Presented by BU Happiness College

Designing Your Life Blueprints

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3.



"Time spent in self reflection is never time wasted. It is an intimate date with yourself" - **Paul TP Wong**



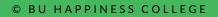


What is a HAPPY life built upon?





What is a SUCCESSFUL life built upon?







What is a GOOD life built upon?





What is a MEANINGFUL life built upon?



Reflecting on Your 4 Blueprints

What similarities and consistencies arose?

What points of conflict arose?



Reflecting on Your 4 Blueprints

In what ways am I already living in alignment with my blueprints?

In what ways am I not living in alignment with my blueprints? What would change look like here?

Key Takeaways

Takeaway I...

Takeaway 2...

Takeaway 3...

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