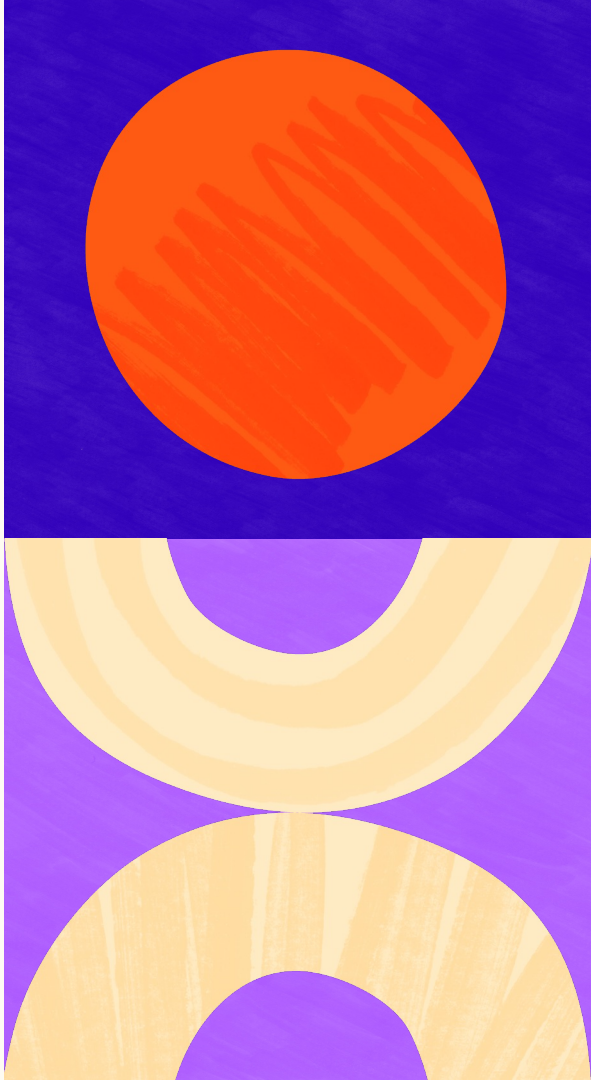
Thinking Tool

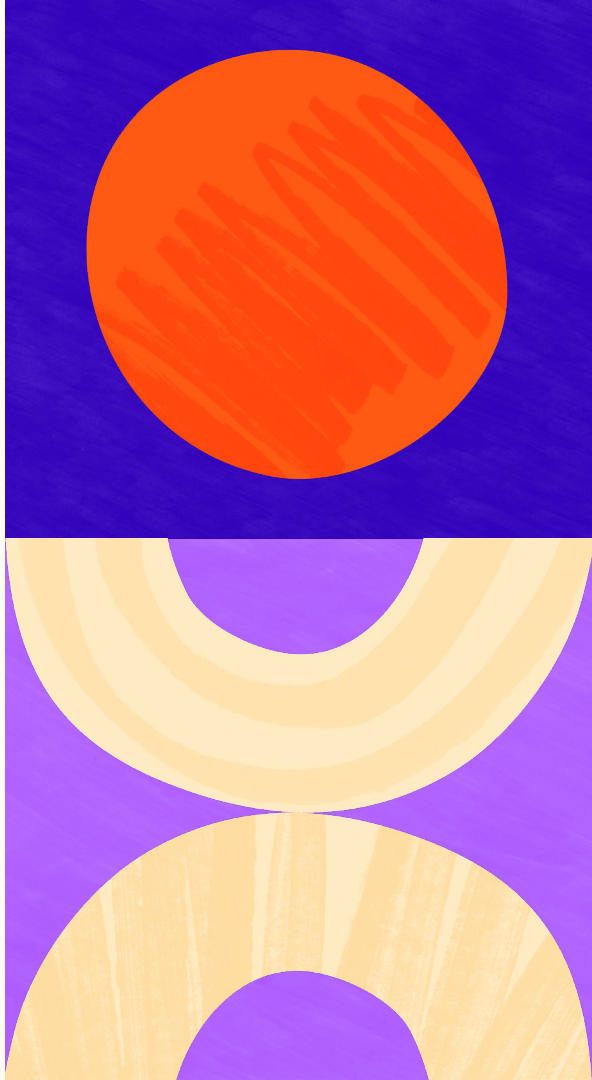
Designing life for pleasure and purpose

Life Navigation Lab



What do we mean by *'pleasure'* and *'purpose'?*

- Pleasure: feelings *in real time* about how enjoyable or positive something is as opposed to painful or negative
- Purpose: feelings *in real time* about how much something is worthwhile as opposed to futile



Life Navigation Lab

Source: Paul Dolan, *Happiness by Design.* 2014

On a scale of 0–10…

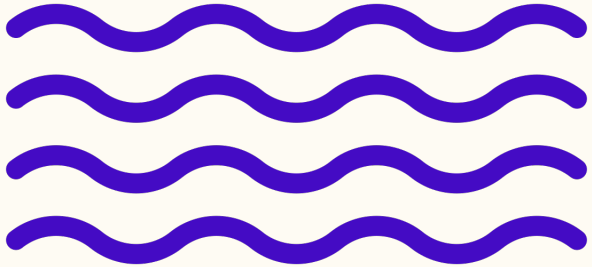
- How pleasurable is your day-to-day life *right now?*
- How purposeful is your day-to-day life *right now?*

Write down your answers.

life navigation lab

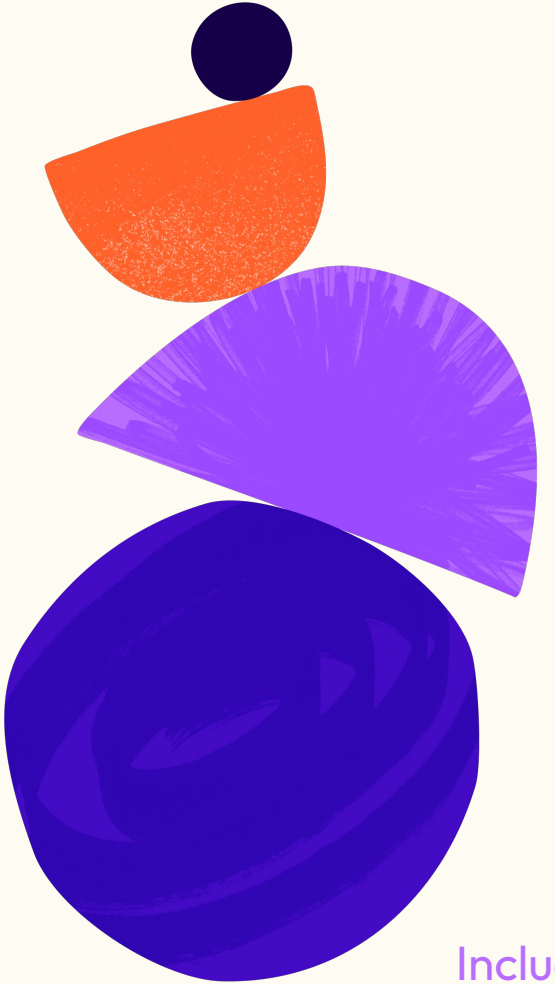
Happiness is the flow of pleasure and purpose over time.

Paul Dolan, Happiness by Design.



Flow, over time...

...not a tap to turn on and off.



Mapping your pleasure and purpose

Make 3 lists...

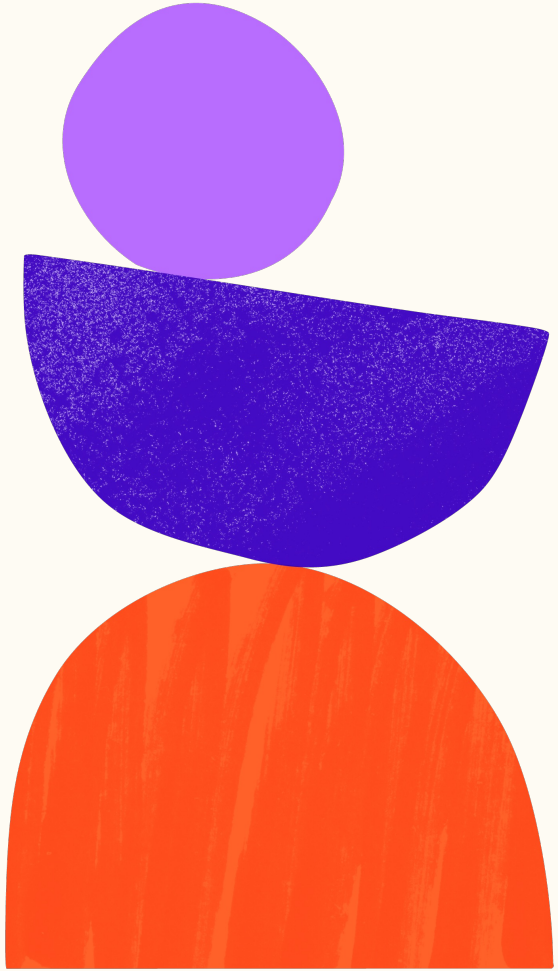
- Things that gave you a sense of pleasure in the last week
- Things that gave you a sense of purpose in the last week
- Things that gave you a sense of both in the last week

Include anything that comes to mind, no matter how tiny...

Spotting your patterns

What do pleasure and purpose *mean to you?*

- Was one much easier to do than the other? What does that tell you about yourself? Are you purpose engine or a pleasure machine?
- Are there patterns emerging in what gives you pleasure and purpose?
- What tiny steps or changes can you make in the days ahead to increase the flow of pleasure and purpose in your life?



Next steps…

- *Experiment* with looking for pleasure and purpose in your daily life – notice what gives you both.

- *Watch* Paul Dolan share his thoughts on Pleasure and Purpose: https://bit.ly/PDHappy >>>

- *Get in touch* to find out how you can access more Thinking Tools like this one and get some professional and peer support on your journey:
- www.lifenavigationlab.com/contact