

# **GOOD LIFE ENGINE**

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**Aalto Ventures Program**

# The team

Johannes Kaira



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# **Power of Execution**

24 h

**The math of modern life**  
**Where does my time go?**



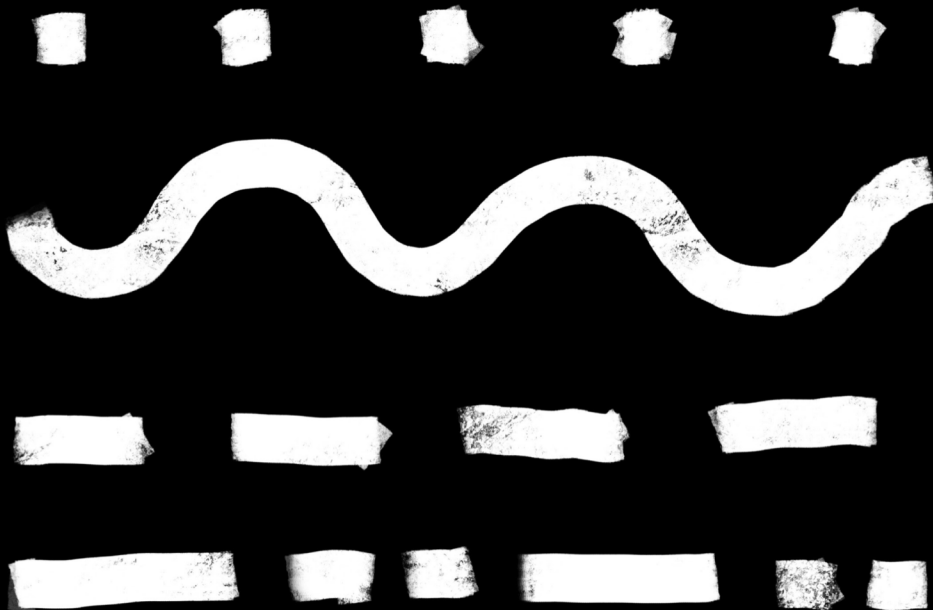
**Life happens every day**

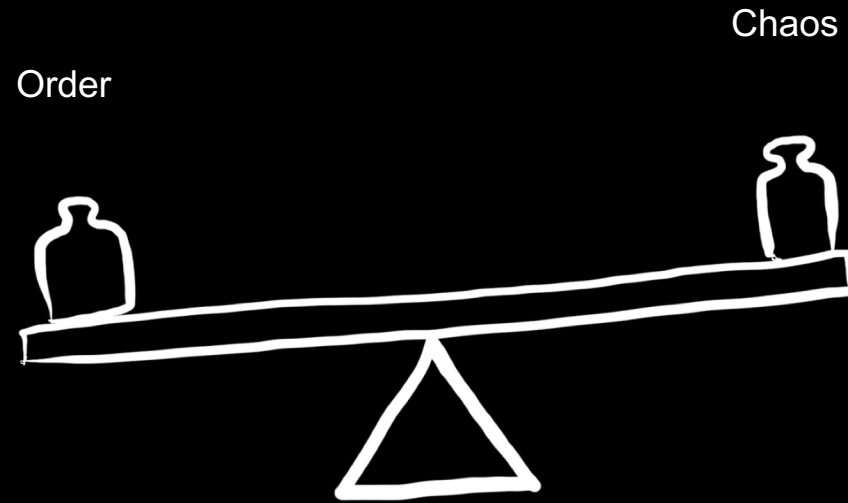
**every day**

**every day**

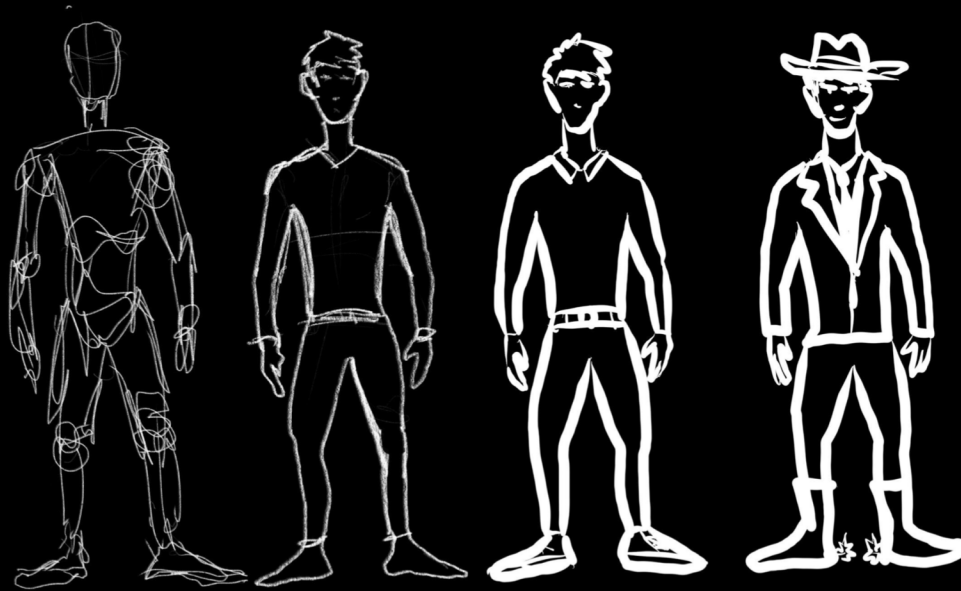
**every day**

# Rhythms of life





**Balance**



**Product development**

**Lean**

**No longer just a passenger**

## **Tell us about the topics regarding personal development and well-being you are interested to learn:**

- *Finding a balance between different responsibilities*
- *Self-discipline and self-control, efficiency, "getting shit done" attitude*
- *How to keep beneficial habits consistent*
- *Planning your time in your calendar*
- *Burnouts/ managing risks not to get there, balanced lifestyles, time-management*
- *I wanted to learn how to organize my motivation and mood*
- *I want to be able to reach all of my goals and beyond*

**Students answers from survey before GLE kick-off**

# Aalto already is doing a lot in this field



**Human Potential,**  
[TU-E3040](#) , [Teacher: Frank Martela](#)

**Leading as practice,**  
[TU-E3010](#) , [Teacher: Jari Ylitalo](#)

**Personal Development Project Plan,**  
[ENG-E2010](#) , [Teacher: Ville Kivimäki](#)

**Magnificent Life,**  
[Teacher: Esa Saarinen](#)



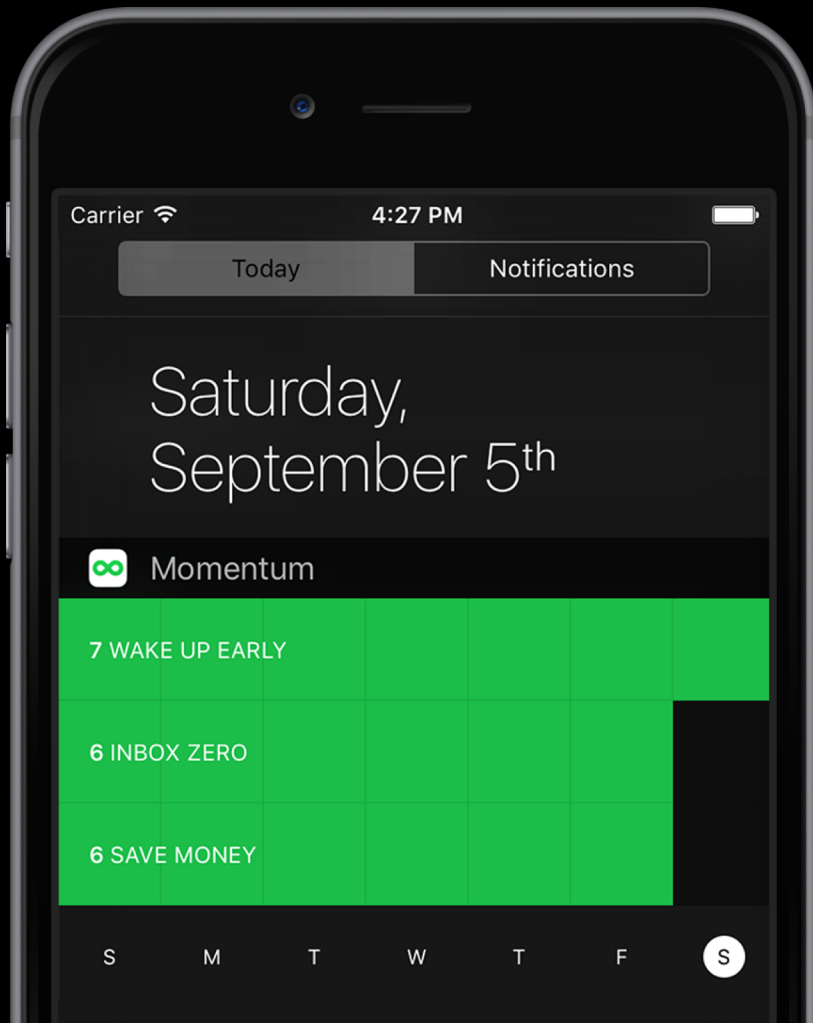
**But not big changes in  
everyday life when  
inspiration meets reality**

**A follow up or a supplement to philosophy and value thinking done in Personal Impact and inspirational courses.**

**The value is to provide the  
time frame where sustainable  
changes can happened**

Skill we teach:

To design and maintain  
routines



**Momentum Habit Tracker**  
**Habitica**  
**Productive Habit Tracker**  
**StickK**  
**Habitshare**  
**MindSet: The Good Habit**  
**App™**  
**Streaks**  
**Habit List**  
**Balanced**  
**...**



Social interaction

**WE NEED OTHER HUMANS TO  
THRIVE,  
TO BE HEALTHY, TO ACHIEVE  
GOALS, TO BE HAPPY**

GOOD LIFE ENGINE. AVP

- Why We Help: The Evolution of Cooperation, M. A. Novak
- The Spread of Obesity in a Large Social Network over 32 Years, Nicholas A. Christakis, M.D., Ph.D., M.P.H., and James H. Fowler, Ph.D.
- Social Relationships and Mortality Risk: A Meta-analytic Review, Julianne Holt-Lunstad, Timothy B. Smith, J. Bradley Layton
- Social networks, social support, and survival after breast cancer diagnosis. [Kroenke CH<sup>1</sup>](#), [Kubzansky LD](#), [Scherhammer ES](#), [Holmes MD](#), [Kawachi](#)

**NOT JUST  
COMMUNICATION, BUT  
SINCERE  
COMMUNICATION!**

# Monthly structure

- Wednesday AVP open event - theory, inspiration, setting the mindset;
- Individual work – students individually execute routines based on the given guidelines;
- Discussion – facilitating the reflection of the execution process.

**The course is a 5 ECTS credits course – 135 h.**

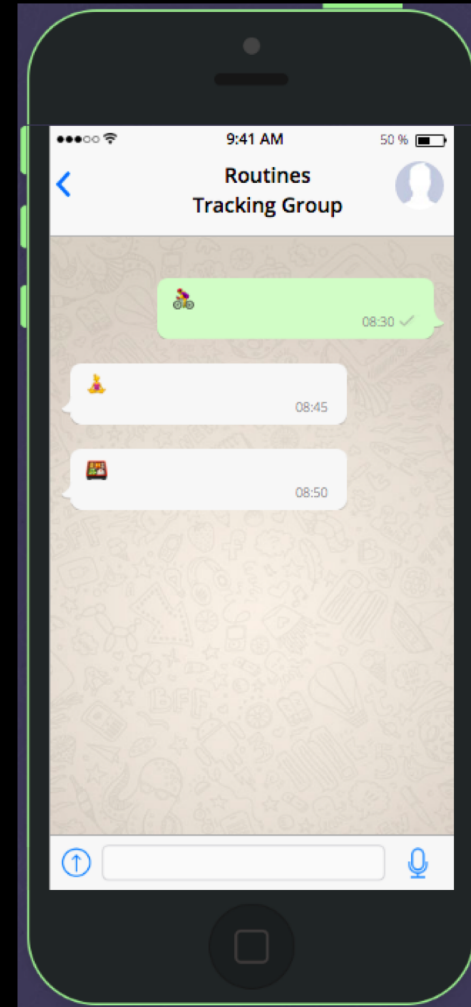


# The rules of the course

- Teachers work as facilitators and advisors on the methods. We are not telling students what is good or bad for them
- All personal information shared during the course is confidential
- We assess only participation and persistence in routines execution.

# How we are tracking routines?

- Small Whatsapp groups, only for routines tracking
- Use emoji of your choice (no need to have anything to do with your routine)
- Why? -> **Time stamp** and the possibility to later analyze the data



# Vocational map\*

**1. Write down all activities that you do for their own sake.**

**2. Score the activities from 1 to 3:**

1: things you would like to do but don't get to do right now

2: things you would like to do more in your life

3: things you get to do enough in your life right now

\*Tool developed by Lauri Järvillehto, PoP AVP, PhD  
Järvillehto, L. 2014 Learning as fun. Rovio edt.

# Vocational Map

## Social Activity:

Conversation  
Performance  
Caring  
Connecting  
Teaching

## Thinking:

Researching  
Calculation  
Programming  
Reading  
Problem Solving

## Creativity:

## Creating Ideas

Invention  
Writing  
Painting  
Playing an  
Instrument  
Composing  
Singing

## Physical Activity:

Team Sport  
Individual Sport  
Roaming the  
Nature  
Strength Training

## Dancing

## Animals and Plants:

Gardening  
Riding  
Dog Training  
Caring for Farm  
Animals

## Administration:

Leading  
Organizing  
Planning  
Coordinating a  
Team

## Leisure:

Being with Friends  
Playing Games  
Traveling  
Movies  
Music  
Theatre  
Fine Arts



Aalto University

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Ventures  
Program**

# Where you are?



HEALTH



LOVE



PLAY



WORK

\*Designing your life” methodology from Stanford Life Design Lab

Fill your dashboard

HEALTH

LOVE

PLAY

WORK

Are you happy right now with  
where your gauges stand in  
each of these four areas?

## Follow up exercise - **Routine map**\*

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To define the routine for execution within dashboard areas that you want to improve

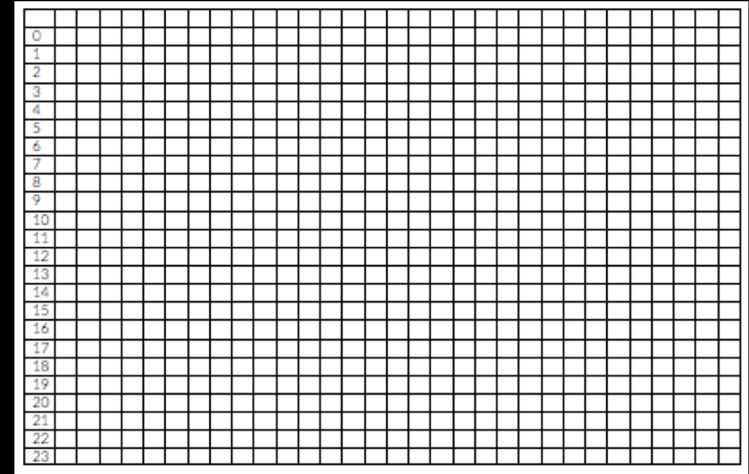
The routine is a sequence of actions regularly followed.

Examples of routine: meditation for 15 minutes per day, reading, keeping yourself off the social media for certain amount of time, walking etc.



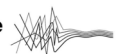
# Block the time for routine in **Time roulette\***

- The roulette has space for each hour of the day for a range of a week / month
- Choose colors for the different activities you execute daily:
  - o Sleep
  - o Food
  - o Time with friends
  - o Creative time
  - o Sports etc.
- Track in roulette your routine execution



# Sketch out a routine rhythm in the **Week roulette\***

- The sheet we provide you with has space for each hour of the week
- Make a plan for a rhythm that you believe can be sustainable and aligned with your values and goals
  - Sleep
  - Food
  - Time with friends
  - Creative time
  - Sports etc.
- Try to live it out!

**Good Life Engine**  
Where does my time go?  Legend:

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

Monday

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

Tuesday

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

Wednesday

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

Thursday

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

Friday

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

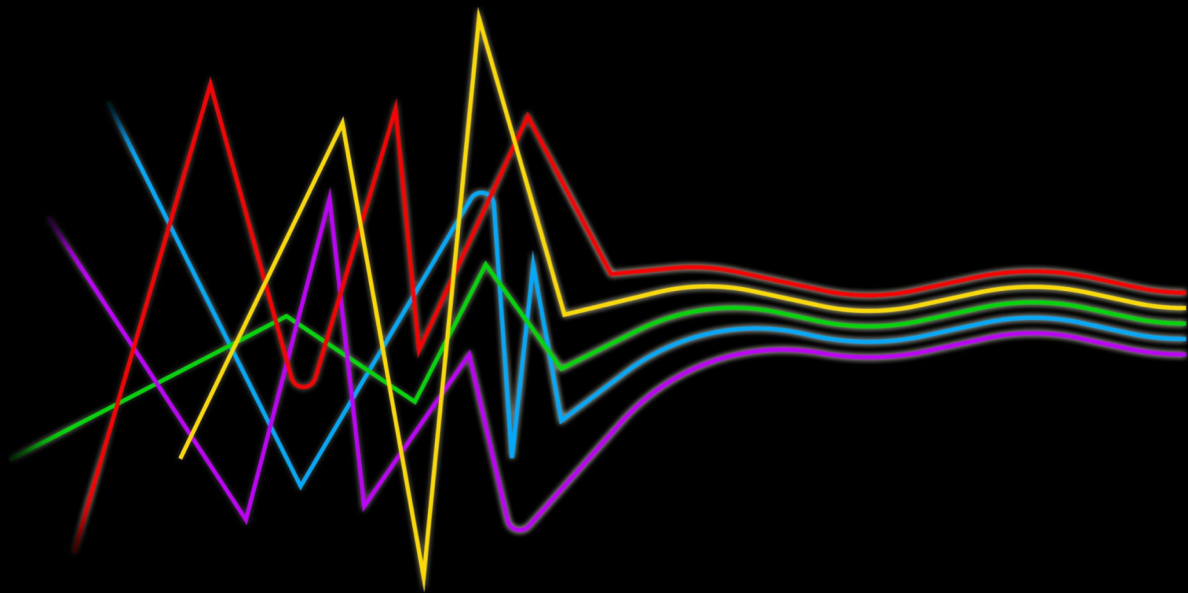
Saturday

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

Sunday

Aalto Ventures Program

\*Developed for GLE course



**Thank You!**



**AALTO  
VENTURES  
PROGRAM**

**A!**

**Good Life Engine**

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