

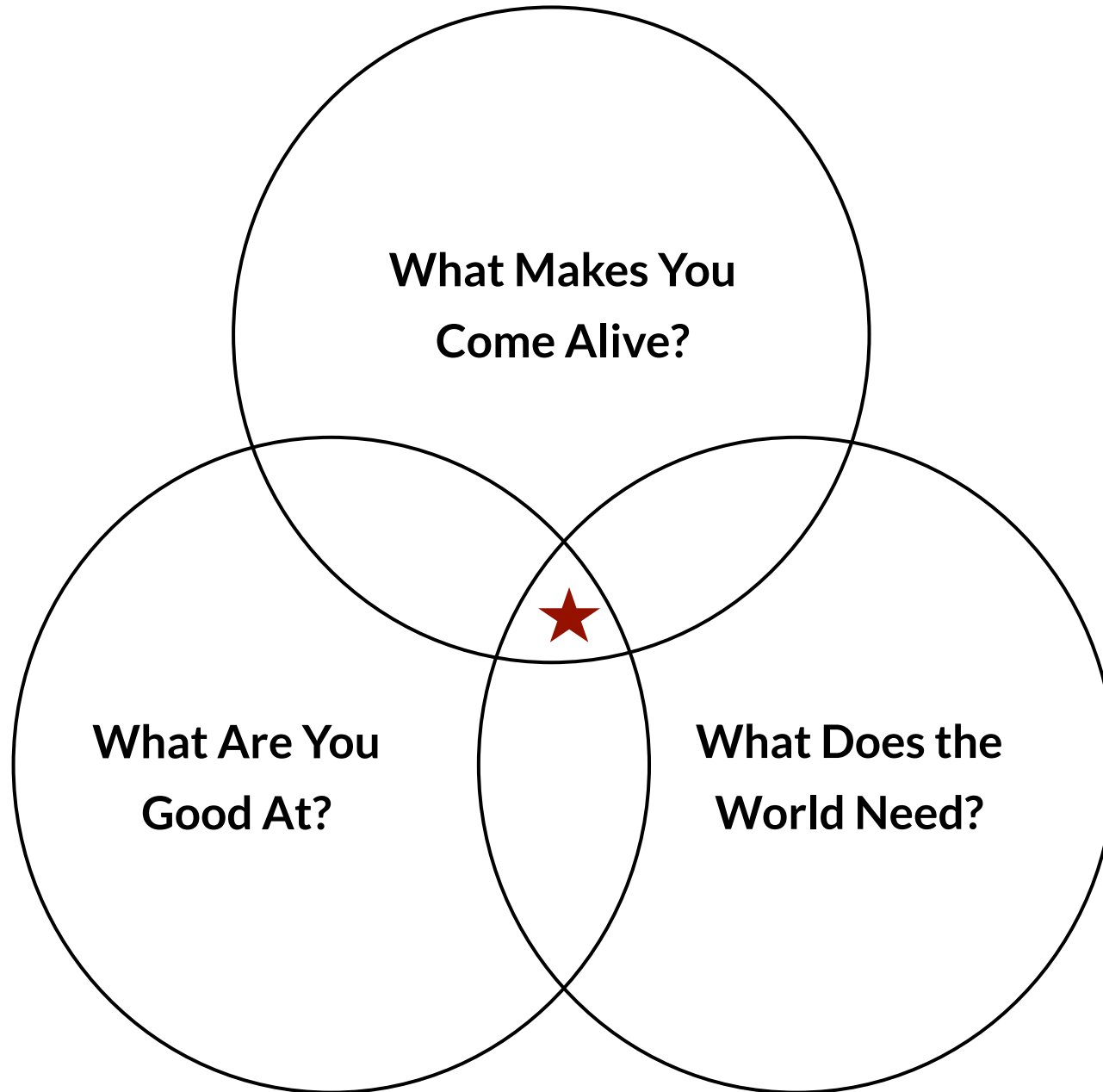
# *Designing Your Life*

A Workbook for Hive Global Leaders



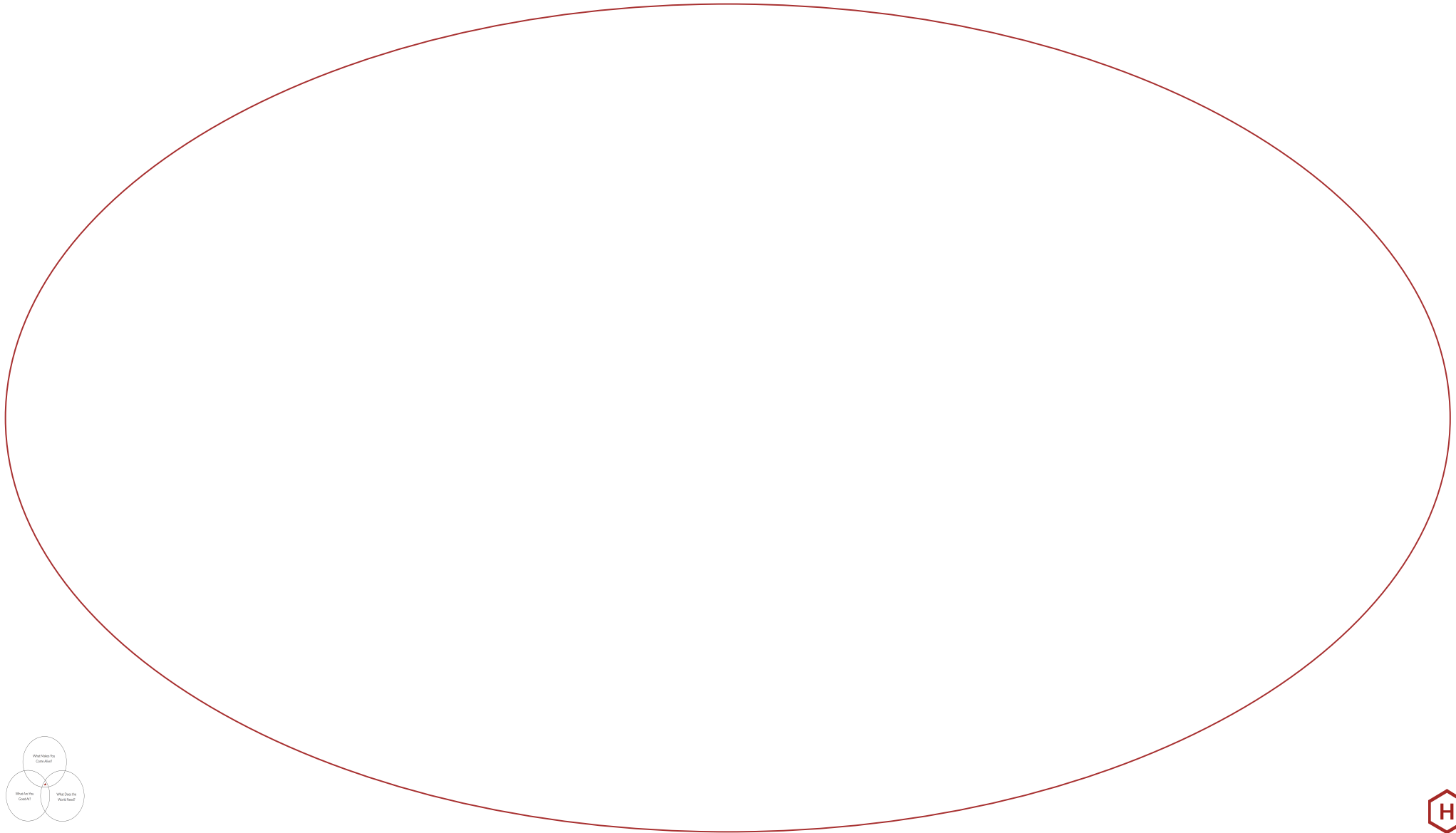
Name \_\_\_\_\_

# The Hive Purpose Model



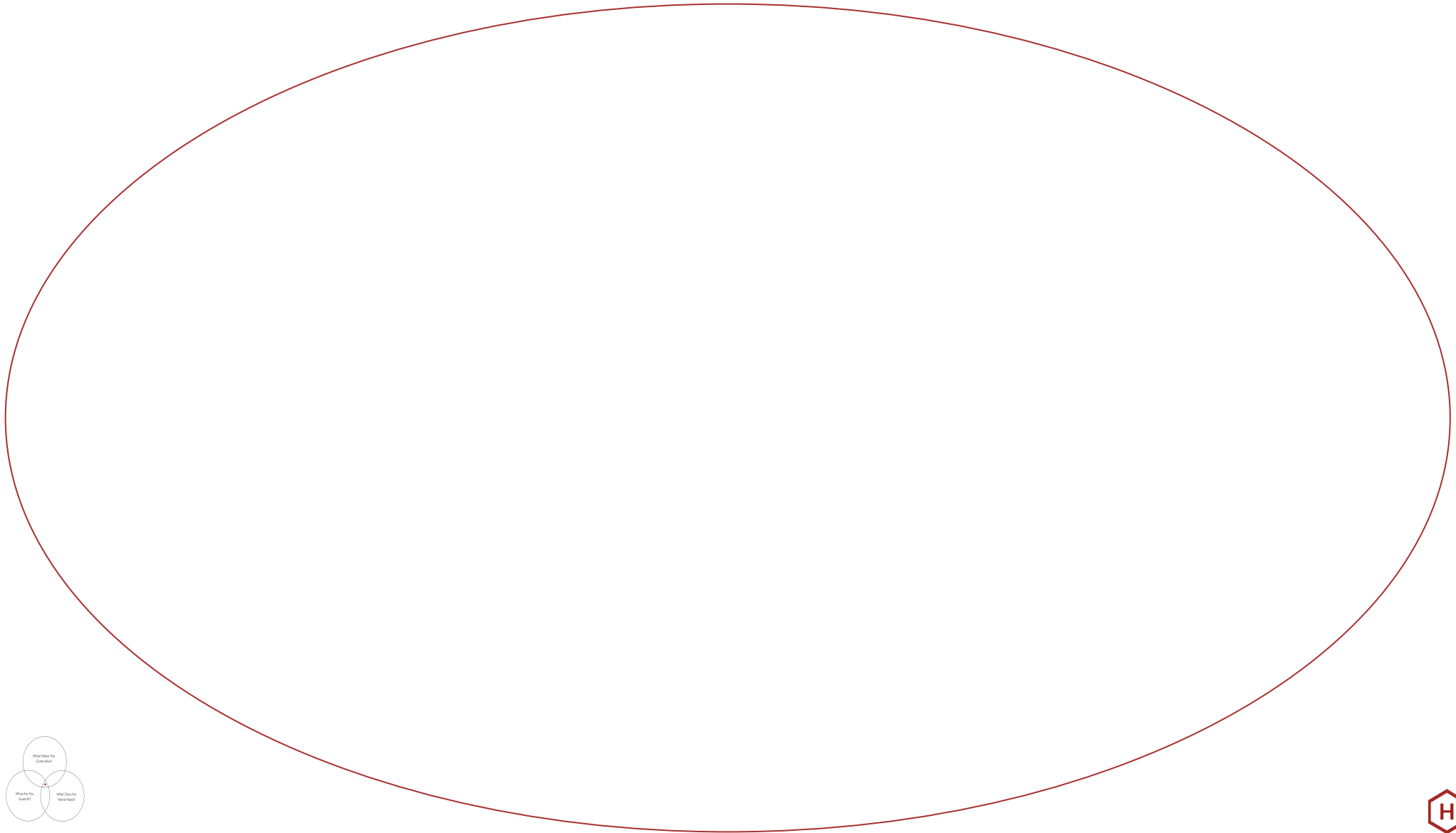
# What am I grateful for?

What are some of the things I am grateful for in my life?  
Don't forget the little things that make each day special.



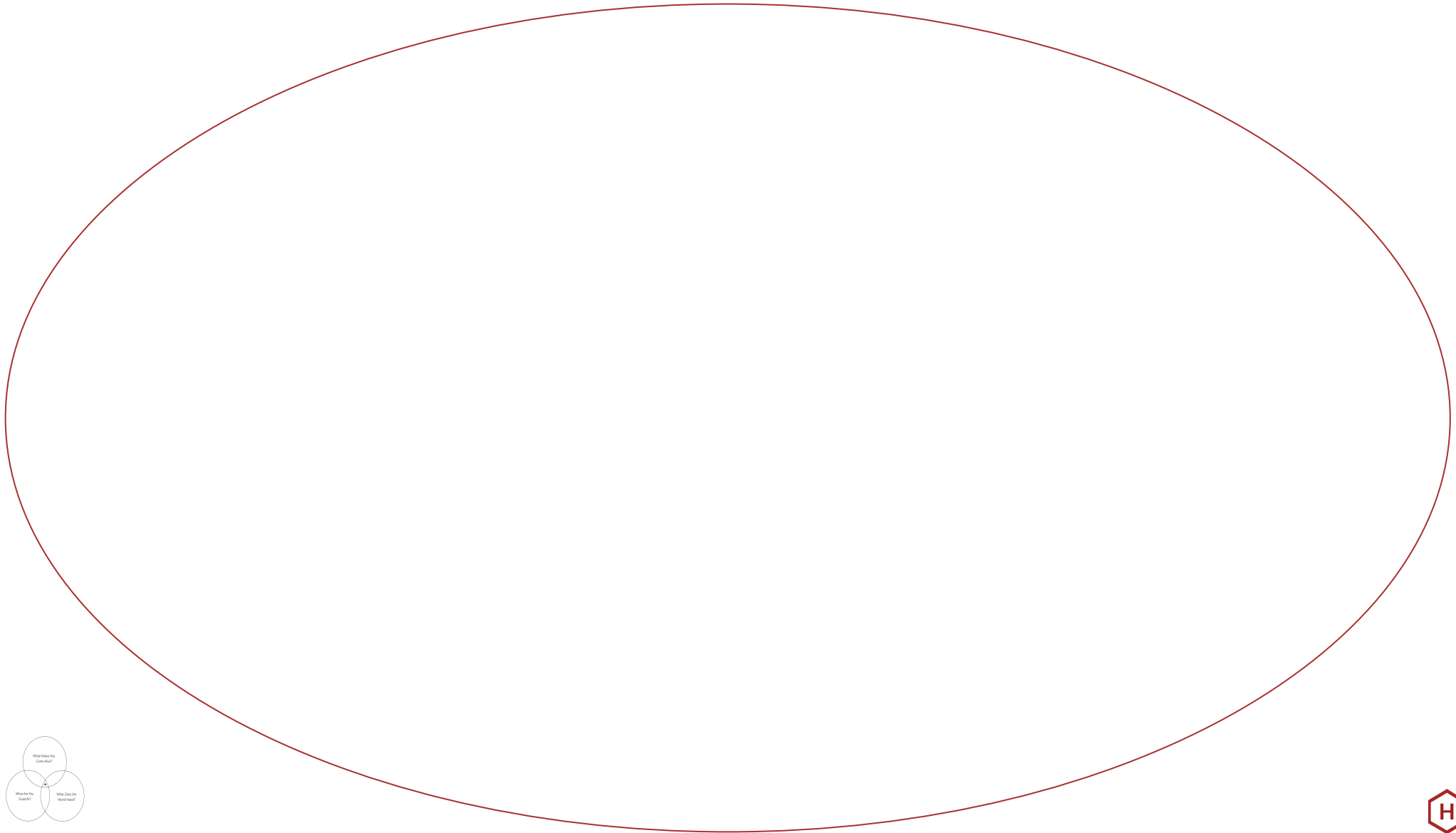
# What is important to me?

What are some of the values I hold most dearly?  
What matters to me most?



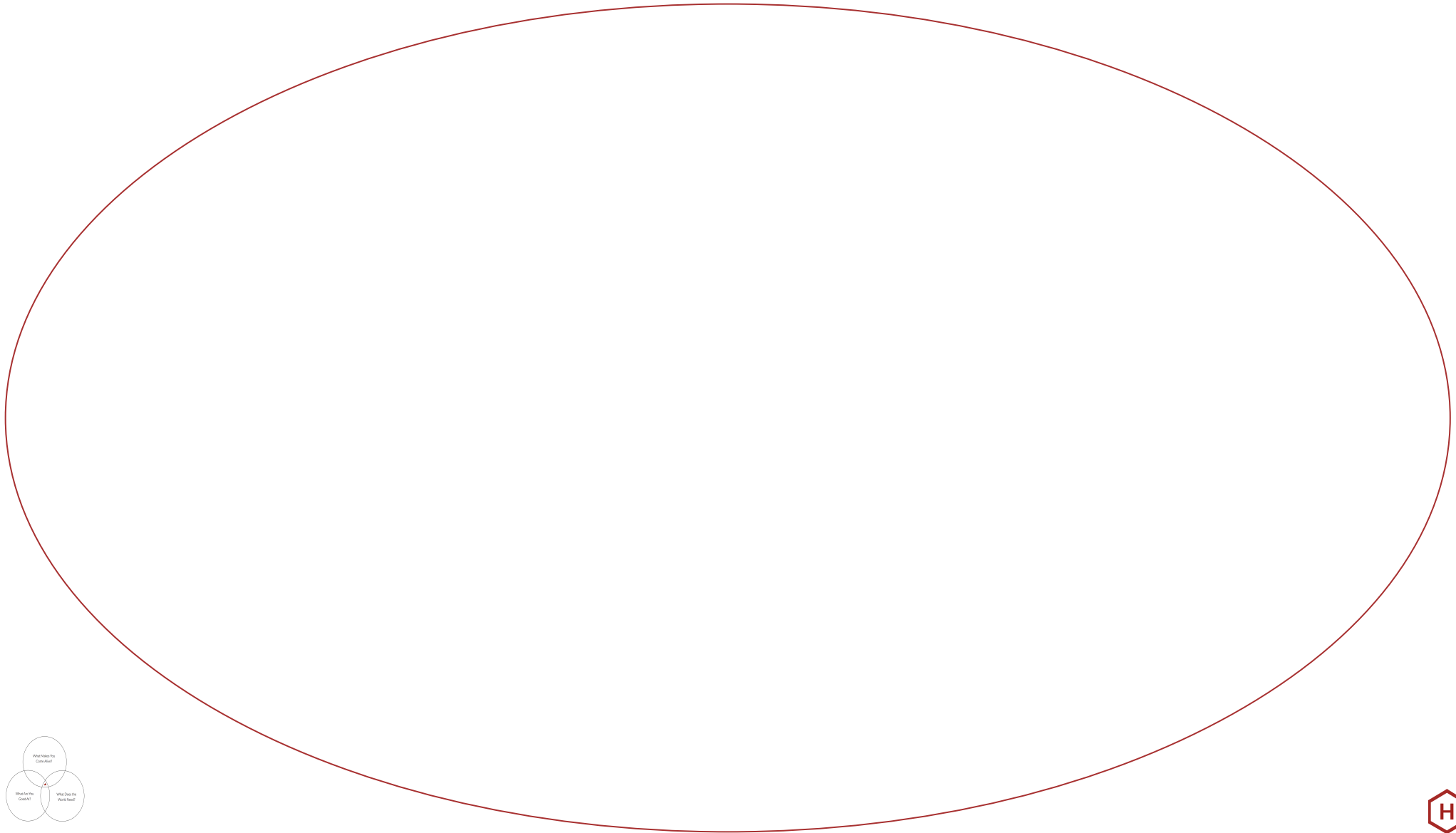
# What makes me come alive?

What do I love to do? When am I most in flow?  
When am I the happiest? What type of work do I love doing?



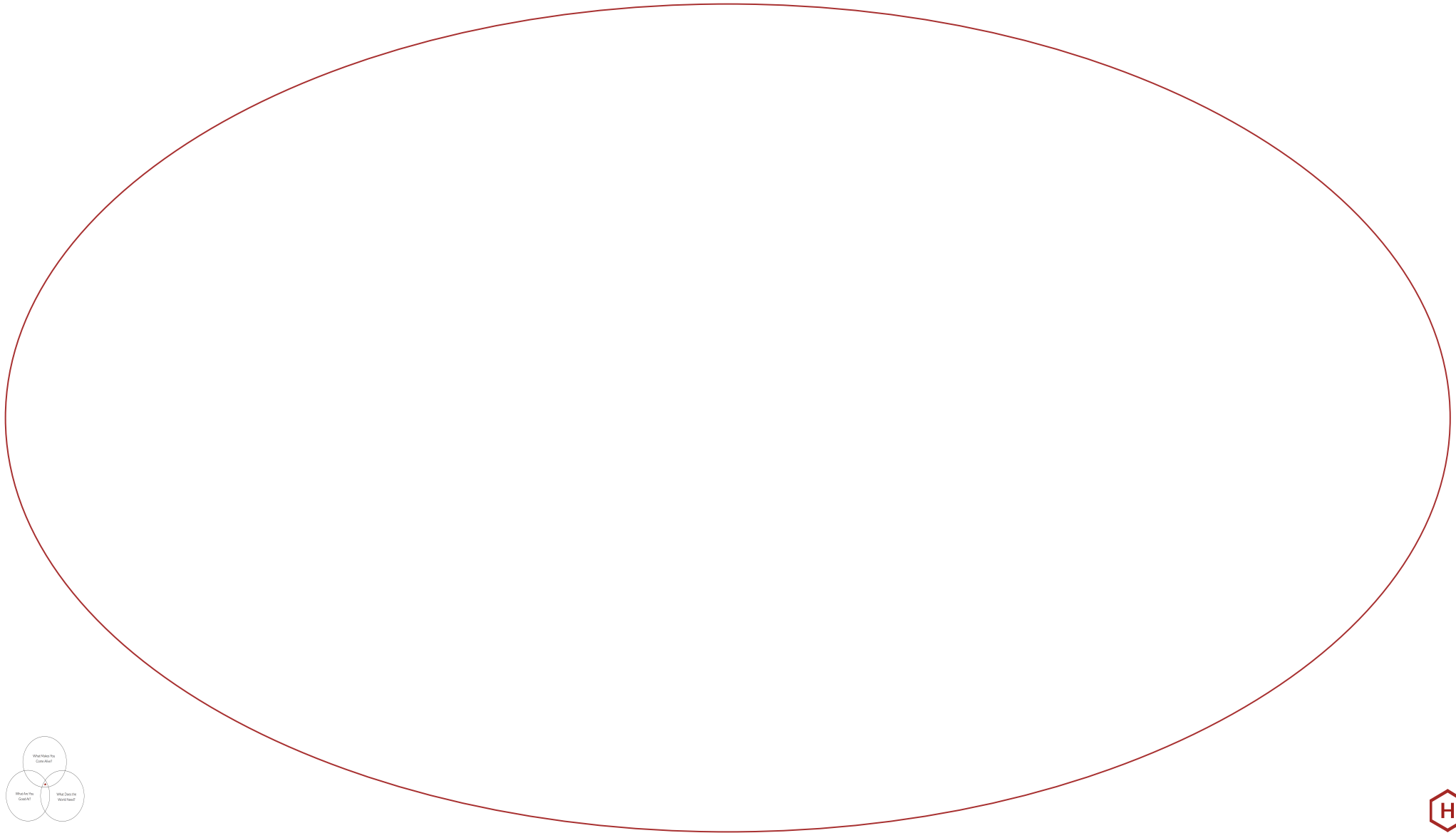
# What am I good at?

What am I really good at? What could I become really good at?  
What are my superpowers?



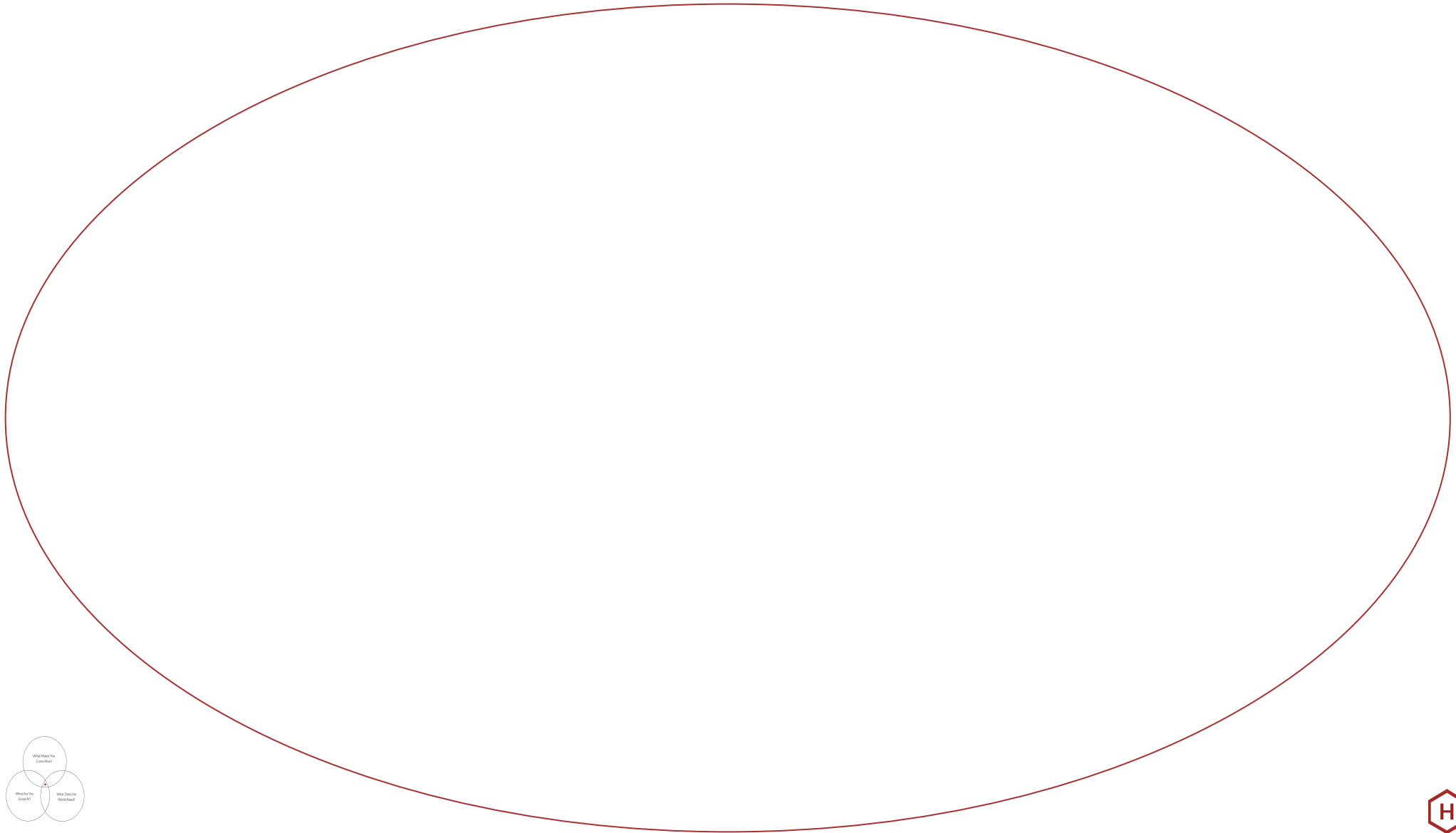
# What does the world need?

What do humanity, the world, and my community need to thrive? What systems need to change or be created?  
What new technologies or approaches are needed? What problems and opportunities do I see?



# How can I create what the world needs while doing what I love?

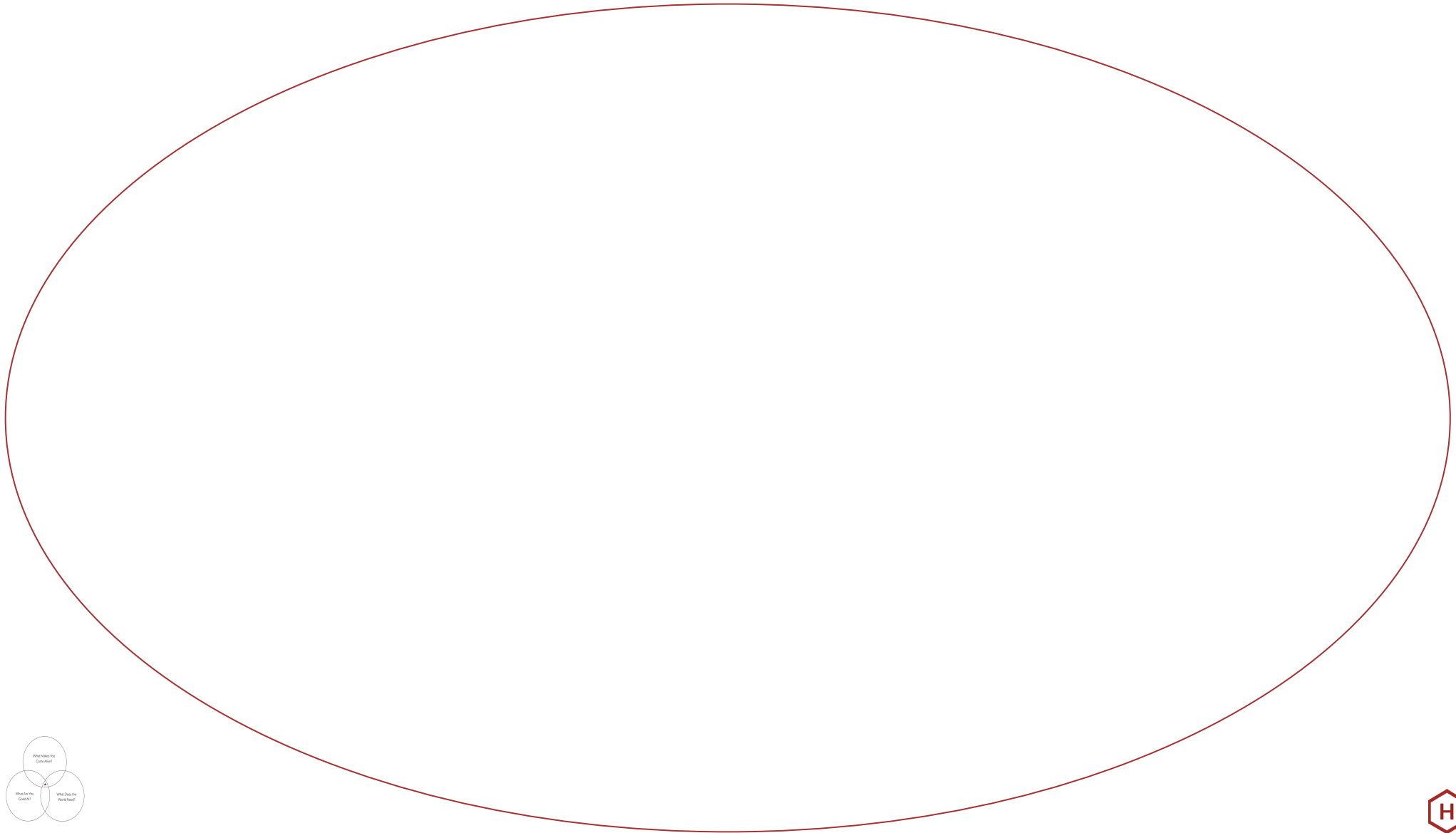
What are some of the things I could do in life that would serve humanity in a big way and allow me to do what I love? Brainstorm below.





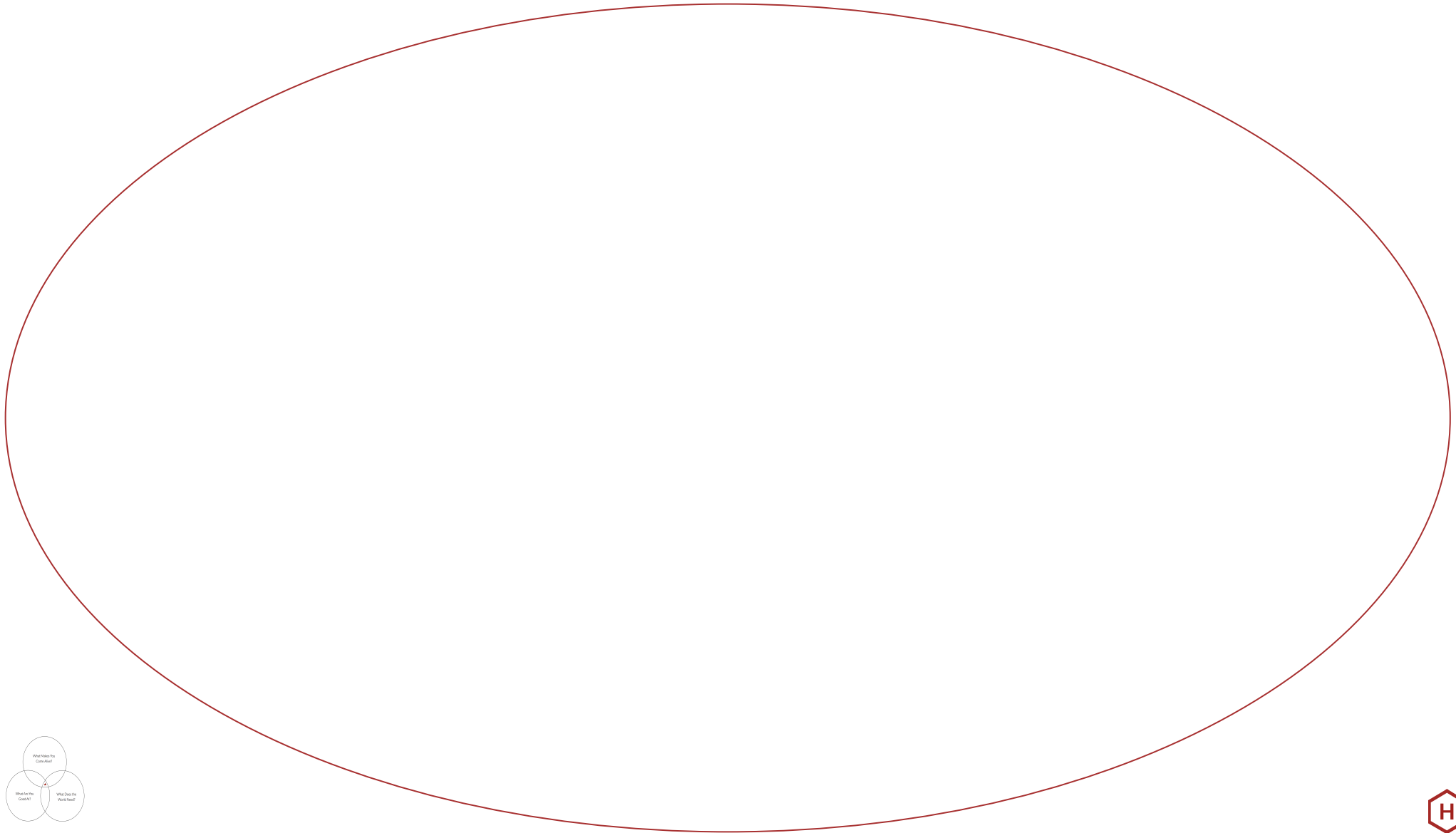
# How can I get paid to do what I love?

What are a few things I could do that would serve humanity in a big way, allow me to do what I love, and allow me to reach my financial goals? What could a business model or sustainable funding source behind creating the impact I seek?



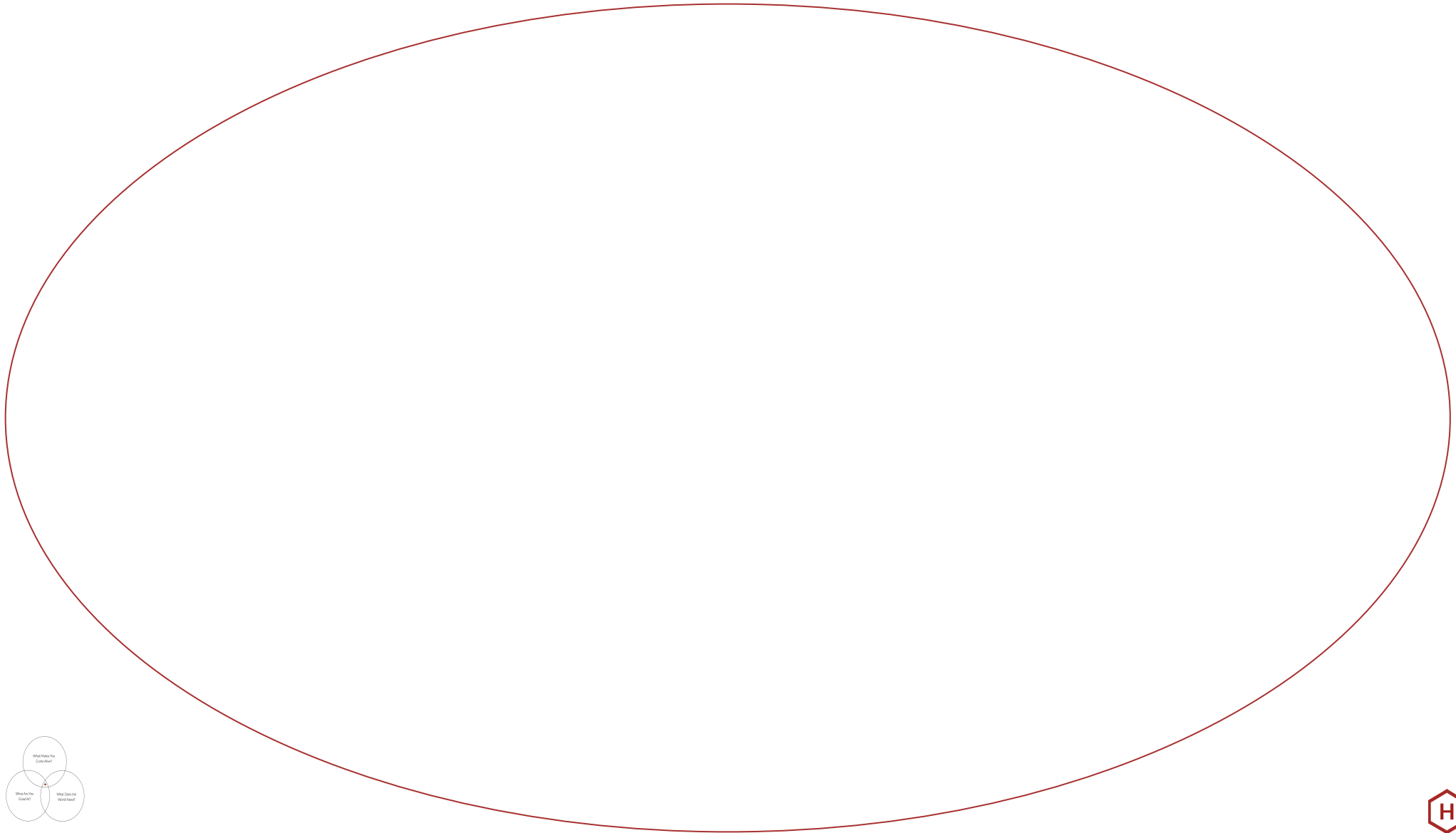
# What would I do if I were unreasonable?

What would I do if I were doing exactly what I wanted to do, were completely unreasonable about it, had no fear, and stopped coming up with reasons and excuses for why I can't truly live into my full potential now?



# What is holding me back?

What is holding me back from pursuing my dreams and reaching my full potential?  
What can I change to get to the next level?



# Getting a new nickname

Write down a few new potential nicknames to use when I want to summon the bold, unreasonable, fearless version of myself.

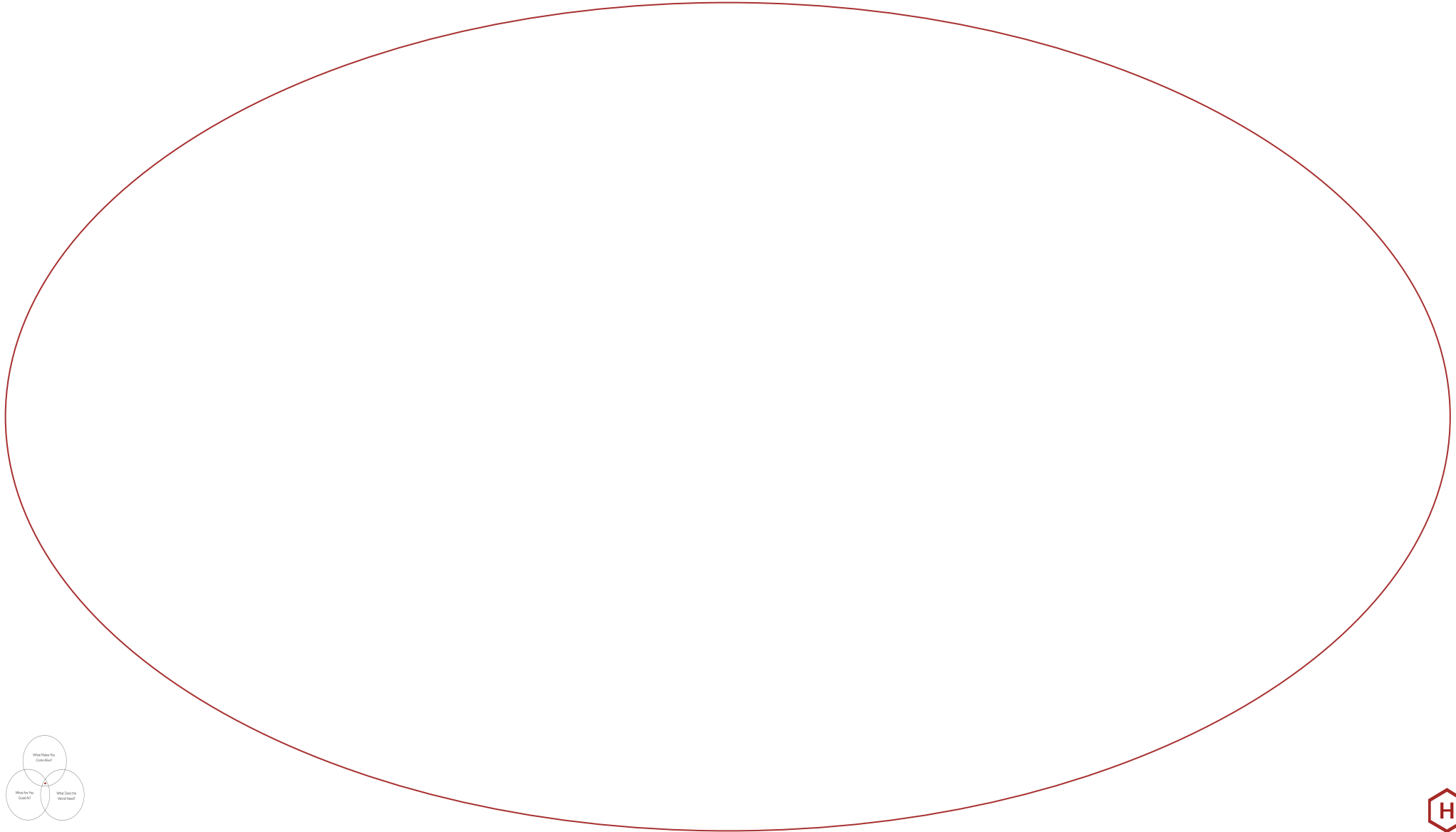


Examples: Wolverine, Jedi, Sabertooth, Gwenevere



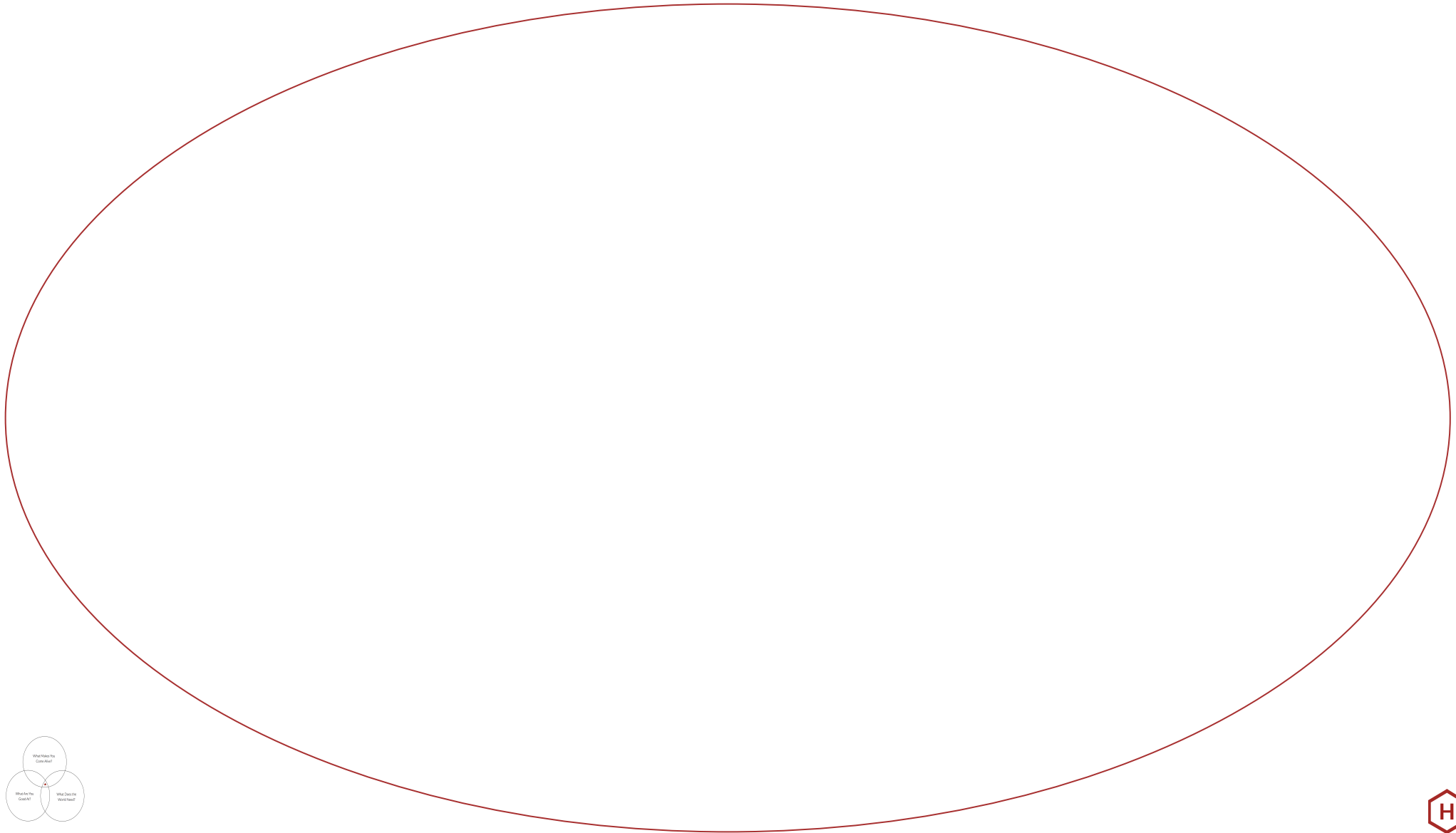
# My grandchild asks, “What did I do with my life?”

It’s some time far in the future and I now have a 6 year-old grandchild. I’m in a wooden rocking chair overlooking the beach. She just jumped up onto my lap. Her name is \_\_\_\_\_. She asks me the question, “*What did you do with your life?*” How will I answer this question from my granddaughter?



# How will the world be different in 2050 because of me?

It is 2050 and I have been wildly successful in pursuing my purpose for the last 35 years, making a 10x bigger impact than I thought was possible back in 2015. First, I imagine all the little details of what is different in the world because of the impact of my life's work and then I write down what I saw below.



# Draw your impact

It's the year 2050. I've spent the last 35 years making a 10x bigger impact than I ever thought was possible. In scene 1, I draw a picture of a scene in the world that exists because of my contributions. I draw a specific place and the faces of the people there. In scene 2, I draw the same scene as if I never was born.

2050 Scene 1:  
With me alive

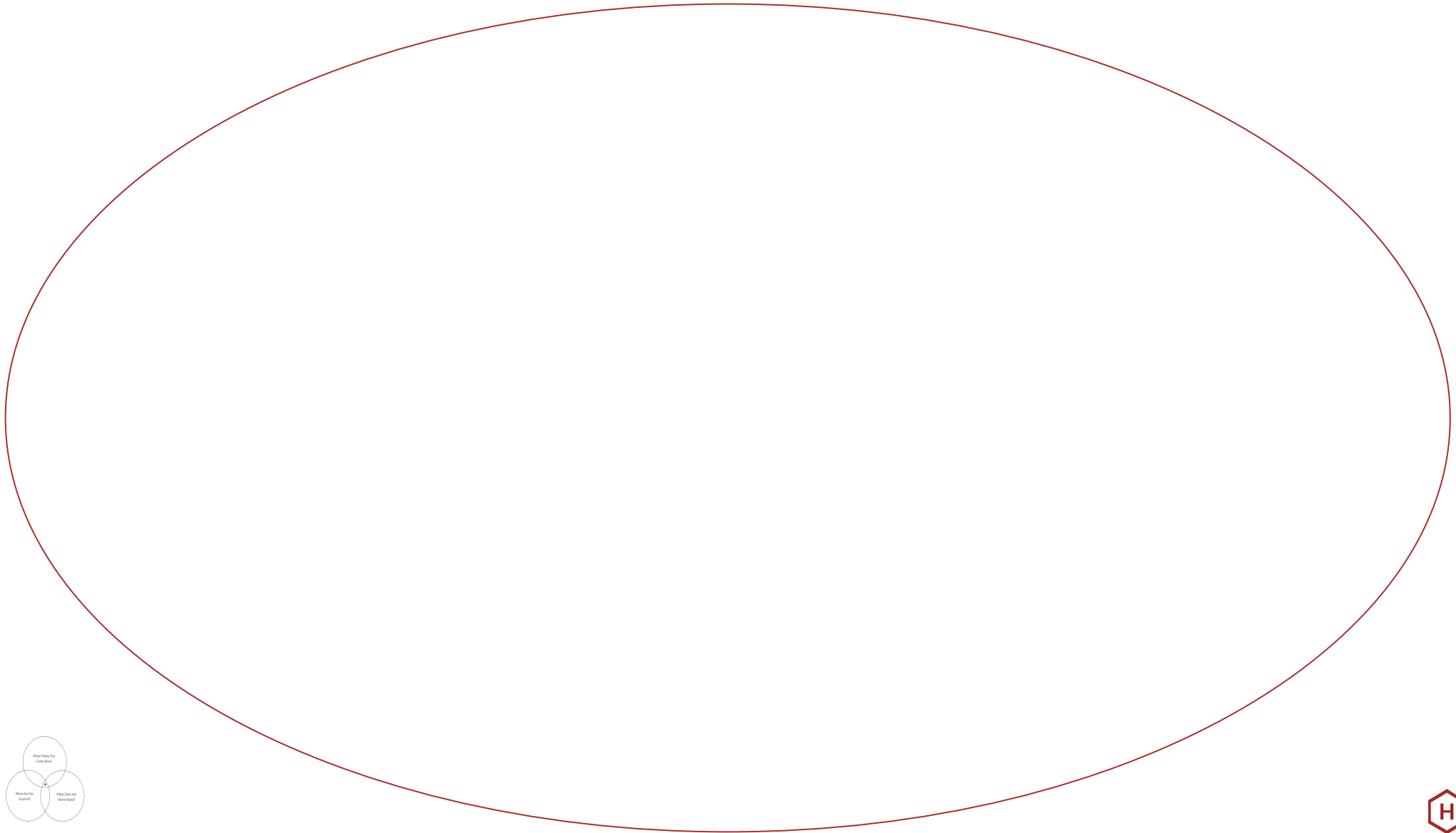
2050 Scene 2:  
I was never born



# What might be my purpose for the next phase of my life?

What is so compelling to me that I might be willing to dedicate the next 10+ years of my life to making it happen? In other words, what might be my purpose for the next part of my life?

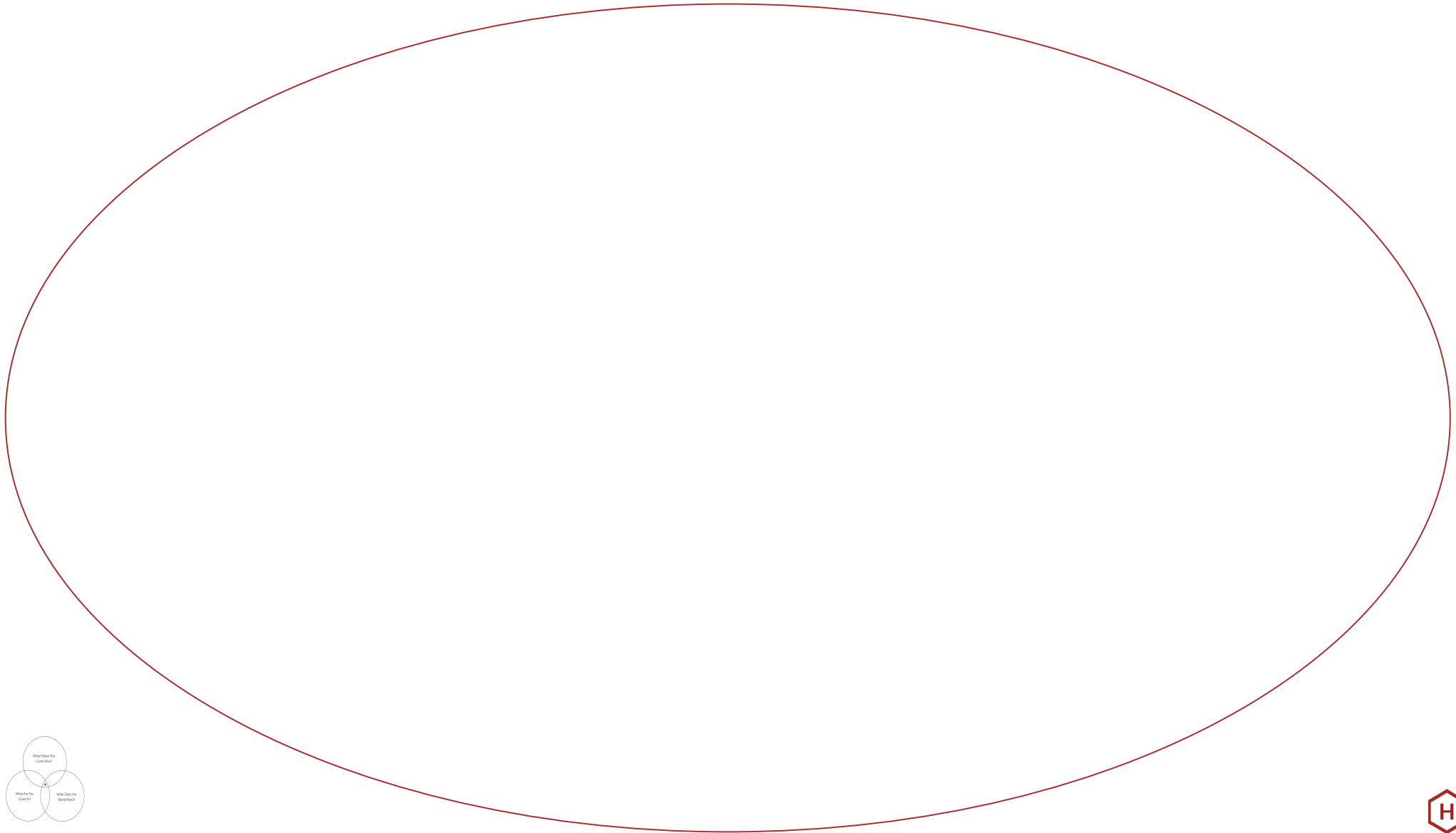
Brainstorm possibilities below.





# How can I rewrite my purpose so a 10 year old would understand it?

How can I simplify my purpose statement so it is inspiring, memorable (< 15 words), and understandable? Write a few draft versions below.



# How could I measure my impact?

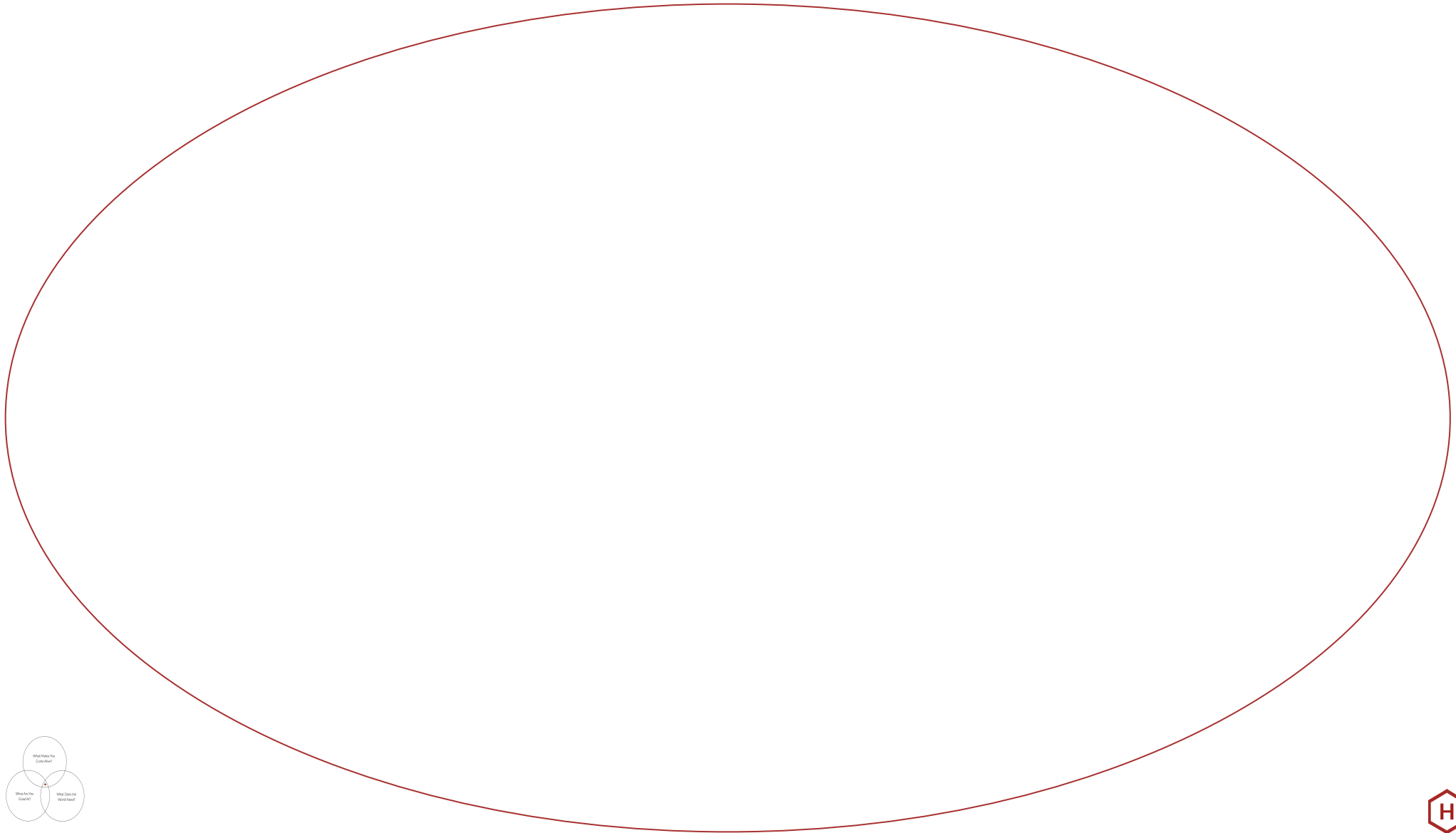
What are some metrics to track whether my purpose is being realized by 2050?  
Brainstorm metrics that are specific and quantitative.

Some Examples: Global infant mortality < 1%; Global energy from renewables >95%; Homelessness in Los Angeles down by 80%; 10x increase in number of people meditating weekly in Mexico; 75% reduction in U.S. incarceration; People living in extreme poverty under 1%



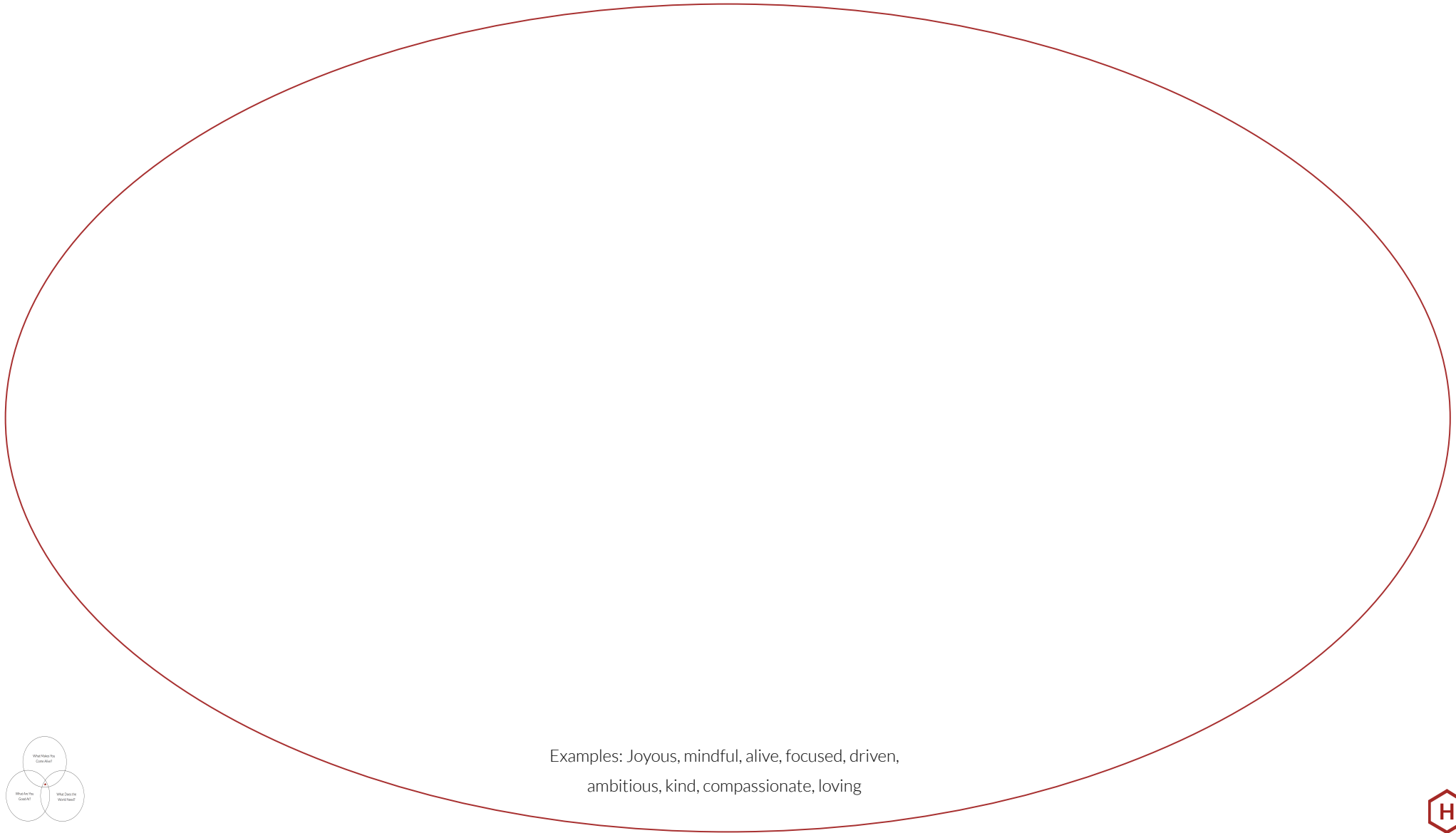
# How might I make this happen?

What can I do to realize my vision? For example, will I join an organization or start one myself? What sector will I work in? What might be the business model or funding source behind scaling my impact?



# What is my desired way of being?

As I go about my journey in life, how do I want to feel inside?  
How do I want to come across to others? What words do I want to define me?

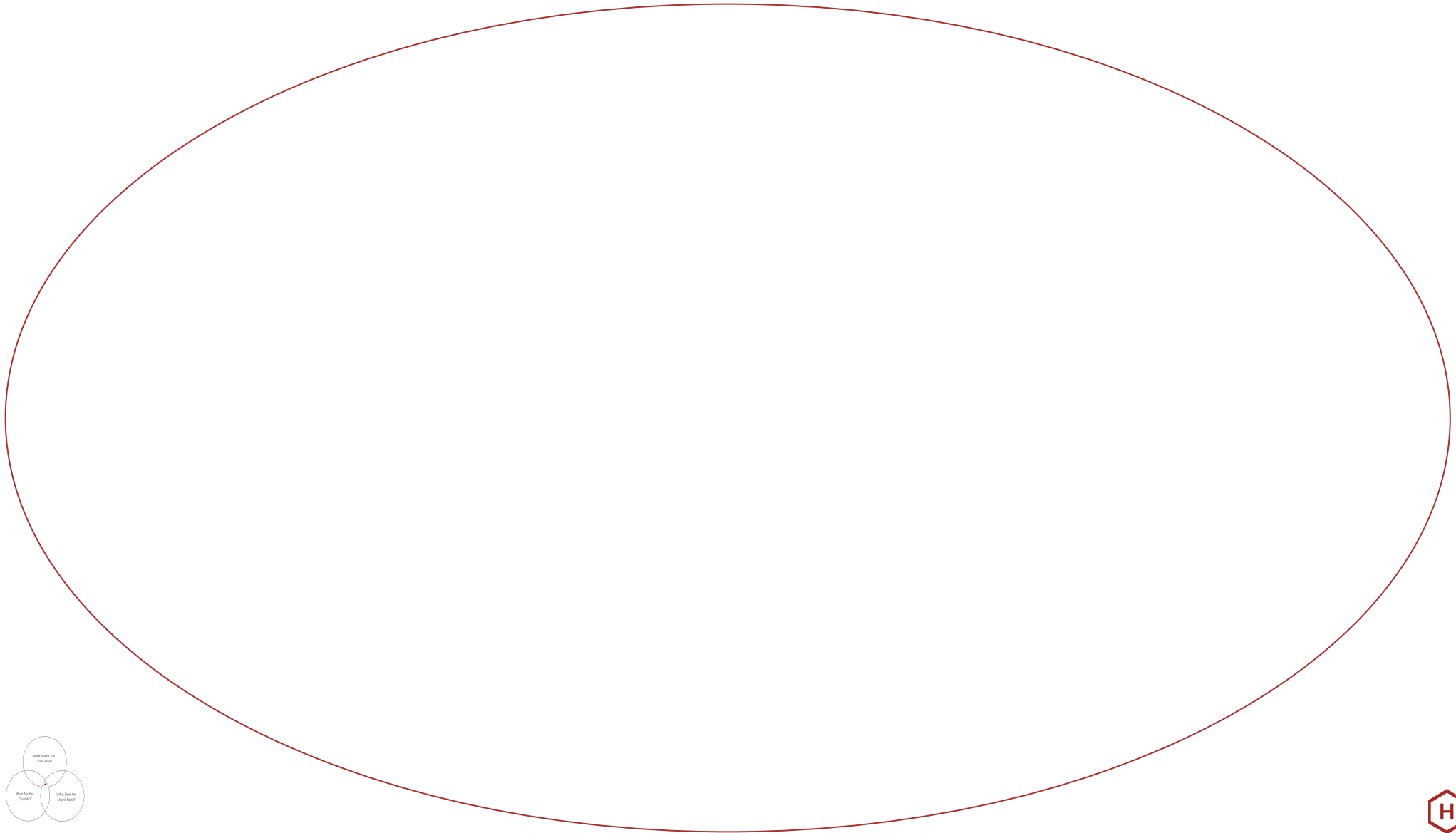


Examples: Joyous, mindful, alive, focused, driven,  
ambitious, kind, compassionate, loving



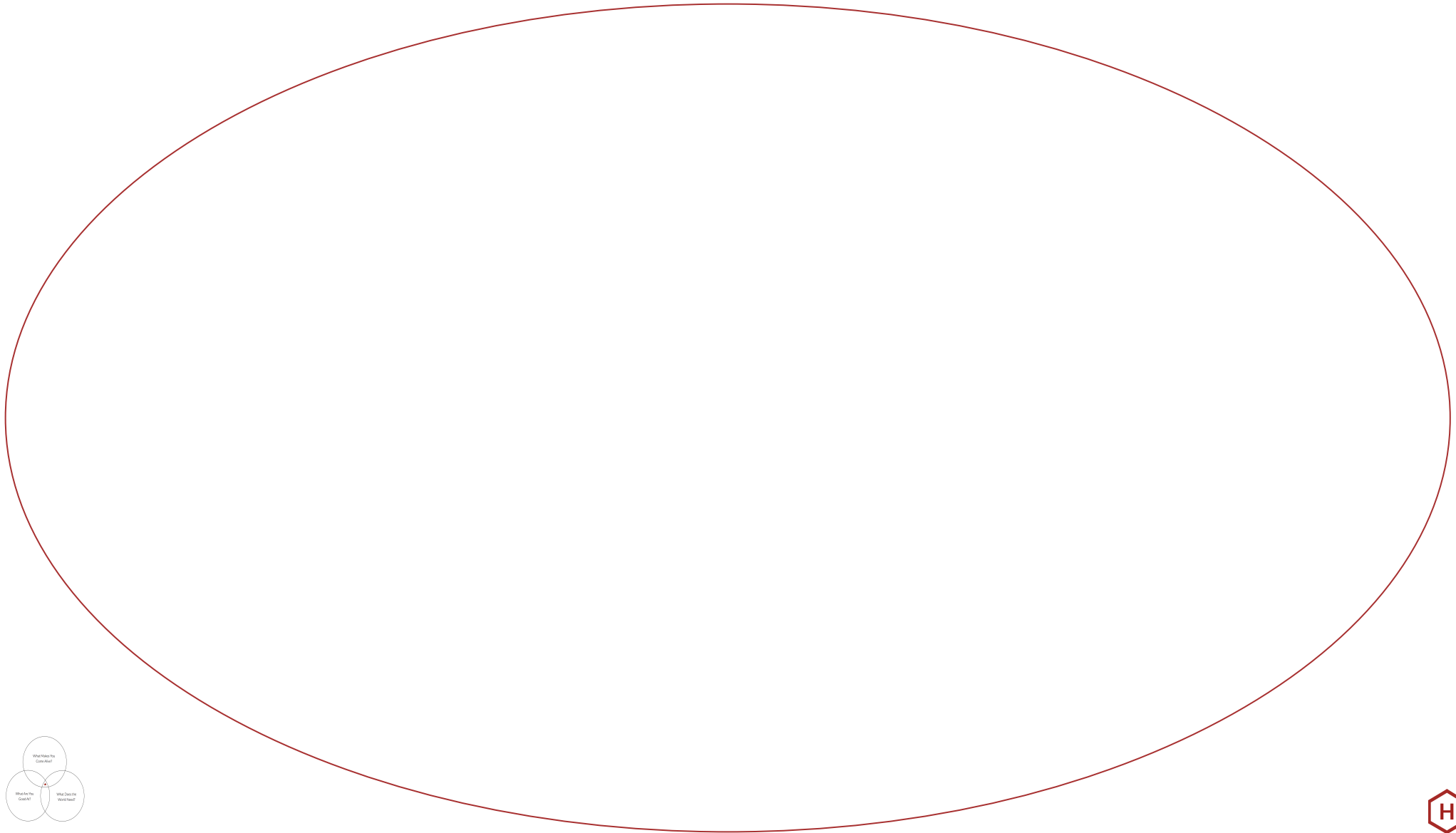
# What are my lifetime goals?

What are my lifetime goals? Think about life holistically, including areas like health, travel, bucket list experiences, adventures, work, finances, relationships, habits, and impact.



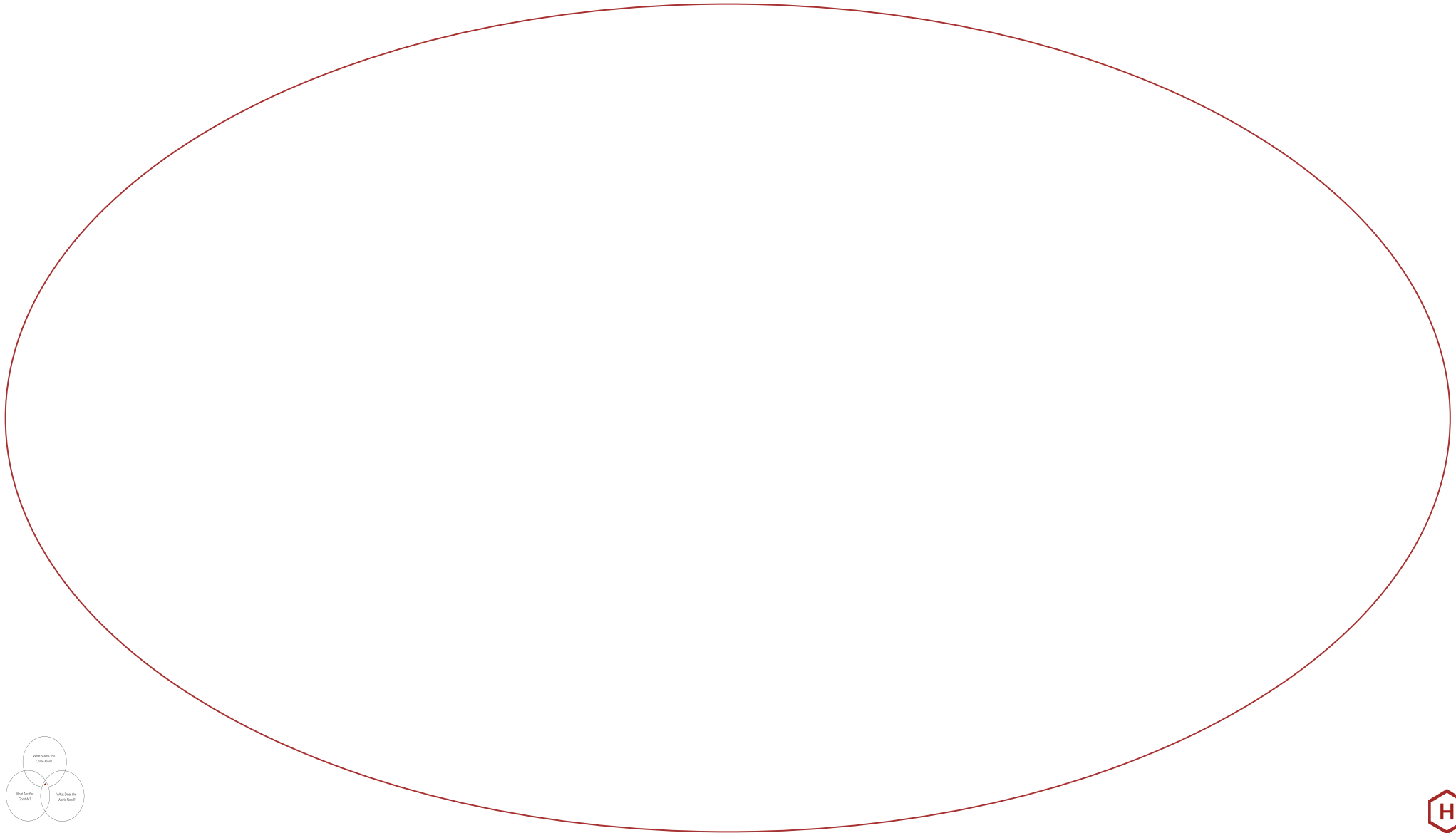
# What are my ten year goals?

What are my goals for the next ten years? Think about life holistically, including areas like health, travel, experiences, adventures, work, finances, relationships, habits, and impact.



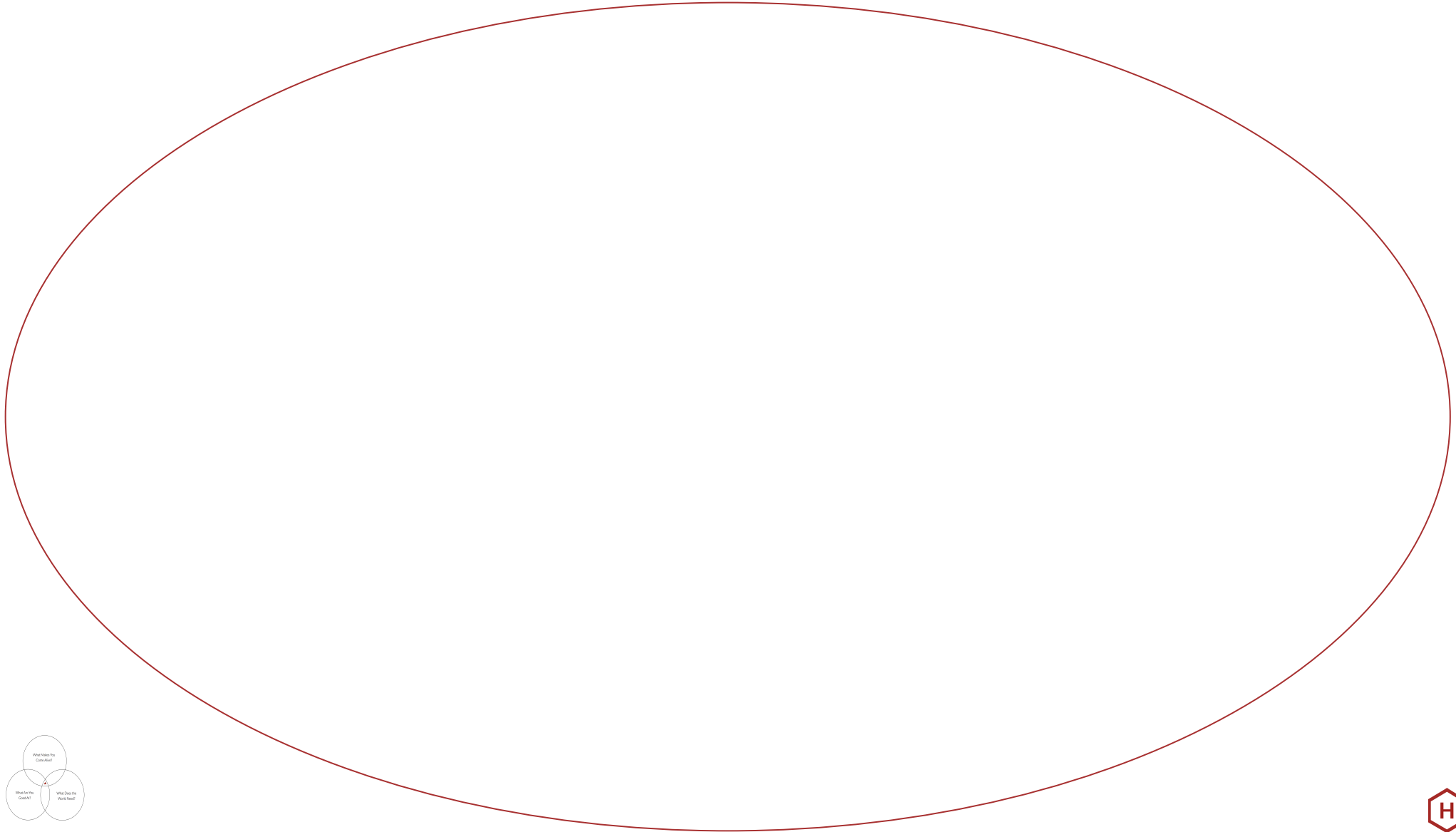
# What are my one year goals?

What are my goals for the next year? Think about life holistically, including areas like health, travel, experiences, adventures, work, finances, relationships, habits, and impact.



# What is my 90 day action plan?

What are the first action steps I can take over the next 90 days based on my goals? Who should I contact? What can I explore? What small steps can I commit 100% to taking? What should I add to my calendar now?





# What habits do I want to start and stop?

What are the habits I want to start, stop, and continue in the next 90 days? Consider habits related to health, mentors, friends, work, finance, reflection, experiences, travel, and mindfulness.

The diagram is a large red-outlined oval divided into three sections. A vertical line runs from the top center to the middle of the oval, and a horizontal line runs across the middle. The top-left section is labeled 'Habits to Start', the top-right section is labeled 'Habits to Stop', and the bottom section is labeled 'Habits to Continue'. The sections are currently empty for user input.



# How will others remember me?

People will help me reach my goals and connect me to the right people if they can remember what I'm all about.

Finish the sentence below and make sure those I meet know what I'm up to in the world.

I will be known in my community as the

---

Examples: "I will be known in the world as the sustainable energy leader"

"I will be known in the world as the women's rights advocate"

"I will be known in the world as the healthy food businessperson"



# Now bring it all together

## Worksheet Instructions

On the next page is a blank life plan form.

Give yourself some time to review and reflect on all your answers from the brainstorming session.

Then fill in the life plan form with a pen or pencil referring to the original brainstorms.

Feel free to adjust your answers as you go, but don't worry too much about getting it perfect.

Consider this form as just rapid prototyped draft. You will be filling out a brand new copy for framing tomorrow.

There are no right answers and you can re-do your life plan as often as you want. We find just having something written down helps people a lot.



# Life Plan of \_\_\_\_\_

Purpose

How I'll make It happen

Metrics of Success by 2050

Desired way of being

Habits to Start/Continue

Habits to Stop

Lifetime goals

10 year goals

1 Year Goals

90 Day Action Plan

My new nickname

I will be known in my community as the \_\_\_\_\_ - \_\_\_\_\_

Signed on \_\_\_\_\_, \_\_\_\_\_ 20\_\_

X \_\_\_\_\_



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