



Presented by BU Happiness College

Designing Your Life Blueprints

www.buhappinesscollege.com





"Time spent in self reflection is never time wasted. It is an intimate date with yourself"

- **Paul TP Wong**



The Four Blueprints



What is a HAPPY life built upon?

A large, light gray rectangular area with rounded corners, intended for students to write their answers to the question above.



The Four Blueprints



What is a SUCCESSFUL life built upon?

A large, empty, light gray rounded rectangular area intended for a response to the question above.



The Four Blueprints

life is good

What is a GOOD life built upon?



The Four Blueprints



What is a MEANINGFUL life built upon?

A large, empty, light gray rounded rectangular area intended for writing or drawing a response to the question above.



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?

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...