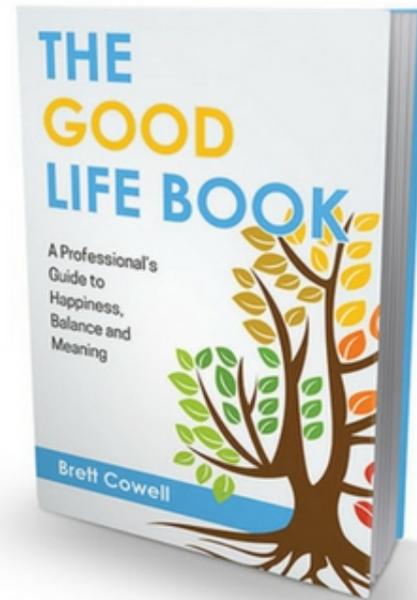


THE GOOD LIFE BOOK



What does good look like?

A framework for knowing and getting what you need out of life

Version 1.0 9th June 2017

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What does good look like? Overview

Document purpose:

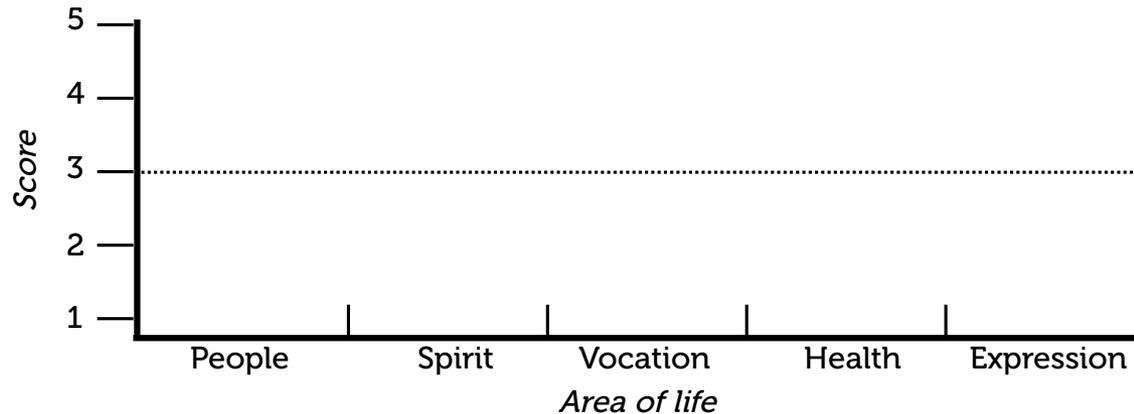
- The “What does good look like?” (WDGLL) method seeks to help you to know, and get more quickly what you need out of life, by creating a “look and feel” of the desirable future state of key parts of your life, and also building self-insight
- This document is intended to support your completion of key steps in the WDGLL method i.e. the Life Score question in Chapter 4 of The Good Life Book and the “What does good look like?” questions in each of Chapters 5-9 of the book, relating to the Five Pillars of Vocation, People, Health, Spirit and Expression

Summary:

- Most of us are constantly evaluating our lives in an informal way e.g. noticing how we feel, but we rarely take pause to evaluate our lives in a more structured way. Doing so, even using simple methods such as a score, or *writing down* why you feel how you feel about the parts of your life can provide valuable self-insight... leading to awareness, which is the foundation of positive change
- This document extracts the life score exercise (Exercise 4.1) from the book in order to prompt some initial insights into which parts of life that you’d like to make better (the most)
- This document then provides additional guidance around developing your own definitions of good for each part of life, by suggesting a list of key characteristics that you can tailor to your own needs
- The benefits of listing out specific characteristics include: building awareness of what is driving your experience of life, identifying what might change to make things better and prompting you to think about how you can measure the change
- The aim of the list of characteristics provided in the coming pages, and in the book, is purely as a thought starter based on my experience in working with different groups of people. Some characteristics may apply more than others, or not at all.
- A good result from your engagement in this material is to prioritize the characteristics for you, adding any others needed
- Also provided are ILLUSTRATIVE EXAMPLES of how the characteristics look and feel at each level of the framework. These tables show what might be the outputs of your completion of the detailed exercises in Chapters 5-9 of the book to define “good” for each pillar. Your individual answers *will* and *should* vary based on your list of characteristics and their prioritization
- In addition the book calls for you to seek out role model or leading examples and tips and tricks for each pillar. Not all of these examples can be applied directly to your life (for example if your values and situation differs). It can be instructive to look for the *principles* of what the role model behavior is demonstrating, as well as the *perspective* it embodies

Exercise 4.1 - Life score

Figure 4.1 – Your current life score



- In Chapter 4, Exercise 4.1, you're asked to assign a score from 1 (lowest) to 5 (highest) in terms of how happy, balanced and meaningful your life is in 5 areas of life (The Five Pillars) of People, Spirit, Vocation, Health and Expression
- A score of 3 out of 5 means that you're relatively happy with that part of your life
- The purpose of the exercise is as a ready reckoner to give you a quick picture on how your life is performing. It is important to do this exercise quickly without overthinking since your initial impression is most often the most accurate, before your Ego has time to interfere (and usually to try to increase the score in an attempt to save face)
- To extend the exercise in the book, next you should write a few bullet points that capture the reasons that you assigned the score. Again, you should record these reasons objectively, as reminders for future reference
- Quite often it takes a significantly longer period of time to develop a more systematic reasoning behind how you assigned your scores, and what would have to change. That is the purpose of the "what does good look like?" exercises in the book, and the guidance in the remainder of this document

What does good look like? Journey to mastery

- The Five Pillars (Vocation, People, Health, Spirit and Expression), represent domains of your life that are so fundamental to your overall experience of life, that, from both a practical and a philosophical point of view it makes sense to try to master these domains over the course of your lifespan
- In practice, your life, situation, and the environment you're in will continue to change. The idea of Mastery therefore, is about a philosophy and proactive intent, rather than an absolute measure or set of characteristics
- However, there *are* common *themes* in terms of how you work on mastery, by:
 - Increasing awareness of how the pillar (life domain) works in your life now, and your current levels of happiness, balance, meaning resulting from that
 - Setting and refining measures of performance and progress in that domain
 - Building competence (and good habits) in the domain
 - Acting as student and teacher/mentor/leader. You grow further by growing others
- Your investment of energy and time in building Awareness, Measurement, Competence and Contribution will result in positive life outcomes i.e. growth and through reaching your potential in life



Vocation – What does good look like? Example Characteristics

- We work for money, but also for non-financial benefits too e.g. satisfaction
- The table below lists a set of example criteria that you could use to articulate what good is at work, and what “better” or “worse” might be

Characteristic	Description
Income	Does the income at least meet your basic needs
Predictability	Is your schedule and workload predictable for the most part. Low predictability is a driver of stress
Control	Do you have the ability to shape your workload and working style e.g. through self-directed work. Low control is a driver of stress
Hours	Are the hours reasonable e.g. do they allow time for rest and recuperation?
Sense of purpose	Does the work provide you with a sense of purpose (and enjoyment)
Values	Is the work aligned with your values
People	Do you enjoy working with the team
Flexibility	Does the work provide flexibility i.e. to meet personal commitments
Advancement	Is there a career path and/or potential for advancement
Challenge	Is the work challenging / provides you with growth opportunities
Travel	Is the amount of travel required for the work acceptable (not too high or low)
Identity	Does the job help support a positive self-image for you, and who you want to be
Portfolio	How diverse is your portfolio in terms of financial and non-financial items

 Non-negotiables: where not in place, will cause stress and urgent need to fix issues

Vocation – What does good look like? Example

1 lowest	2	3	4	5 highest
<ul style="list-style-type: none"> • Not learning anything • Schedule completely unpredictable • Little control over workload or approach to work • Inflexible – regularly miss personal appointments • Feel like “a robot” • Low satisfaction and purpose • You only have one item in your vocational portfolio e.g. a job • Symptoms of (over)work negatively affecting other parts of life e.g. health and relationships • Up to 100% travel, impacts home and social life and fitness 	<ul style="list-style-type: none"> • Some learning but in areas not passionate about • Get a sense of purpose from work, but not working to my meaning/purpose • Inflexible schedule – often miss personal and development activities • Don’t have time for giving activities • Some visibility and predictability of work 	<ul style="list-style-type: none"> • Feel that you are learning and on a path to growth • Working autonomously • Work schedule is largely predictable and/or manageable • Enjoy working with team • Applying knowledge to solving problems • Making contribution to society • A sense of purpose at work that goes beyond producing quality work • You have at least two items in your vocational portfolio 	<ul style="list-style-type: none"> • Regular learning that produces noticeable development in capabilities • A strong sense of purpose from work • You have at least two items in your vocational portfolio including at least two sources of income 	<ul style="list-style-type: none"> • Working in the zone much of time • Regular ability to contribute to or mentor other • Work a significant contributor to my (life) purpose • You have multiple sources of income and a diversified vocational portfolio

People– What does good look like? Example Characteristics

- Most of us would recognize, if asked, that people are the most important thing in our lives
- The Stakeholder Management technique described in The Good Life Book Chapter 6 allows you to take a structured approach to managing people. That is, to ensure that those people get what they need from you when they need it – based on *their* definition of what good is
- Begin with your top several stakeholders and understand what they need and their assessment of the relationship. Use the measures important to them to track progress in improving your people score
- Remember the Pareto rule that 80% of the value comes from 20% of the effort. Do the 20% of things that make the biggest difference to the key people in your life. Communicate what your 20% is to others too!

Characteristic	Description
Strength of relationship	What is the strength of the relationship with the other person (from low to high)
Impact on you	Are you getting what you need from that relationship
Impact on them	Are they getting what they need from the relationship
Quality of time spent	Relatively how much quality time do you spend with that person / group
Amount of time spent	Relatively how much time do you spend with that person
Key moments of truth met	Some moments are more important than others e.g. anniversaries, school recitals etc. Are you there for key moments of truth for the other person

People – What does good look like? Example

1 lowest	2	3	4	5 highest
<ul style="list-style-type: none"> • Little or no knowledge of what key people want from you and when they want it, based on their definition of good • One or several key relationships are problematic • Regularly missing key moments of those close to you • You have difficulty reaching double digits in your stakeholder list • Broader network minimal or non-existent 	<ul style="list-style-type: none"> • Some knowledge of what key people want/when but this is not regularly met • Regularly making excuses and admonishing yourself for “fails” on the people front • Your network at work is solely comprised of people that you see every day, and is unmanaged (no concept of give and take or investing in relationships) 	<ul style="list-style-type: none"> • Relationships with key people are stable/ good – deliver what they and you need • Ability to participate in and shape the lives of family and friends in a positive way • You feel good about Quality and quantity of time spent with key people in your life • Present at key events and moments • Your network is an integral part of your daily life providing interdependent relationships in and outside of work 	<ul style="list-style-type: none"> • Ability to manage both immediate inner circle and next level of friends / acquaintances well • Ability to impact people positively outside my immediate circle • Your broader network is a notably positive factor in creating better outcomes for you and others 	<ul style="list-style-type: none"> • Based on feedback, to be a role model in how to manage personal relationships effectively • You can cite Multiple examples of how “paying it forward” and mentoring have benefited others and benefitted you • You find regularly that opportunities come to you, rather than you having to search

Health – What does good look like? Example Characteristics

- Changes in health can have the most immediate positive or negative impact to your perceived quality of life
- Below are a list of example characteristics that you can modify or build on to create a vocabulary for “good” in health for you

Characteristic	Description
Healthy weight range	That your weight is within what you deem a health weight range
Energy levels	Do you have the required energy to tackle your personal and professional life
Appearance	Does your appearance and physical body communicate health and feel healthy
Sleep	Do you regularly sleep an appropriate amount (for you) e.g. 7-8 hours per night
Stress levels	What levels of stress do you feel
Positivity/Optimism	Is your mood depressed/pessimistic or positive/optimistic most of the time
Groundedness	How centered and grounded do you feel, on average
Presence	How “in the moment” do you feel in your life most of the time

Health – What does good look like? Example

1 lowest	2	3	4	5 highest
<ul style="list-style-type: none">• Physical and/or mental health are regularly impacting your quality of life in a negative way, and potentially impacting others too• Risk of serious ongoing physical or mental health issues if a lifestyle change not made• Outside of desirable weight range• Low energy levels and poor / non-existent knowledge of what drives your energy levels	<ul style="list-style-type: none">• You spend much of your time outside your desired parameters for physical or mental health• Rudimentary awareness of energy levels, although often still feel low-medium energy	<ul style="list-style-type: none">• You're within your desired range of physical and mental health• You don't feel uncontrolled stress• You're aware of your energy levels and have identified what works for you to manage energy e.g. exercise, meditation• Basic health maintenance e.g. right diet, sleep, hydration are part of how you live, every day	<ul style="list-style-type: none">• You're able to manage and control your energy levels, further improving your stamina and mental clarity over time• Physical and mental health have become a defining characteristic of yours- you see how they contribute positively to other parts of your life• You enjoy seeking and sharing knowledge on physical and mental health with others	<ul style="list-style-type: none">• Ability to role model physical and mental health to others• You feel that you've somehow turned back the aging clock, being more full of energy and vitality than at any other time in your life• You see physical and mental health as a spiritual issue

Spirit – What does good look like? Example Characteristics

- Regardless of any religious beliefs, there is a management element to growing and maintaining your spirit i.e. through spiritual *practices*, resulting in positive consciousness, groundedness, calm and a feeling of connection and meaning

Characteristic	Description
Connection	What level of love and connection do you feel, to/from that beyond yourself
Groundedness	How spiritually centered and grounded do you feel, on average
Peace and Calm	What is your level of spiritual peace and calm
Level of engagement with others	To what extent do you involve others in your spiritual practices
Mental clarity	The characteristic of being able to see “the big picture”, to make good decisions, and to devise quality solutions to seemingly difficult problems in your life
Practices	To what extent do you have regular practices or habits that maintain a healthy spirit

Spirit – What does good look like? Example

1 lowest	2	3	4	5 highest
<ul style="list-style-type: none">• Little or no level of connection• Might feel isolated or lost• Often get caught up in the “small stuff” and miss the “big picture”• Question the value of spirit• Few / no practices or habits in place to maintain spirit• Level of meaning in life is low	<ul style="list-style-type: none">• Occasional spiritual moments but these not connected into a philosophy of life or regular practices• Constantly searching for “truth” in the external world	<ul style="list-style-type: none">• You have found the beliefs and/or practices that let you experience connection and groundedness• You understand the benefits of investing in Spirit to other parts of your life• You’ve incorporated regular practices in your life to help maintain positive spirit• You know who you are and what you stand for	<ul style="list-style-type: none">• You challenge your own beliefs and practices in order to further develop• You’re able to effectively manage your consciousness• You actually stand for what you stand for e.g. make key decisions at home and at work in accordance with your values	<ul style="list-style-type: none">• Your life exemplifies who you truly are and your values• Your spirit extended to your community and beyond• People regularly ask what your “secret” is

Expression – What does good look like? Example Characteristics

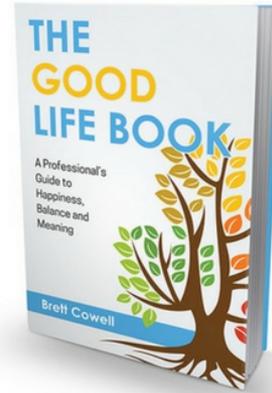
- Quite simply expression is what you “put out” or literally *press-out* into the world
- For some of us expression is limited. One reason is that our default mode of operation is consumption, and we do little to create, to express ourselves or to give back
- Another reason we feel that we have low self-expression is that, although we may produce lots of outputs (Work), the outputs do not encapsulate our unique personality, capabilities and values

Characteristic	Description
Authenticity	To what extent do you feel authentic in your work and in your life i.e. living and working in line with your values and passions
Engagement	How engaged are you with your work and life. Are you proactive or reactive or drifting
Growth	Do you feel that you’re growing in life
Expression	To what extent do you find the opportunity to express yourself
Contribution	To what extent do you give-back and contribute to others
Passions	How regularly do you engage with your passions (e.g. as identified in the circles exercise Chapter 2)

Expression – What does good look like? Example

1 lowest	2	3	4	5 highest
<ul style="list-style-type: none">• Your dominant method of expressing yourself is through what you consume• Low level of authenticity• Little or no contribution to others• Feel like on autopilot for much of the time• Months and years seem to fly by and you struggle to identify highlights	<ul style="list-style-type: none">• You feel that you can sometimes be authentic at either work or at home but not both or not regularly• You create (in a way meaningful to you) from time to time, but it's the exception rather than the rule• You spend time every month on at least one of your circles (Chapter 2)	<ul style="list-style-type: none">• You feel that your life, on the whole, is a fair representation of who you are• You regularly find opportunities to contribute to others• You find a regular avenue to create, in a way that is meaningful to you	<ul style="list-style-type: none">• Within a year, you grow in a quantifiable way and grow through helping others to grow• You regularly experiment with ways to explore and pursue the intersection of your circles	<ul style="list-style-type: none">• Your life expresses who you are in every aspect and at all times• You extend the impact of your creativity and contribution to your community and beyond

THE GOOD LIFE BOOK



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