

DESIGN

YOUR DESIRED LIFE

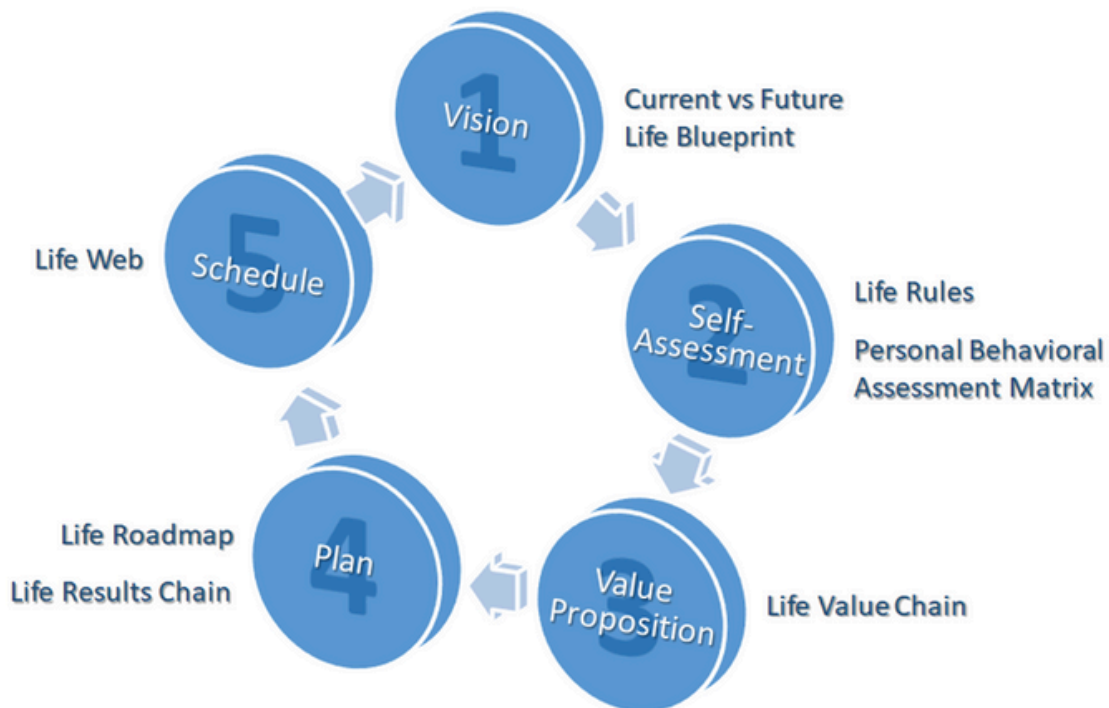


STUDY GUIDE

DESIGN YOUR DESIRED LIFE

The five constructs constituting a Life Architecture are the building blocks that enhance our lives and ultimately give us purpose and happiness.

5 CONSTRUCTS OF LIFE ARCHITECTURE



We don't have to explain these 5 constructs. This has already been done in the Life Architecture Book Summary. Besides, this is a Life Architecture Study Guide to help you get started on your own life architecture journey. This study guide is divided into sections according to the 5 constructs. Each section provides the following:

- **Artifact Description:** A definition of the artifacts pertaining to a construct (these are the labels next to each circle in the diagram above).
- **Example:** An example of the artifact...why not use Greg since he's the guy in the book.
- **Personal Artifact:** Your turn to complete the artifact. An artifact template to be filled out by you.

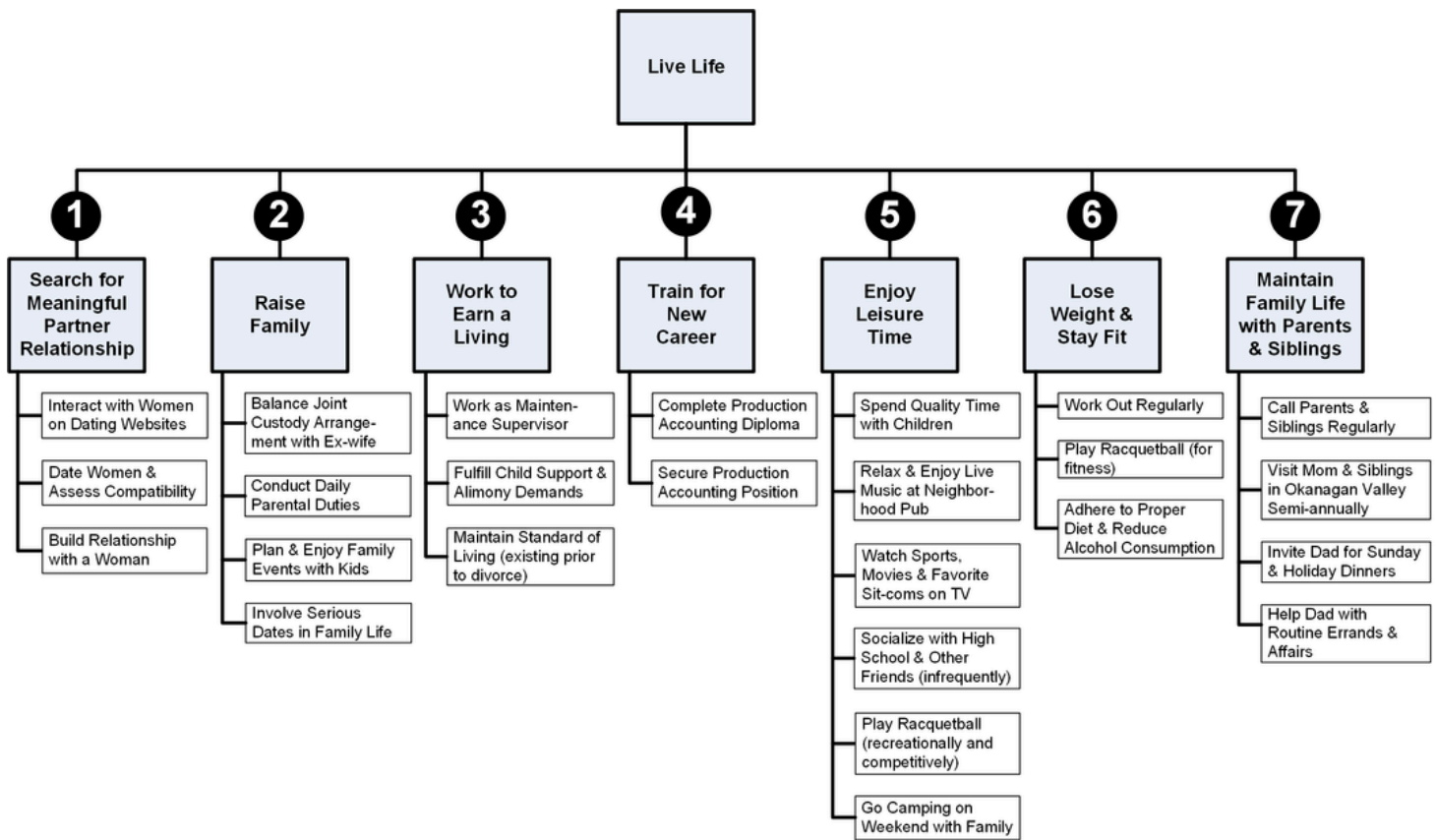
Construct 1: Vision (Part 1)

Current Life Blueprint: Defines an individual's life processes today. This is the first thing we do by creating a current Life Process Tree of all our current life processes. We take note of current life issues, concerns, problems, and opportunities as we begin to understand the current obstacles in our life. All this is part of our current Life Blueprint.

Future Life Blueprint: Defines an individual's desired life processes in the future. We take our current Life Process Tree and transform it into a future Life Process Tree. As we create our future Life Blueprint, we address future changes required to resolve current life issues, concerns, and problems, while we act on opportunities.

Current Life Blueprint Example

GREG'S CURRENT LIFE PROCESS TREE



Your Life Process Tree

This is a placeholder for your current *Life Process Tree*.

We'll hold off on doing a *future Life Blueprint* until we had a chance to evaluate our future needs, wants, and desires in the following constructs.

Construct 2: Self-Assessment

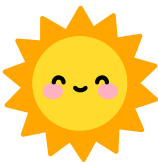
Life Rules: Definitions, facts, constraints, and derivations restricting life processes and dictating what individuals can or cannot do. We're compelled to follow Life Rules that we're expected to live by although they put limitations on us. Only when we break rules that limit us and introduce new ones that free us are we in a position to participate in our desired future life processes. Our current Life Rules dictate the processes in our current Life Blueprint, while new Life Rules are designed to support the processes in our future Life Blueprint.

Personal Behavioral Assessment Matrix: Self-assessment of personal wants and needs. A Personal Behavioral Assessment Matrix is a method of capturing our innermost needs and desires to help us develop our future Life Blueprint.

Life Rules Example

The following are symbols you should acquaint yourself with before figuring out if you want to keep, break, or change any of the *Life Rules* you follow today.

MODIFYING YOUR LIFE RULES



Keep means it is a rule that we cannot break or we should keep it because it enhances our lives



Break means that it is a rule we can break or remove



Change means that it is a rule that we cannot break but we can slightly adjust, vigorously modify, or possibly introduce a new one

GREG'S NEW LIFE RULES

Life Classification	Original Life Rule	Should we keep it, break it or change it?
Family	My children will live with me every other week.	
	I cannot negotiate directly with my ex-wife in matters concerning the well being of our children and finances.	
	I must have a life partner to fulfill my emotional, physical, and intellectual needs.	
Work	I must work two jobs to earn a living.	
	I must pursue an education to get a better job.	
Leisure	I must go out of town on weekends, including my favorite pub, to release stress at the beat of a good band and meet women.	
	I must play sports that are a big part of my life - namely hockey, baseball, and squash - to fulfill my competitive nature.	
	I must regularly watch sports on the air, follow sports news, and attend sporting events with friends to fulfill my professional sports interests.	
	I must regularly explore the outdoors, take my kids camping and hiking, and retreat to the family cabin for relaxation.	

Education	I am not capable or smart enough to go to college or another post-secondary institution to land a “real” career.	
	I am too old to go to school for a better job opportunity.	
	I must get an education to meet the expectations of the woman in my life.	
Physical (Health)	I must work out (exercise) to feel healthy and good about myself.	
	I must follow a strict diet to keep trim and feel healthy.	
Intellectual	I must grow as an individual through personal life experiences and learning from mistakes in both my personal and work life.	
	I must follow the news channel, as well as watch stimulating and educational documentaries, to keep abreast of current events in the world.	

Your Life Rules

This is a placeholder for your *Life Rules*.

Personal Behavioral Assessment Matrix Example

GREG'S PERSONAL BEHAVIORAL ASSESSMENT MATRIX

1

What is Greg doing in his life that he wants to?

- Being a part of his children's lives
- Taking the time and effort to find himself a life partner
- Going to pubs or nightclubs with live bands
- Playing recreational/competitive racquetball
- Exercising, dieting, and keeping fit
- Regularly enjoying televised sporting events & following professional sports such as NHL, NFL, NBA, UFC
- Attending professional and semi-professional hockey and football games with friends

3

What is Gregg doing in his life that he doesn't want to?

- Working two jobs to earn a living
- Arguing with ex-wife about custody, vacations, schooling, and other concerns regarding the children

2

What is Greg not doing in his life that he wants to?

- Spending more time with his children now that he's divorced
- Developing a relationship with his ex-wife to provide the best parental guidance in raising their children
- Having a meaningful relationship with a life partner
- Working a steady job that pays more and affords him a satisfying lifestyle
- Taking self-improvement courses to help him in both his work and personal life

4

What is Greg not doing in his life that he doesn't want to?

- Chasing a career or going back to school
- Playing hockey and squash because it is a hazard to his hip replacement

Your Personal Behavioral Assessment Matrix

This is a placeholder for your *Personal Behavioral Assessment Matrix*.

Construct 1: Vision (Part 2)

Current Life Blueprint: Defines an individual's life processes today. This is the first thing we do by creating a current Life Process Tree of all our current life processes. We take note of current life issues, concerns, problems, and opportunities as we begin to understand the current obstacles in our life. All this is part of our current Life Blueprint.

Future Life Blueprint: Defines an individual's desired life processes in the future. We take our current Life Process Tree and transform it into a future Life Process Tree. As we create our future Life Blueprint, we address future changes required to resolve current life issues, concerns, and problems, while we act on opportunities.

Now we're back in **Construct 1** to transform our current Life Process Tree to a *future Life Process Tree*.

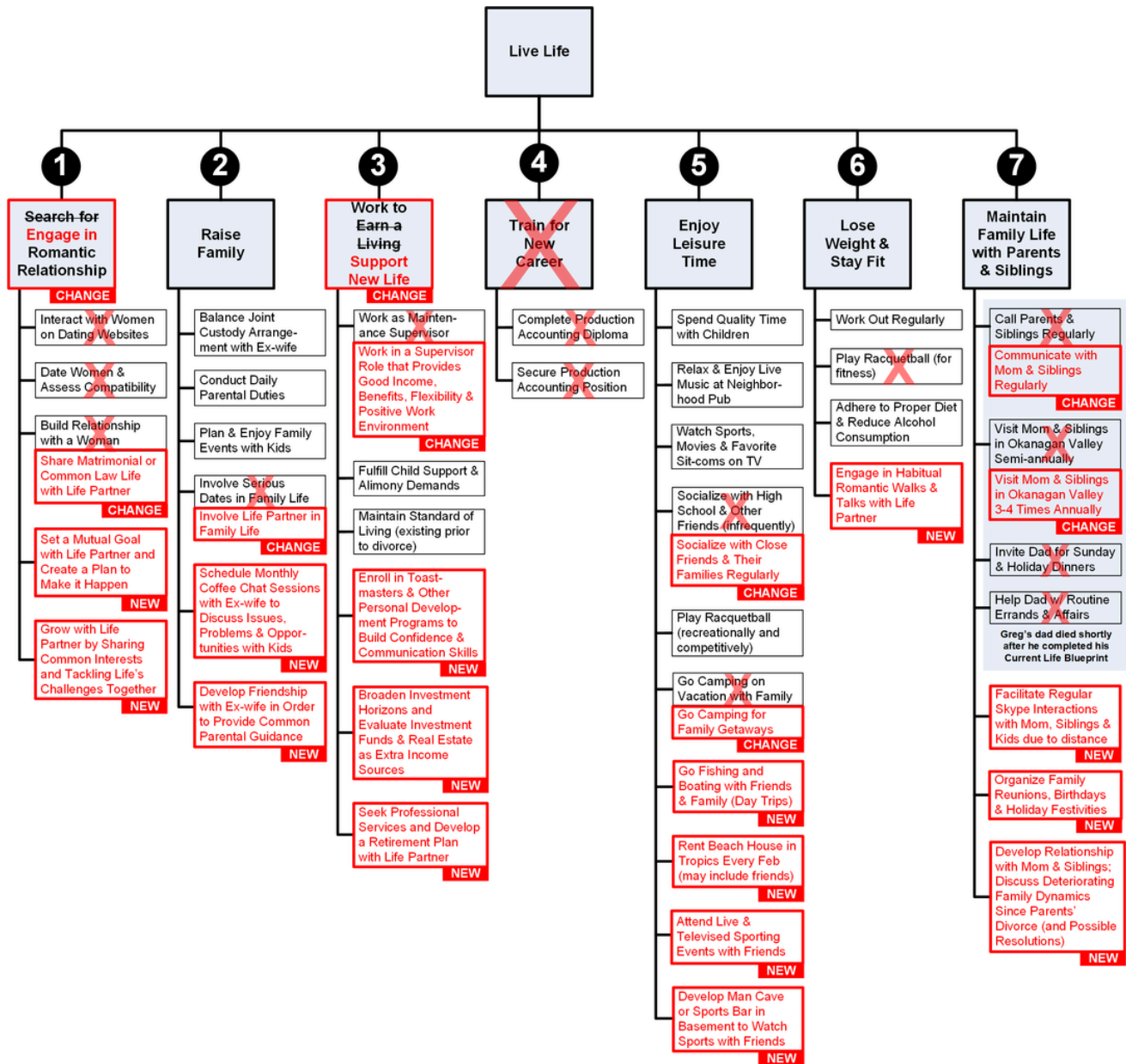
It's time to tolerate, invest, migrate, or eliminate each process in our current Life Process Tree. We can just keep and tolerate the same old processes that we do now, we can change them for the better, we can introduce fresh new processes, and we can eliminate tired old processes that don't add much value to our lives.

Future Life Blueprint Example

You saw the Current Life Blueprint example for Greg earlier. Now that we've broken some rules and completed a personal behavioral assessment, we can create a future Life Blueprint. And that's exactly what Greg did below using a future Life Process Tree. I ask you to take a moment to explore the changes that Greg wants to make in his life. This is the picture all of us need to paint for ourselves in order to visualize the life transformation awaiting us.

Please note, we left all the confusing red markings that we had overlaid on his current Life Process Tree earlier so that you can readily see how his current Life Process Tree has changed.

GREG'S CURRENT LIFE PROCESS TREE (WITH FUTURE LIFE MODIFICATIONS)

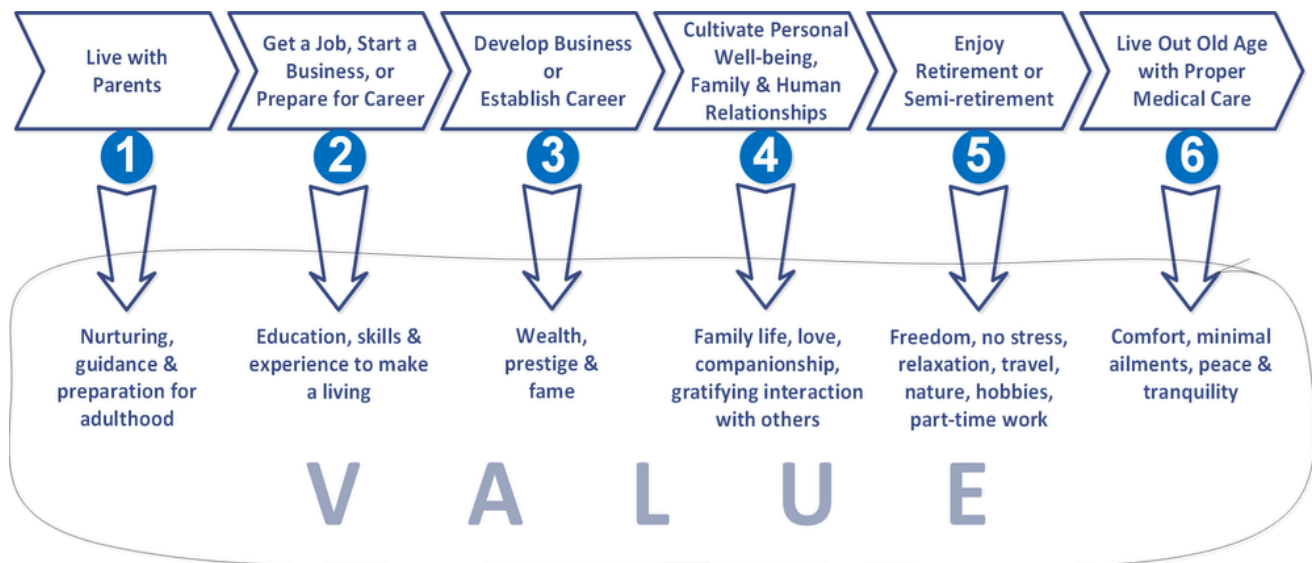


Construct 3: Value Proposition

Life Value Chain: Defines a life value proposition or how an individual adds value during various stages of his or her life. The Life Value Chain illustrates the different stages of our life and the value that we assign to each stage.

Life Value Chain Example

VALUE DERIVED DURING YOUR LIFE



GREG'S LIFE VALUE CHAIN



Greg doesn't see to be interested in a career, nor does he have the time or energy to run a business. We just may as well take that entire value proposition out of his Life Value Chain.

Your Value Proposition

This is a placeholder for your *Life Value Chain*. If it's the same as the first Life Value Chain, then just indicate the value of the chevrons, specifically those that apply to your life.

Construct 4: Plan

Life Results Chain: Defines all the results (or outcomes), assumptions, and actions required to meet our goals and objectives using a Life Results Chain. We achieve multiple results in a single chain before we derive a meaningful life benefit and add value to different stages of our life. Each Life Results Chain provides a meaningful life benefit, and represents a single process branch in our future Life Process Tree.

Life Roadmap: Combines all the Life Results Chains into a single Life Roadmap, which guides us to our desired future. We don't have to complete a Life Results Chain for each process branch in our future Life Process Tree, but only the important or more complicated ones. In composing our Life Roadmap, we pick and choose which Life Results Chains provide life benefits and add value to our life, not to mention which ones are worthy of our efforts.

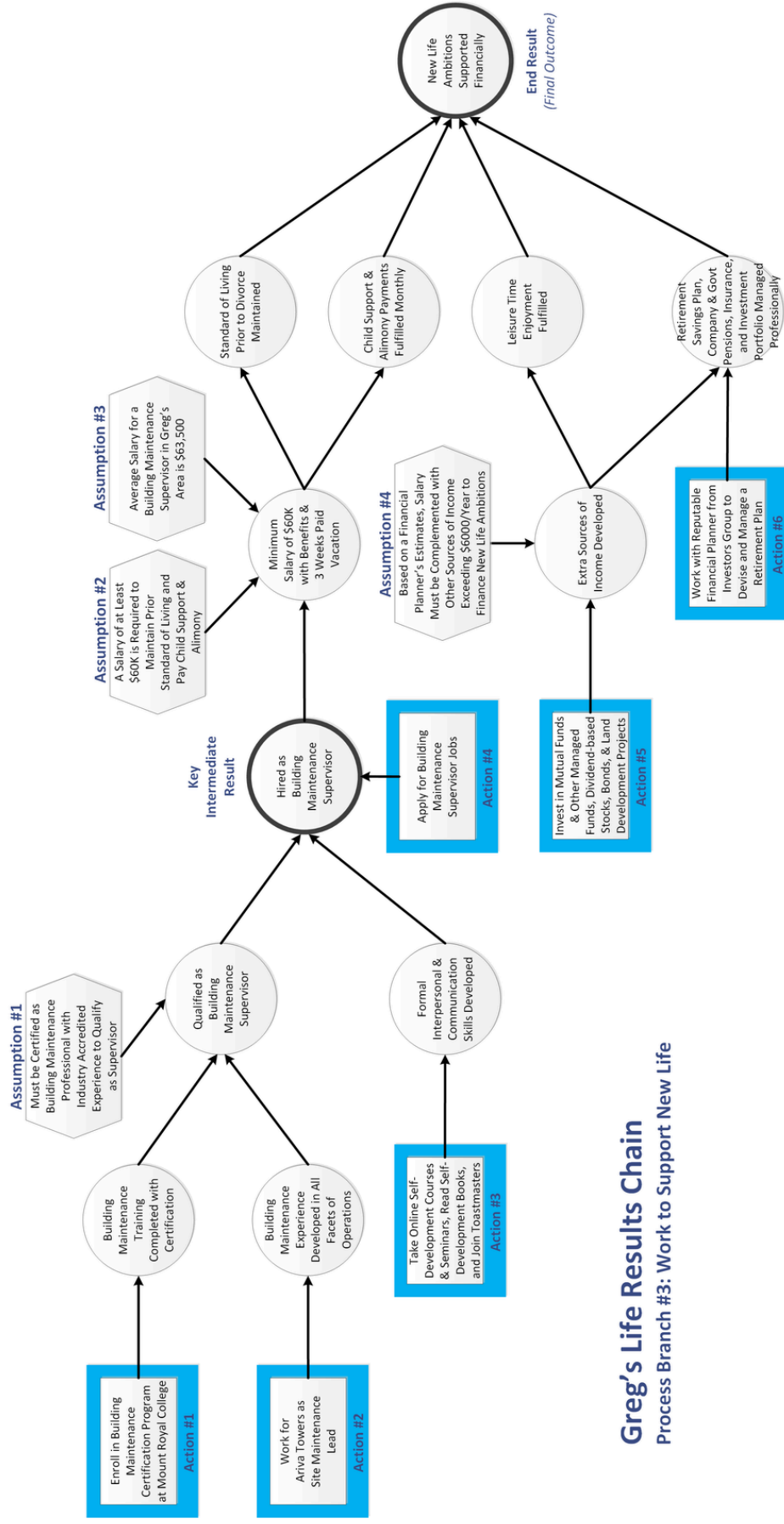
Life Results Chain Example

The following are symbols you should acquaint yourself with before you create your *Life Results Chain*.

LIFE RESULTS CHAIN SYMBOLS

Symbol	Name	Description
	Action	Initiative that achieves a specific Result
	Result	Outcome of an Action
	Assumption	Possible condition impacting or prohibiting the achievement of a Result

GREG'S LIFE RESULTS CHAIN WITH ACTIONS



Greg's Life Results Chain
Process Branch #3: Work to Support New Life

Your Life Results Chain

This is a placeholder for your *Life Results Chain*. Pick an area of your life that you want to improve – career, business, relationship, life aspiration, etc. This will be apparent in your future Life Process Tree.

Your Life Roadmap

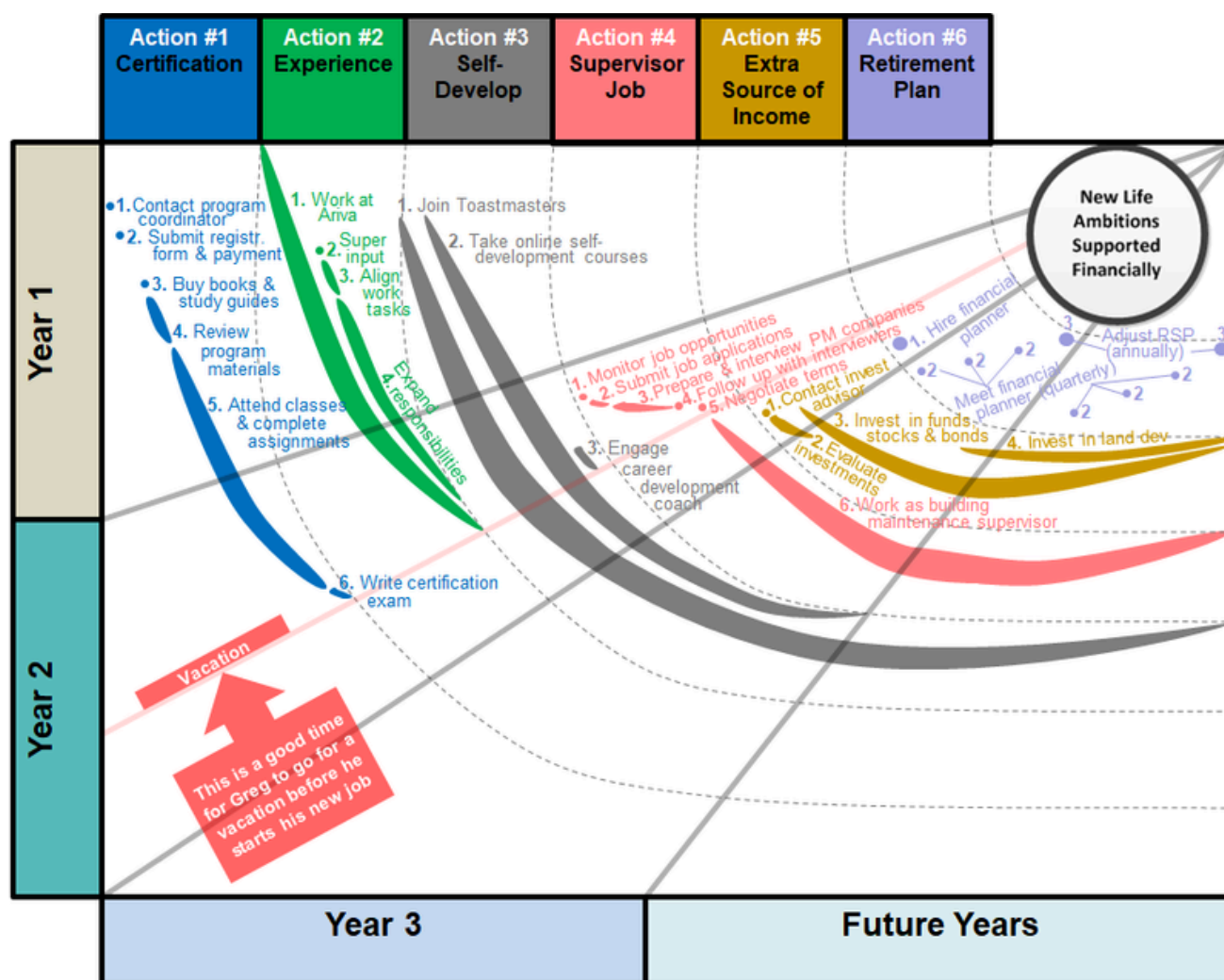
Your *Life Roadmap* is comprised of all the different *Life Results Chains*. Keep all your Life Results Chains together in a folder called *Life Roadmap*.

Construct 5: Schedule

Life Web: Transposes a future timeline with all the required action steps onto an effective visual Life Schedule resembling a spider web. These action steps represent the detailed instructions required to carry out the actions in our Life Results Chain over a specified time period, usually three years and beyond. The Life Web is a detailed schedule making it possible to execute all the Life Results Chains, each one bounded by a separate radial, composing our Life Roadmap.

Life Web Example

GREG'S LIFE WEB



Your Life Web

This is a placeholder for your *Life Web*.

DESIGN

YOUR DESIRED LIFE

A NEW PARADIGM FOR ARCHITECTING YOUR LIFE

Design Your Desired Life could be the most illuminating self-help book that you've read, a life changer, radically changing your life. The challenge is to change without sacrificing your unique persona.

We all have distinct interests and aspirations. What if you could hire an architect to design the life that you want, to catapult you into your dream life? The word "architect" may not be a verb in today's vernacular; that's probably because Life Architecture hasn't yet found its way into the mainstream, but it will become a popular movement in the 21st century.

Life Architecture takes a life from a faded present to a colorful future. It's a simple concept, to create a blueprint of our lives today, conceive what we desire, transform our life blueprint into a future state, and then develop a roadmap to get us from where we are today to where we want to go in the future. We all need some guidance to understand where we are going and how to get there. Life Architecture is a new paradigm to help us discover a future that we never knew existed but could be ours. It is a methodology geared to define a new future and implement an action plan to get you there.

Think of it as a personal journey that prioritizes your life and takes you from a mundane, uninspiring lifestyle to one where you dream to be. Life Architecture may be your chance to make your dreams come true.



Bob Ivkovic is an enterprise architect by trade and a life architect by design. Mr. Ivkovic is a management consultant and founder of IT Architects, a consulting firm specializing in the business architecture of organizations. He holds a Bachelor of Commerce degree in Management Information Systems and a Master of Business Administration with a specialization in Management of Financial Resources from the University of Calgary. Apart from that, he's just a regular guy with a flair for life.