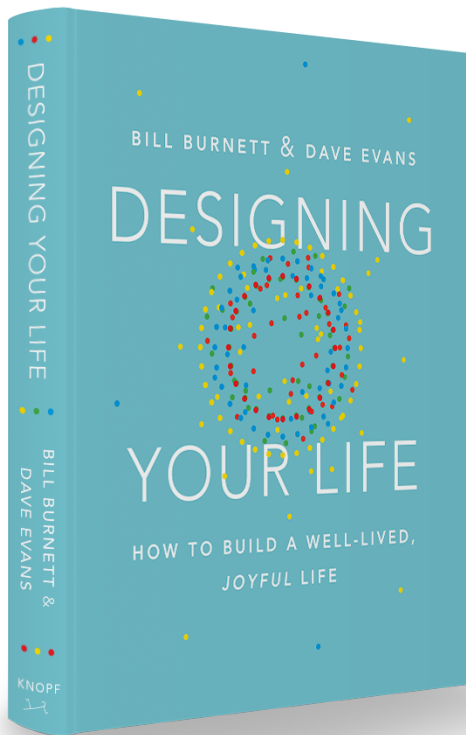




THE MICHIGAN ALUMNI CAREER PROGRAM RECOMMENDED READING

Bill Burnett and Dave Evans, co-founders of Stanford's Life Design Lab, have taken the design thinking concept often used in product creation and applied it to career development. Their book, *Designing Your Life*, offers exercises and tools that are sure to help put you on the career path that is right for you.



DESIGNING YOUR LIFE:

HOW TO BUILD A WELL-LIVED, JOYFUL LIFE

Design thinking can not only be used to create things, it can be used to build and create a life and career that is meaningful and engaging. In our [August 2022 webinar](#), we utilized the Design Your Life principles of energy engagement and a 'failure log' to reframe tendencies toward perfectionism. The energy engagement worksheet was also referenced throughout our [session which focused on burnout](#). Take a look at the session and the worksheets we used.

Learn more at <https://designingyour.life/the-book/>

THE DESIGNING YOUR LIFE WORKBOOK

A FRAMEWORK FOR BUILDING A LIFE YOU CAN THRIVE IN

The accompanying workbook gives you the space and structure to work through all the exercises outlined in *Designing Your Life*.

