Growth Performance

CAREER DEVELOPMENT
LIFE DESIGN TOOL

Life and Career Design Canvas

A big-picture life design tool drawing on Stanford's Life Design Lab methodology. Not a planning document, a thinking document. The goal is to get a clear, honest picture of where you are and where you want to go.

Life design is not goal-setting. Goal-setting assumes you know what you want. Life design helps you figure out what you want by combining honest reflection with structured experimentation. Treat the answers here as hypotheses, not commitments.

STEP 1: LIFE AREAS: HONEST RATINGS

Rate each area of your life right now from 1 (very unsatisfied) to 10 (fully satisfied). Be honest, this is for you, not anyone else.

LIFE AREA	RATING (1 TO 10)	WHAT'S DRIVING THIS RATING?
Work & Career		
Relationships & Family		
Health & Physical Wellbeing		
Fun & Recreation		
Purpose & Contribution		
Money & Financial Security		

STEP 2: WHAT'S WORKING AND WHAT NEEDS TO CHANGE

WHAT IS GENUINELY WORKING WELL IN MY LIFE RIGHT NOW

WHAT MOST NEEDS TO CHANGE FOR MY LIFE TO FEEL RIGHT

THE AREA I MOST WANT TO FOCUS ON OVER THE NEXT 12 MONTHS AND WHY

STEP 3: YOUR ONE-YEAR VISION

Describe what you want your life to look and feel like in 12 months. Be concrete about what has changed and what has stayed the same. Write it in the present tense as if it is already true.

IN 12 MONTHS, MY LIFE LOOKS LIKE THIS...

IN MY WORK / CAREER

IN MY RELATIONSHIPS AND PERSONAL LIFE

STEP 4: YOUR VALUES

Values are not aspirations, they are the principles that already drive your decisions when you are at your best. What are your five non-negotiables?

VALUE 1

VALUE 2

VALUE 3

VALUE 4

VALUE 5

WHERE MY CURRENT LIFE OR CAREER IS MOST AND LEAST ALIGNED WITH THESE VALUES

STEP 5: THREE EXPERIMENTS TO RUN

A life design experiment is a small, low-risk action you take to test a hypothesis about what you want. Not a big plan, a small, specific thing you will do in the next 30 days to gather information about what works for you.

Experiment 1

THE HYPOTHESIS I AM TESTING (WHAT I THINK I WANT OR NEED)

THE SPECIFIC ACTION I WILL TAKE TO TEST IT

WHAT I WILL HAVE LEARNED BY

Experiment 2

THE HYPOTHESIS I AM TESTING

THE SPECIFIC ACTION I WILL TAKE TO TEST IT

WHAT I WILL HAVE LEARNED BY

Experiment 3

THE HYPOTHESIS I AM TESTING

THE SPECIFIC ACTION I WILL TAKE TO TEST IT

WHAT I WILL HAVE LEARNED BY

Revisit this canvas quarterly. Life design is not a one-time event. Your answers will change as you learn. The value comes from honest reflection at regular intervals, not from having the perfect answers today.

Want help putting this into practice?

Growth Performance builds the human advantage in an AI-driven world, with people, teams and leaders.

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