

MIT OpenCourseWare
<http://ocw.mit.edu>

PE.550 Designing Your Life
January (IAP) 2009 - Spring 2009

For information about citing these materials or our Terms of Use, visit: <http://ocw.mit.edu/terms>.

Assignment 3

1. Confessing yourself
 - a. Confess something you're hiding on purpose to at least 1 person. Write up and email what you shared, to whom, and how it went.
 - b. Make a list of who else ought to get confessions from you. For each one, say by when you will have that conversation.
 - i. This is your 1st opportunity to deal with your personal integrity as a matter of your own word. It won't feel good to put them on the list and then not do them.
 - ii. Tip: Don't suffer over them by putting dates like – 'in 2 years'.
 - iii. Include whatever you're hiding from people (if it's that someone hurt your feelings and you haven't told them, etc.)
 - c. If there's a confession you're not going to tell someone – write what that is and why.
 - i. We're not out to force anything – this is to teach you important and useful information
 - ii. The big ones you feel like you're going to get in a lot of trouble for belong here.

2. Action Plan - Based on the work you did on the ratings of the areas of your life in Assignments 1 and 2, now create an action plan for *this year* that inspires you. It should not be impossible, but something you can do for this year to move the ratings in each area to a higher number. The action plan should be something that inspires you.
 - a. Create specific actions for each area to move the ratings in that area to a higher number.
 1. Be specific – e.g. 'run 3 times per week for 30 minutes' vs. 'start to work out'.
 - b. Make up new 'Laws' in each area.
 1. E.g. When I notice I am mumbling to myself about someone, I will communicate it *to* them within 24 hours.

3. Anything else you want to ask.