

“Happiness” Course Plan

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Class #1: What is Success? What is Happiness?

- 1) Read:
 - a. Zimmerman, Eilene, “The Lawyer, the Addict,” NY Times <https://www.nytimes.com/2017/07/15/business/lawyers-addiction-mental-health.html?ribbon-ad-idx=19&rref=homepage&module=Banner&version=origin>
 - b. Krieger, Larry, “The Surprising Master Key to Happiness and Satisfaction According to the Lawyer Research,” <https://www.floridabar.org/news/tfb-journal/?durl=%2Fdivcom%2Fjn%2Fjnjournal01.nsf%2F8c9f13012b96736985256aa900624829%2Fd983ae41422b4687852581fd007122ff>
 - c. Smith, Emily “Psychology shows it’s a big mistake to base our self-worth on our professional achievements,” <https://qz.com/990163/psychology-shows-its-a-big-mistake-to-base-our-self-worth-on-our-professional-achievements/>
- 2) Watch:
 - a. Achor, Shawn, “The Happy Secret to Better Work” https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work
- 3) Write:
 - a. Reflection Paper -- What does a successful life look like for you? How do you know when you get there? *Format: in writing, at least 1,000 words, uploaded to your Google Drive folder.*
- 4) In-Class Activities: See class notes
- 5) Post-Class Assignment: Try one of the micro strategies in the Achor TED talk, which are discussed further here: https://www.washingtonpost.com/news/inspired-life/wp/2015/06/29/do-these-exercises-for-two-minutes-a-day-and-youll-immediately-feel-happier-researchers-say/?utm_term=.dc3046177246), or this infographic: http://bigthink.com/design-for-good/everything-you-should-know-about-happiness-in-one-infographic?utm_source=pocket&utm_medium=email&utm_campaign=pockethits

Class #2: Core Values

- 1) Read:
 - a. Bill Burnett and Dave Evans, Chapter 2 of Designing Your Life, adapted here: <http://www.carienkarsten.nl/2072-2/>
 - b. Sull, Donald and Houlder, Dominic, “Do Your Commitments Match Your Convictions?,” <https://hbr.org/2005/01/do-your-commitments-match-your-convictions>
 - c. Clear, James, “The Downside of Work-Life Balance,” <https://jamesclear.com/four-burners-theory>

- 2) Watch:
 - a. Leipzig, Adam, "How To Know Your Life Purpose in 5 Minutes,"
<https://www.youtube.com/watch?v=vVsXO9brk7M>
 - b. Dinsmore, Scott, "How to Find Work You Love,"
https://www.ted.com/talks/scott_dinsmore_how_to_find_work_you_love
- 3) Write:
 - a. Reflection Paper – Draft your Lifeview and Workview Reflections, as outlined in Chapter 2 of Designing Your Life, and reflect on where they complement or conflict with each other. *Format: in writing, at least 500 words, uploaded to your Google Drive folder.*
- 4) In-Class Activities: See class notes
 - a. Core Values Worksheet:
<https://mikedesjardins.files.wordpress.com/2009/11/core-values-worksheet.pdf>
 - b. "Giving It Up To Get Ahead" Game
 - c. Two Handouts distributed during class:
 - i. <https://law.yale.edu/student-life/career-development/students/career-guides-advice/truth-about-billable-hour>
 - ii. <https://www.wisbar.org/NewsPublications/WisconsinLawyer/Pages/Article.aspx?Volume=86&Issue=7&ArticleID=11021>

Class #3: How to Pursue Your Core Values:

- 1) Read:
 - a. Dell'Antonia, KJ, "I Refuse to be Busy,"
<https://parenting.blogs.nytimes.com/2014/04/03/i-refuse-to-be-busy/>
 - b. Cherry, Kendra, "Flow Can Help You Achieve Goals,"
<https://www.verywellmind.com/what-is-flow-2794768>
- 2) Watch:
 - a. Vanderkam, Laura, "How to Gain Control of your Free Time:
https://www.ted.com/talks/laura_vanderkam_how_to_gain_control_of_your_free_time#t-518499
 - b. Ian Price, "The Cult of Busyness":
<https://www.youtube.com/watch?v=YHkwQa1ede8>
- 3) Assignment:
 - a. Create a "flow" journal of your activities for five days. Write your activities, how engaged you felt, and how much energy the activity gave you. You might use this worksheet as a template, but you do not have to:
<http://designingyour.life/resources-authorized/> ("Good Time Journal Activity Log")
 - b. Then write up what you learned. Did you find any surprises? What, if anything, might you seek to prioritize in a future career based on your discoveries?
Format: the journal, plus at least 500 words reflecting on your journal, uploaded to your Google Drive folder
- 4) In-Class Activities:
 - a. Re-structure Your Day

- b. Change Your Mindset
- c. Change Your Career – previewing future classes

Class #4: Odyssey Planning

- 1) Readings
 - a. Bill Burnett and Dave Evans, Chapter 5 through page 102 of Designing Your Life (see <http://designingyour.life/resources-authorized/> for the worksheet)
 - b. <http://www.businessinsider.com/no-such-thing-as-one-perfect-life-2017-1>
- 2) Watch:
 - a. Burnett, Bill, “Designing Your Life,” <https://www.youtube.com/watch?v=SemHh0n19LA>
- 3) Write:
 - a. Create three odyssey plans using the instructions in Chapter 5, and include a 6-word title for each. Then reflect on the exercise: What did you like about it? What did you find challenging? Was this exercise helpful, silly, frustrating, all of the above? *Format: Three plans in whatever format makes sense to you (using the worksheet above, only if you want) plus 500 words of reflection uploaded to your Google Drive folder.*
- 4) In-Class Activities: See class notes

Class #5: Visioning

- 1) Read:
 - a. <http://www.zingtrain.com/content/why-and-how-visioning-works>
- 2) In-Class Activities: Visioning
- 3) Post-Class Assignment:
 - a. You do NOT have to share your vision with me. But I do want to hear you reflect on the exercise. What did you learn? What surprised you? As you review your vision, what words or phrases gave you energy or made you feel a strong emotion? *Format: in writing, 500 words, uploaded to your Google Drive folder*

Class #6: Where Do We Go From Here?

- 1) Write:
 - a. Create a six-word sentence/story (a phrase, not individual words) to sum up your externship experience and what you have learned about being a lawyer this semester. It can be humorous, serious, provocative, etc. Your choice. Please bring your six-word phrase to class. There are some sample six-word stories by students describing their 1L year on Canvas to help you get started.
- 2) Assignments:

- a. Reflected Best Self:
 - i. At the beginning of the semester tell students to purchase this exercise for \$9 and send emails per the instructions ASAP (<http://positiveorgs.bus.umich.edu/cpo-tools/reflected-best-self-exercise-2nd-edition>)
 - ii. Follow the exercise instructions to create your Reflected Best Self portrait and submit to your Google Drive folder.
- b. Wisdom Lunch
 - i. This semester, each of you need to schedule a wisdom lunch. What is a wisdom lunch, you might wonder? It is an opportunity for you to have lunch with people you admire, and ask them questions about the ways they have decided to structure their life. Possible questions include:
 - 1. Why did you decide to pursue the career you did? What other types of jobs did you contemplate?
 - 2. How do you define success?
 - 3. How do you structure your day? Do you intentionally seek to create space for deep work?
 - 4. How do you strive to achieve balance between your job and the rest of your life?
 - 5. In what ways do you find happiness?
 - ii. You may choose to have a wisdom lunch with anyone (e.g. law faculty, members of the community, but not me). Think big when considering whom to invite. You'll be surprised as to how much people enjoy doing this for others. When you invite someone to lunch, tell the individual why you are asking her/him to lunch.
 - iii. You must complete the wisdom lunch prior to the last day of the semester. After the lunch, write a reflection paper (2-3 pages) explaining why you picked to have lunch with that person, what you learned, and who you will invite for your next lunch.

3) In-Class Activities:

- a. Debrief the Reflected Best Self
- b. Debrief the Wisdom Lunch
- c. Talk about where to go from here – build a design team
- d. Finish with 6-word phrases