, but Design Thinking can help you answer questions about the future, too!

Health

Very Unsatisfied

Very Satisfied



Health Notes

This section can refer to physical health, mental health, or even spiritual health.

School/Work

Very Unsatisfied

Very Satisfied



School/Work Notes

You can think in terms of grades and accomplishments or consider your satisfaction and engagement.

Play/Recreation*Very Unsatisfied**Very Satisfied***Play/Recreation Notes**

This section refers to anything you do purely for fun or entertainment.

Relationships

Very Unsatisfied

Very Satisfied



Relationships Notes

Relationships can include those that are important to you (family, friends, teachers, clubs and other social groups), as well as those you might like to grow or develop (networks, friendship with someone whom you admire, etc.).

Step 2 – Identify a Life Design Problem

After you have assessed where you are, you may already see some areas of your life that you would like to improve or make more satisfying. This is not to say that your life is bad or unsatisfying. You are simply looking for a situation that you might like to change, an area where you would like to grow, or a question you have about your future. What would it take for you to make a step in the direction of loving your life now or in the future?

Use the spaces below to identify one or more “problems” for which you might like to develop a solution. Use the “Insights” section to list anything of interest that might help define a problem or help to inform the solution. Reflect on your options, and then choose a problem (or set of related problems) to use as your Life Design Problem for this activity. Highlight or circle your chosen problem.

Step 2 – Define the Problem – 5-15 minutes	
Problems	Insights

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Step 3 – Brainstorm

Use this space to sketch or outline possible solutions for your problem. Go for at least 5 solutions, but don't stop there if you still have time. You can use other brainstorming methods such as Post-Its, just be sure to take a picture and upload it with the worksheets. Be creative and ask for help from others!

Step 3– Brainstorm/Ideate		
Idea 1:	Idea 2:	Idea 3:

Idea 4:	Idea 5:	Idea 6:
Idea 7:	Idea 8:	Idea 9:

After the Brainstorm:

Evaluate your brainstormed ideas and choose between 3 and 6 for further consideration. Try to choose one for each of the categories below:

Brainstorm Assessment	
<i>Most Exciting</i>	
<i>The one I wish I could do if money were no object</i>	
<i>It probably won't work, but if it did... Wow!</i>	
<i>Most likely to lead to an AMAZING life</i>	
<i>If I could ignore the laws of physics</i>	
<i>Create your own category</i>	

Step 4 – Prototype

*Sketch, outline, or describe a prototype action that you can try to test one of your solutions. Try to come up with more than one option. Keep in mind that over your lifetime you can try a LOT of prototypes. There are probably many good ways for you to live your life. Prototyping lets you try a few of them quickly. Try not to get too bogged down as to which is the **best** solution. You probably have more than one. Try a few of them!*

Step 4 – Prototype

Step 5 - Test and Reflect:

Chose a prototype option that should take less than a week to complete. Test it out. Record your experience, thoughts and feelings about the prototype action. What worked? What didn't work? Would this solution actually work to solve your problem? What could be tweaked to make it work better? Or would it be better to move on to a different solution?

Step 5 – Test and Reflect Notes

