

BOSTON COLLEGE

"LIFE HAS QUESTIONS"

—THE NEW

BILL BURNETT

DESIGNING

YOUR LIFE

HOW TO BECOME A MORE EFFECTIVE

JOYFUL LIFE

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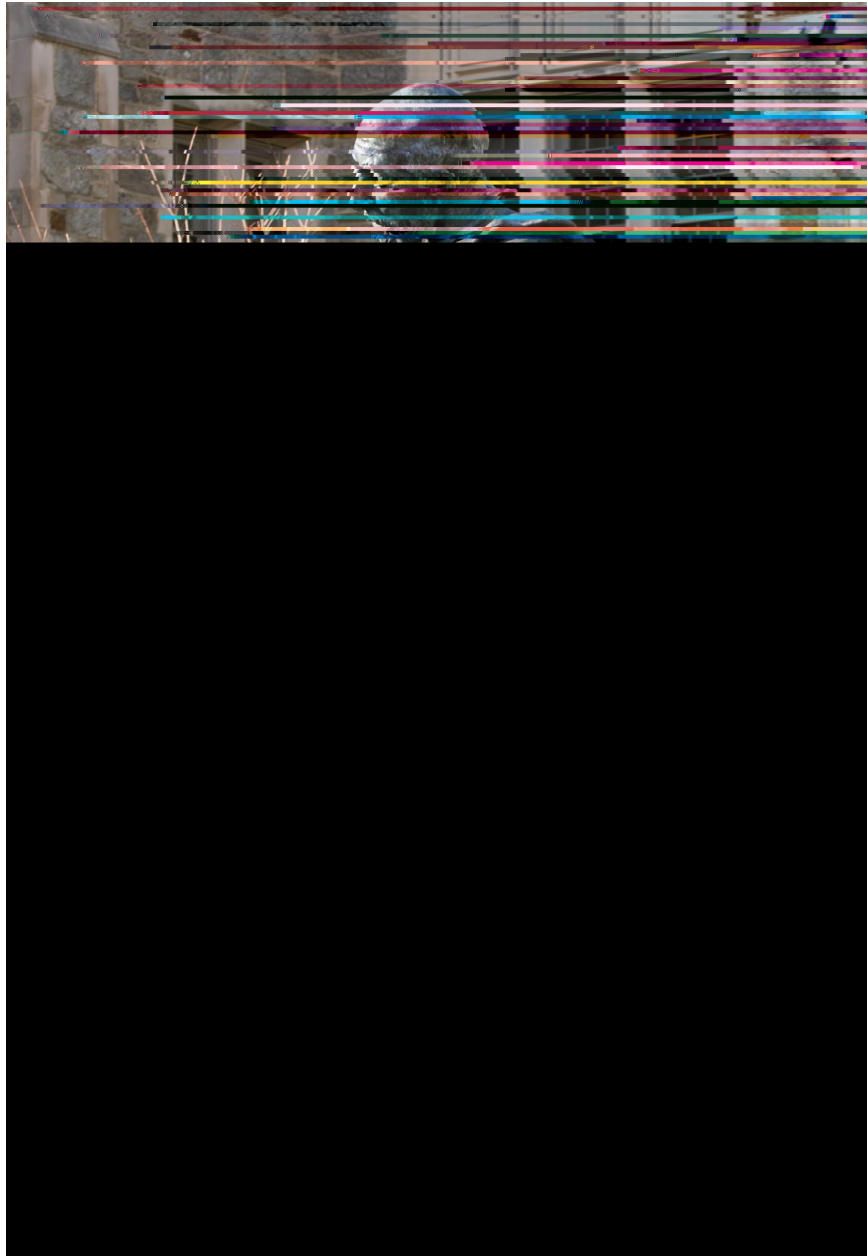


TABLE OF CONTENTS

i.	▼		2
ii.	▼	Designing Your Life	3
iii.	▼		5
iv.	▼		
v.	▼		11
vi.	▼		13

Designing Your Life

1. Introduction

2. Designing Your Life

3. Designing Your Future

4. Designing Your Life: A Practical Guide to Creating a Successful Future. (pp. 32-33).

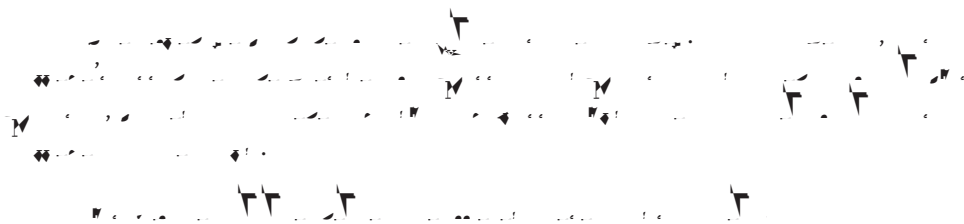
about yourself and about the talents that are special to you? If someone asked these people to describe your strengths and weaknesses, what specific ones do you think they would mention?

3. "Does anybody need you to do these things?" The novelist and theologian Frederick Buechner describes vocation as "the place where your deep gladness and the world's deep

• **Reviewing Life.** I go over the events of the day, noticing the ones where I felt closer to God and the ones where I felt distanced from God. Where today I met weakness or failure, I ask for forgiveness and self-acceptance. Where today I have lived faithfully and productively, I rejoice in God's service. God does not ask the impossible from me, only the good that I can do and be.

• **Noting Patterns.** I stand before my history as God does—lovingly wise about who I am, eager to make me part of the work of the Kingdom, allowing me to understand the patterns of my life that lead me to a more personal sense of how God calls me here at Boston College. Are there emerging insights about the life I should live? Are there difficulties that I keep trying to avoid and know I must face? Are there people, places and occasions that especially open me to God? And are there people, places, and occasions that bring out the worst in me? What does God want me to do with the person that I am becoming?

• **Orienting My Future.** Finally, I ask to live as Christ did. I look at the pattern of openness and the essentials of his teaching. I look at the trust he had in God's design for the world. I look at his availability to people. I accept the strategy of forgiveness, truthfulness and service that Christ portrayed. I want to believe that I am called to live just as Christ was, as a woman or man for others. Of course, I will fail. But failure can be the way to wisdom and compassion if I use failure to know myself better and to understand the human heart more deeply. More important, I look ahead out of the successes of the day. I ask to live with a growing sense of God's trust in my future. (Cassidy, 2007, pp. 115, 117)



St. Ignatius said that the world's great sin is the lack of gratitude. So, I'm going to ask you to consider integrating this simple ritual into your daily life when you move on from Boston College. Every night before you go to bed, take a few minutes to think about your day. Examine the day reflectively, the ups and the downs (for no day is without a few bumps in the road, as is true for a four-year college career). Then, identify one thing that occurred, one thing that happened in the day for which you are grateful and give thanks for that one thing. Let that be the way you end every day before you fall to sleep. If you do this, you'll be a healthier, happier, more spiritual, and more balanced person. This practice will be good for you and everyone else who's a part of your life as well (Cassidy, 2015, pp. 14, 2015).



CONTINUING THE CONVERSATION



As you enter into your first year of college,



YOUR NOTES ON *DESIGNING YOUR LIFE*

