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Design Your Life Odyssey Plan

A step-by-step guide that helps you design your own Odyssey Plan by exploring multiple life paths through reflection, creativity, and principles from the Life Design framework.



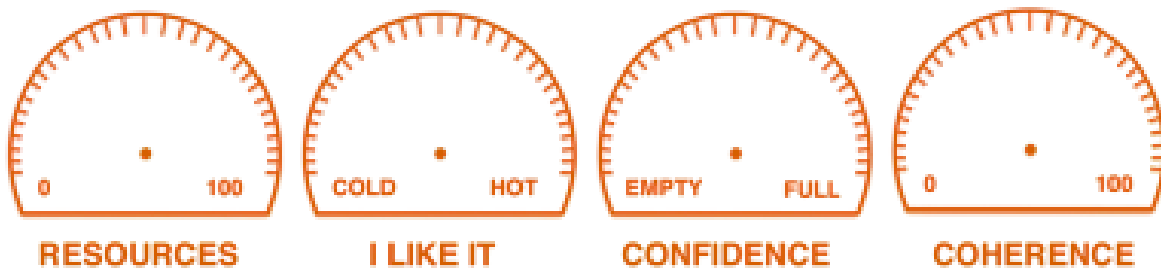
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Try Stuff: Odyssey Plan from Life Design Framework

Create three alternative versions of the next five years of your life. Each one must include:

1. A visual/graphical timeline. Include personal and noncareer events as well—do you want to be married, train to win the CrossFit Games, or learn how to bend spoons with your mind?
2. A title for each option in the form of a six-word headline describing the essence of this alternative.
3. Questions that this alternative is asking—preferably two or three. A good designer asks questions to test assumptions and reveal new insights. In each potential timeline, you will investigate different possibilities and learn different things about yourself and the world. What kinds of things will you want to test and explore in each alternative version of your life?
4. A dashboard where you can gauge a. Resources (Do you have the objective resources—time, money, skill, contacts—you need to pull off your plan?) b. Likability (Are you hot or cold or warm about your plan?) c. Confidence (Are you feeling full of confidence, or pretty uncertain about pulling this off?) d. Coherence (Does the plan make sense within itself? And is it consistent with you, your Workview, and your Lifeview?)



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Try Stuff: Odyssey Plan from Life Design Framework

Create three alternative versions of the next five years of your life. Each one must include:

Possible considerations

- Geography—where will you live?
- What experience/learning will you gain?
- What are the impacts/results of choosing this alternative?
- What will life look like? What particular role, industry, or company do you see yourself in?

Other ideas

- Do keep in mind things other than career and money. Even though those things are important, if not central, to the decisive direction of your next few years, there are other critical elements that you want to pay attention to.

Any of the considerations listed above can be a springboard for forming your alternative lives for the next five years. If you find yourself stuck, try making a mind map out of any of the design considerations listed above. Don't overthink this exercise, and don't skip it.



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Martha's Many Lives Example

What follows is an example of three five-year Odyssey Plans from a participant in one of our Mid-Career Workshops. Martha is a technology executive who was looking to try something more meaningful for the latter half of her life. She came up with three very different plans for her future, each a little more risky and innovative, but all involving some kind of community building.

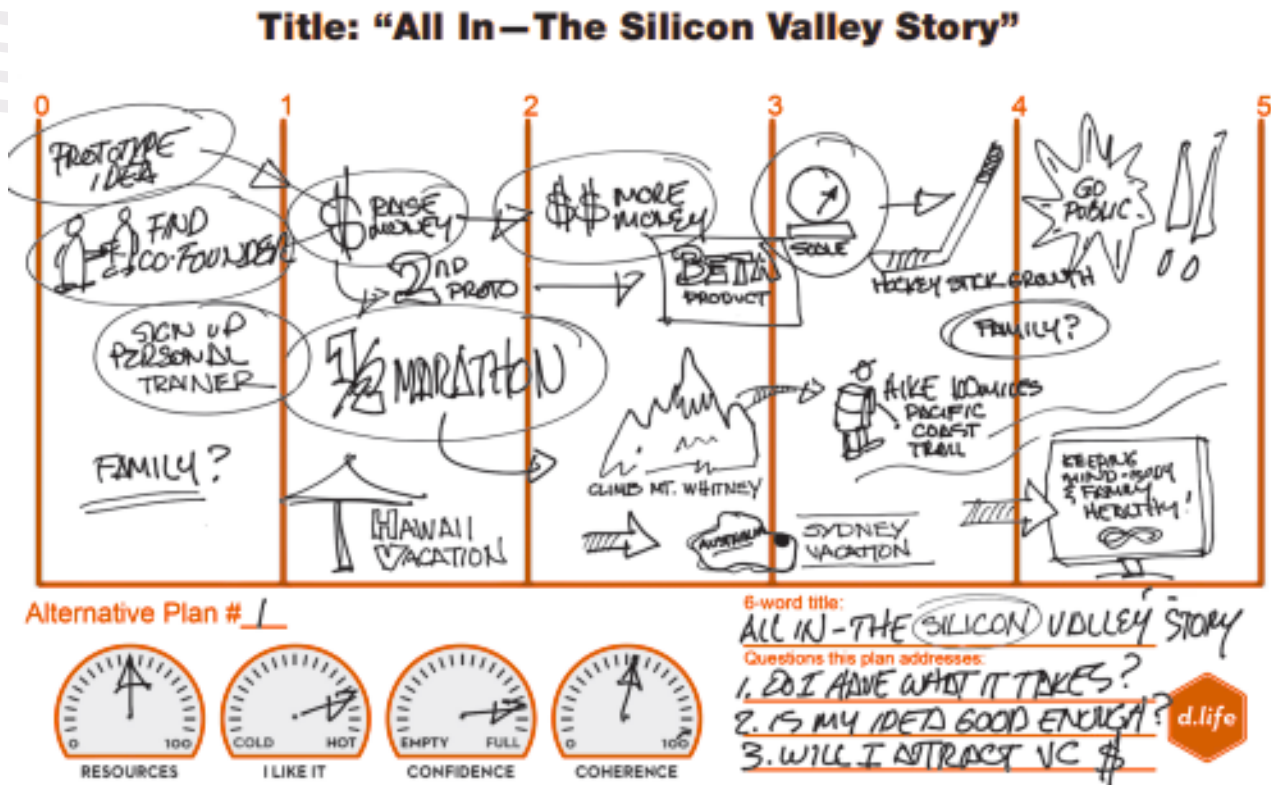
Her three plans were: doing her first Silicon Valley-style start-up, becoming the CEO of a nonprofit working with at-risk kids, and opening a fun and friendly neighborhood bar in the Haight Ashbury district of San Francisco, where she lived. Note that each example has a six-word headline describing the plan, a four-gauge dashboard (we really like dashboards), and the three questions that this particular alternative plan is asking.



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Martha's Many Lives Example

Life 1 Example Current Path



Questions

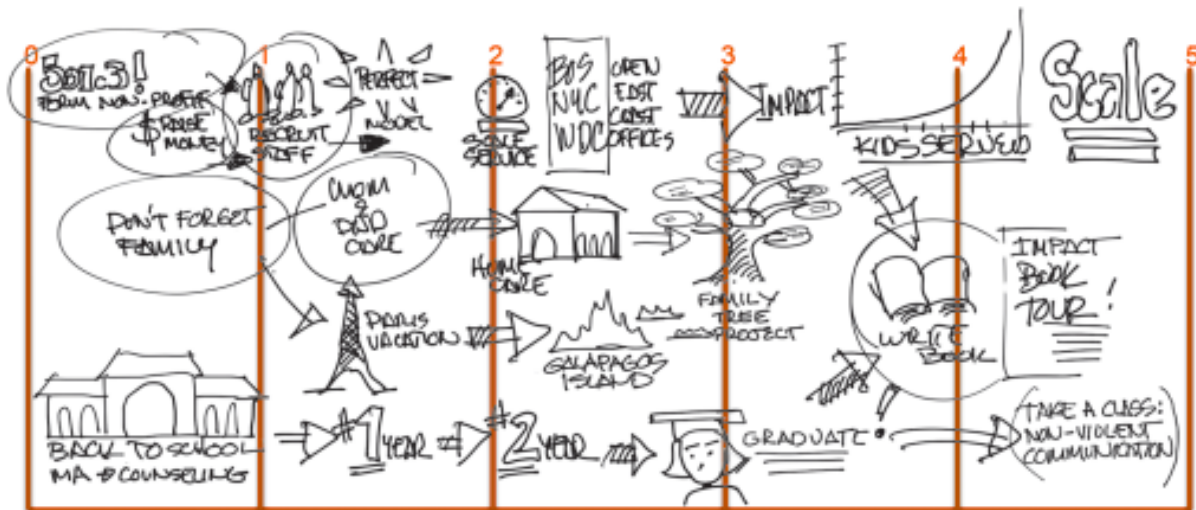
1. "Do I have what it takes to be an entrepreneur?"
2. "Is my idea good enough?"
3. "Will I be able to raise venture capital money?"

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Martha's Many Lives Example

Life 2 Example Alternative Route

Title: "Using What I Know—Helping Kids!"



Alternative Plan # 2



6-word title:
USING WHAT I KNOW—HELPING KIDS!

Questions this plan addresses:

1. WILL SKILLS TRANSLATE?
2. CAN I REALLY HELP KIDS?
3. WILL THIS BE MEANINGFUL?



Questions

1. "Will my skills translate to the nonprofit world?"
2. "Can I really help at-risk kids with a nonprofit?"
3. "Will this be meaningful?"

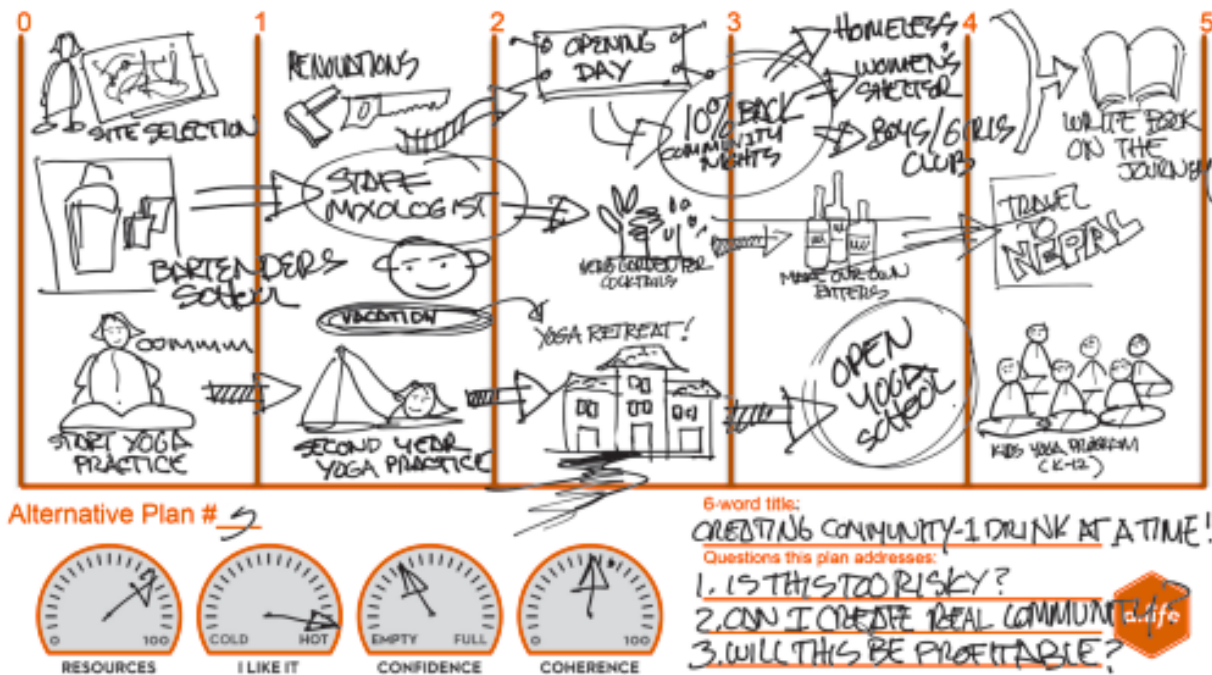


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Martha's Many Lives Example

Life 3 Example Wild Card

Title: "Creating Community – One Drink at a Time!"



Questions

1. "Am I ready to take this much risk?"
2. "Can I really create true community with a bar?"
3. "Will this be profitable?"

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Odyssey Plan Exercise

Now complete three alternative five-year plans of your own, one on each of the three worksheets here or downloadable at www.designingyour.life.

Life 1 Current Path/ Top of Mind

| 0 | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| | | | | | |

| 0 | 100 | COLD | HOT | EMPTY | FULL | 0 | 100 |
|------------------------|-----|-----------|-----|------------|------|-----------|-----|
| <div><div></div></div> | | | | | | | |
| RESOURCES | | I LIKE IT | | CONFIDENCE | | COHERENCE | |

6 word title

Questions this plan addresses:



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Odyssey Plan Exercise

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Life 2 Alternative Route

| 0 | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| | | | | | |

| 0 | 100 | COLD | HOT | EMPTY | FULL | 0 | 100 |
|--|-----|------|-----|-------|------|---|-----|
| <div>RESOURCES I LIKE IT CONFIDENCE COHERENCE</div> | | | | | | | |

6 word title

Questions this plan addresses:

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Odyssey Plan Exercise

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Life 3 Wild Card

| 0 | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| | | | | | |

| 0 | 100 | COLD | HOT | EMPTY | FULL | 0 | 100 |
|--|-----|------|-----|-------|------|---|-----|
| <div>RESOURCES I LIKE IT CONFIDENCE COHERENCE</div> | | | | | | | |

6 word title

Questions this plan addresses:

