

**Design Your Future**

# Life Grid

**Choose Your  
Phases**

0-18

undergrad  
grad

d.school

design studio

**Job/Role**

**Times of  
Flourishing**

**Sources of  
Discomfort**

**Critical  
Moments**

**Critical  
People**

c  
tl

# Energy Map

# Activity

# Gives Energy

# Takes Energy

**Energy Maps Options:**

**One Day: School/Work**

**One Day: Break**

**One Week: School/Work**

# Trajectories

**Now**

**What:  
Activities**

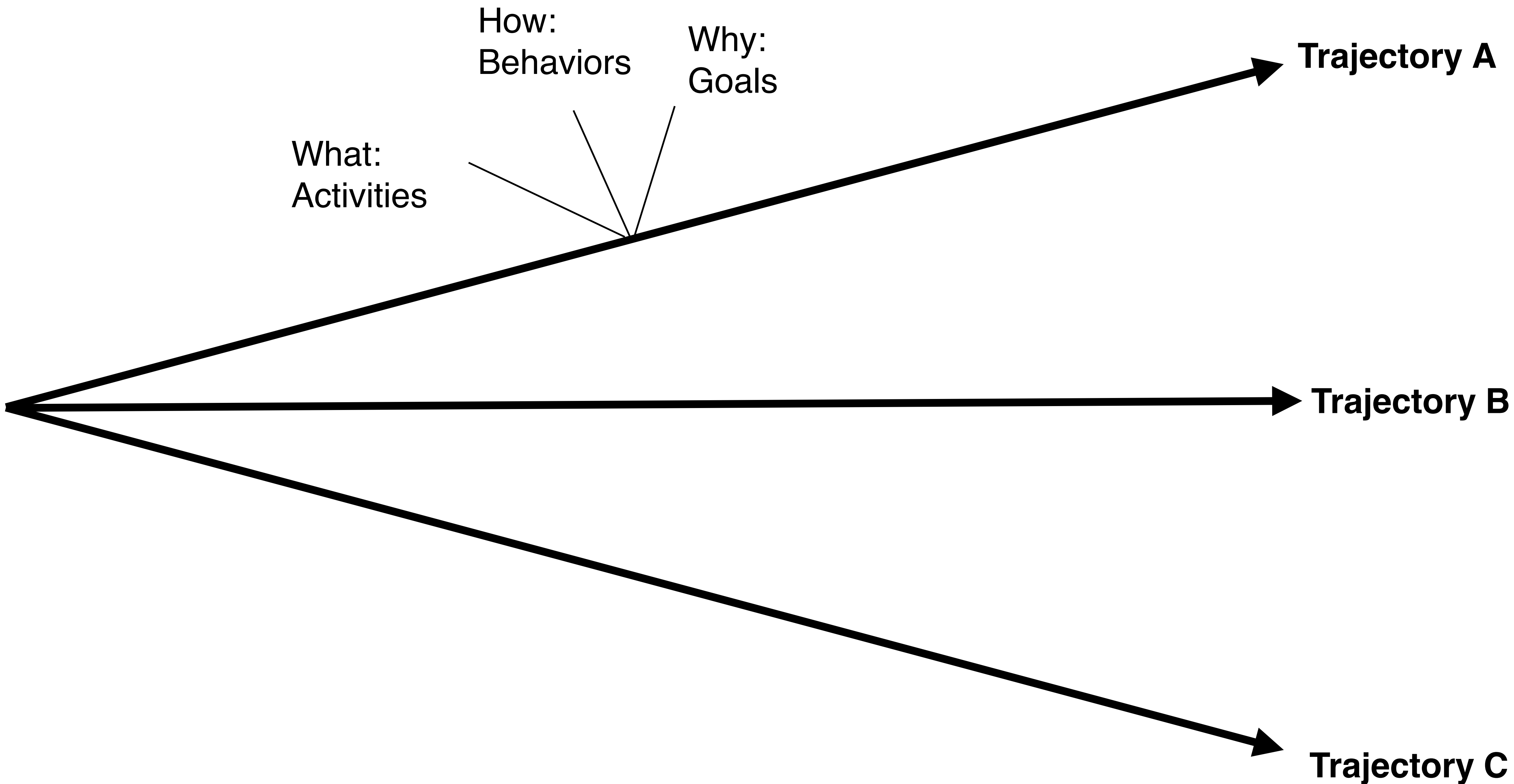
**How:  
Behaviors**

**Why:  
Goals**

**Trajectory A**

**Trajectory B**

**Trajectory C**



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