



A Pathless Remix

Design Three Lives

Odyssey Plans from *Designing Your Life*

Designing Your Life was such an inspiring book early on my journey, and its idea of coming up with Odyssey plans has been something I have used in my own journey. I think the biggest value has been in writing down things that were a little bit scary.

When I was first starting in my journey, I put something down like writing a book, and looking back, it sort of seems inevitable that I would have written a book, but when I wrote it down, it was definitely a bit scary.

And so every time I do an exercise like this, I try to get even bolder, and the first two are about straightforward dreams, but then the third is like the wild card one: What if there were no limits? What if no one laughed at you?

— Paul

Three lives

Designing Your Life: A course at Stanford that helps students answer the question of “what kind of life do you want to live?” rather than “what do you want to do”

1 Current Life+

Current life but more experimental and amazing

2 Make a Change

You 100% commit to pursuing a shift in the next six months

3 A “Pathless” Life

“What if I truly followed the path I am called to and no one would laugh?”

The goal is not to design the perfect life nor to suggest that five-year plans are a good idea. The goal is to turn our brains on to *imagine new possibilities*

Reflection questions

- **Values:** What values were most ignored in my life?
- **Career Baggage:** What “career baggage” did I leave behind?
- **Fear Setting:** What am I afraid of?
- **Creative:** What are elements of my “creative engine” I want to factor in?
- **Constraints:** What are constraints I can design around (e.g. “never set an alarm”)

NOTES

1 Your Current Life But More Experimental

Make It As Amazing As Possible!

SIX-WORD TITLE

YEAR 1

YEAR 2

YEAR 3

YEAR 4

YEAR 5

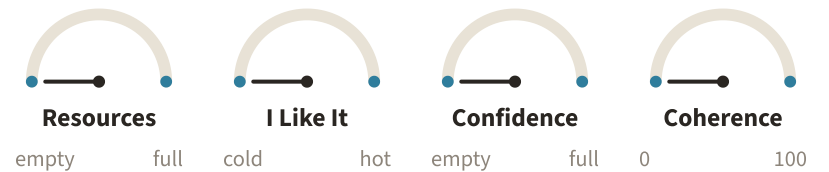
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Items to populate: Health, Relationships, Work, Travel, Bucket List Items

CONSTRAINTS (optional, e.g. own no possessions, never use alarm clock)

QUESTIONS THIS PLAN ADDRESSES

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2

Make a Change

Dream big!

PATHÆSS

SIX-WORD TITLE

YEAR 1

YEAR 2

YEAR 3

YEAR 4

YEAR 5

Items to populate: Health, Relationships, Work, Travel, Bucket List Items

CONSTRAINTS (optional, e.g. own no possessions, never use alarm clock)

QUESTIONS THIS PLAN ADDRESSES

-
-
-



Resources
empty full



I Like It
cold hot



Confidence
empty full



Coherence
0 100

“What if I truly followed the path I am called to and no one would laugh?”

SIX-WORD TITLE

YEAR 1

YEAR 2

YEAR 3

YEAR 4

YEAR 5

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