

2015

*A guide to designing
your best year ever*

With love from therisecollective.org



Life Design

Design thinking is a mindset that helps us solve problems and transform difficult challenges into opportunities. It is about believing there is always a creative solution and developing an intentional process to uncover those solutions to create a positive impact.

Design thinking can fit individual needs and can systematically help us:

- have more fun
- be smarter with money
- approach our careers strategically
- have better relationships and friendships
- improve our health
- get unstuck
- create a spiritual practice
- build a creative outlet
- build confidence

How might I....?

This question is the key to design thinking. It addresses the challenge, but is optimistic and broad enough to discover new possibilities.

The Design Process

With thanks to IDEO's great design guide, *Design Thinking for Educators*

Define the challenges

- Frame the problem: *How might I...*
- Consider constraints you need to manage
- Define your goal
- Prepare the materials and support you need .

Discovery

Keep a journal and identify your inspiration, capture your observations, learn from self-documentation and identifying themes:

- Who can you meet?
- Try new activities for inspiration
- Pay attention to the signs!
- Learn from your circle and peers
- Get continuous feedback
- Be conscious of what you are manifesting

Interpretation, insights, and opportunities

Read your notes from the previous month:

- What are your learnings?
- What are the themes?
- Did you uncover any insights?
- Did you uncover any new challenges to frame as "How might I...."?
- Did you have any new ideas?

Brainstorm

- What are your wild ideas?
- Create a vision board or work with a visual to remind yourself of your vision
- Choose your favorite ideas and goals, then refine and evolve the list around your constraints.

Learn and build

Evolve

- Identify where you have been most accountable
- Assess what isn't working
- Assess what you accomplished
- Collect memories
- Build your community

Before we start designing...

Let's Reflect on 2014

Color in in your satisfaction with each of the following areas of your life:



When did you experience the most fun and joy during 2014?

When did you experience the most frustration, sadness, or anger in 2014?

What were you most proud of in 2014?

What were your significant learning experiences or lessons in 2014?

What could have been better? How could you have improved on those experiences?

Envisioning 2015

How would you like to feel in each area of your life in 2015?

Friends & Family

Spiritual & Personal Development

Home/Living Environment

Love/relationships

Career

Money

Health

Fun & recreation

What do you value most? How can you incorporate those values into how you live your life?

What do you need to let go of in order to live according to your values?

What do you wish you could feel like? What do you wish would be a part of your life?

Write a short vision for what your life will look like in the end of December 2015.

What are your major focuses in 2015? Your monthly goals will map back to these. And you can always change your mind later this year if you make some new discoveries!

- 1.
- 2.
- 3.
- 4.

For example, for a main focus for the year, you might choose “build better relationships and friendships so that I can be part of a community.” Going forward in the next planning phase of this guide, you will choose tasks and goals for each month to build that community and map back to your focuses. In January you might have a dinner party. In February, you might try four new activities using meetup.com. In March, you might take a class.

What’s your word for 2015?

This word will guide you and set your intention and guide your unfolding for the year

Some examples might be: Flow; Balance; Home; Love

Now let's break it down by month.



This guide is structured by month. Make note of the new moon and the full moon, for the new moon is the best time to set intentions for the coming cycle! I encourage you to use this guide according to the moon cycle, setting your goals and intentions on the day of the new moon rather than the first of the month to better align with the natural cycles and energies around us.

Full Moon: Jan. 4
New Moon: Jan. 20

January

What did I do well last month?

What could have been better?

How might I... [insert main challenges or goals here]

What are some challenges or constraints I need to manage?

This month, my goals are:

- 1.
- 2.
- 3.
- 4.

Full Moon: Feb. 3
New Moon: Feb. 18

February

How did I do on my goals from last month? (copy them from the previous month)

Goals	Results
1.	<hr/>
2.	<hr/>
3.	<hr/>
4.	<hr/>

What did I do well last month?

What could have been better?

What are some challenges or constraints I need to manage?

How might I... [insert main challenges or goals here]

This month, my goals are:

- 1.
- 2.
- 3.
- 4.

Full Moon: March 5
New Moon: March 20

March

How did I do on my goals from last month? (copy them from the previous month)

Goals

Results

1. _____
2. _____
3. _____
4. _____

What did I do well last month?

What could have been better?

What are some challenges or constraints I need to manage?

How might I... [insert main challenges or goals here]

This month, my goals are:

- 1.
- 2.
- 3.
- 4.

Quarterly Review

Copy over your major focuses in 2015 that you wrote at the outset of 2015.

1.

2.

3.

4.

INTERPRETATION, INSIGHTS, OPPORTUNITIES

What themes have you found in your self- documentation? Have you uncovered any new insights? Made new discoveries? Uncovered new challenges?

EVOLVE

Where have you been most accountable?

What did you accomplish?

What isn't working?

Choose your favorite ideas and goals, then refine and evolve the list around your constraints

1.

2.

3.

4.

Full Moon: April 4
New Moon: April 18

April

How did I do on my goals from last month? (copy them from the previous month)

Goals

Results

1.

2.

3.

4.

What did I do well last month?

What could have been better?

What are some challenges or constraints I need to manage?

How might I... [insert main challenges or goals here]

This month, my goals are:

- 1.
- 2.
- 3.
- 4.

Full Moon: May 3
New Moon: May 18

May

How did I do on my goals from last month? (copy them from the previous month)

Goals

Results

1. _____
2. _____
3. _____
4. _____

What did I do well last month?

What could have been better?

What are some challenges or constraints I need to manage?

How might I... [insert main challenges or goals here]

This month, my goals are:

- 1.
- 2.
- 3.
- 4.

Full Moon: June 2
New Moon: June 16

June

How did I do on my goals from last month? (copy them from the previous month)

Goals

Results

1. _____
2. _____
3. _____
4. _____

What did I do well last month?

What could have been better?

What are some challenges or constraints I need to manage?

How might I... [insert main challenges or goals here]

This month, my goals are:

- 1.
- 2.
- 3.
- 4.

Quarterly Review

Copy over your major focuses that you wrote for the last quarter.

1.

2.

3.

4.

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1.

2.

3.

4.

Full Moon: July 1
New Moon: July 15

July

How did I do on my goals from last month? (copy them from the previous month)

Goals

Results

1. _____
2. _____
3. _____
4. _____

What did I do well last month?

What could have been better?

What are some challenges or constraints I need to manage?

How might I... [insert main challenges or goals here]

This month, my goals are:

- 1.
- 2.
- 3.
- 4.

Full Moon: Aug. 29
New Moon: Aug. 14

August

How did I do on my goals from last month? (copy them from the previous month)

Goals

Results

1. _____
2. _____
3. _____
4. _____

What did I do well last month?

What could have been better?

What are some challenges or constraints I need to manage?

How might I.... [insert main challenges or goals here]

This month, my goals are:

- 1.
- 2.
- 3.
- 4.

Full Moon: Sept. 27
New Moon: Sept. 13

September

How did I do on my goals from last month? (copy them from the previous month)

Goals

Results

1. _____
2. _____
3. _____
4. _____

What did I do well last month?

What could have been better?

What are some challenges or constraints I need to manage?

How might I.... [insert main challenges or goals here]

This month, my goals are:

- 1.
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1.

2.

3.

4.

Full Moon: Oct. 27

New Moon: Oct. 12

October

How did I do on my goals from last month? (copy them from the previous month)

Goals

Results

1. _____
2. _____
3. _____
4. _____

What did I do well last month?

What could have been better?

What are some challenges or constraints I need to manage?

How might I... [insert main challenges or goals here]

This month, my goals are:

- 1.
- 2.
- 3.
- 4.

Full Moon: Nov. 25

New Moon: Nov. 11

November

How did I do on my goals from last month? (copy them from the previous month)

Goals

Results

1.

2.

3.

4.

What did I do well last month?

What could have been better?

What are some challenges or constraints I need to manage?

How might I... [insert main challenges or goals here]

This month, my goals are:

- 1.
- 2.
- 3.
- 4.

Full Moon: Dec. 25

New Moon: Dec. 11

December

How did I do on my goals from last month? (copy them from the previous month)

Goals

Results

1.

2.

3.

4.

What did I do well last month?

What could have been better?

What are some challenges or constraints I need to manage?

How might I... [insert main challenges or goals here]

This month, my goals are:

- 1.
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