

Session One:

1. Each person will spend almost 90 000 hours working.
2. The Living By Design series will show the Foundations of Work, name how some people go wrong, and teach a path to do it right.
3. Three things mentioned in the video that we want fast: high speed internet, express coffee, and instant gratification.
4. Gradually, throughout our lives, bits and pieces of His plan are revealed.
5. We must continually seek out the His plans for our life.
6. We all think we want to be happy when it comes to our work.
7. Happiness is fleeting; we really long to have joy.
8. One example of disappearing happiness is getting tired of your clothes.
9. Joy comes through worshipping God and following His plans.
10. The ability to follow God's plan when it comes to careers requires that we seek.

Session Two:

1. When thinking about a possible career, some people think about what interest them, what others say they are good at, or perhaps a career that will make them a lot of money.

2. You will find a much better career fit if you consider your whole design: interest, personality, skills, and values.

3. You are unique.

4. Which faulty decision-making foundation is cited first?

They hear from a parent or mentor to go into a certain field because that is where all the money is.

5. Paige decided to go to law school because her boyfriend was going there. Her mother thought it was a great idea because she'd make a lot of money. After taking an assessment, she became a licensed fitness instructor.

6. Because Paige's personality, interests, skills, and values did not match the career she was in, she experienced a lot of stress and anxiety. This is because she was in a career mismatch cycle.

7. Some faulty foundations are:

- Money as a prime motivator
 - Securing the easiest job or first job offered.
 - Choosing a job title or company for prestige
 - Seeking a job solely for power, control, security
 - Choosing a job because have friends in organization
 - Taking a job just because you CAN do it. (Why not?)
 - Accepting a new job or promotion even if it removes you from your area of giftedness.
8. 55% of Americans are unsatisfied with their jobs.

Session Two:

9. Of the 45% who are satisfied, only 20% feel very passionate about the work they do.

10. 53% of workers are not engaged; they will quickly leave their company for a slightly better offer.

11. In a 2022 study, 2 out of 5 graduates wished they'd studied something else.

12. It's important to know what would fit your unique design so you will avoid wasting money, time, and energy.

Session Three:

1. Why are errors scary? Because they can lead us down a path that God does not want us to take.
2. Loving money can cause all kinds of problems. Money as the prime motivator can also be called greed.
3. Money Motivator (Rolling Stone) said that just one more dollar was what a man needed to be happy.
4. Another career error: thinking that more money will provide satisfaction.
5. What does the acronym FIRE stand for? Financial, Independence, Retire, Early.
6. Choosing a career based on its prestige is often rooted in pride.
7. Martin Luther King Jr. said, "If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry."
8. God wants you to honour Him with your work and follow the encouragement from Colossians 3:17.
9. Working with your best buddy doesn't work out well if you are not designed to do that job.
10. List the truths cited in the video:
God designed you
God loves you
you have purpose
Your actions can not separate you from love of God
You are beloved

Session Three:

11. There are two paths to choosing a career: the way the World suggests and the way of perseverance and responsibility.
12. People tend to create their whole identity around their careers, which can become a matter of pride.
13. Examples of work in nature that are beneficial include an —, a worker, and a gardener.
14. Work is part of our purpose and is for our good.

Session Four:

1. There are 6 biblical principles for work.
2. Knowing these principles can change your perspective about work.
3. The first principle is: The Origin of work is God.
4. Work is good and purposeful.
5. The second principle is: All work has meaning and dignity
6. The third principle is: Work is a part of God's plan.
7. Working within your purpose can bring comfort and peace.
8. The fourth principle is: Work is a stage for ministry & witness
9. The fifth principle is: our work needs to be excellent.
10. Work hard, with excellence, and you can be best. of what you are doing.
11. The sixth principle is: God is the final authority on our work
12. These principles illustrate just how much your work means.

Session Five:

1. What is the choice you have to make? To base your choices on faulty foundations or on Biblical principles that will stand the test of time.
2. If you plan to base your decision on the authentic principles, there's a practical tool to help you!
3. Hope was a student getting ready to go to college. She wanted to become a veteran.
4. Her unique design indicated that being an animal trainer would be a better fit.
5. Taking the Career Direct assessment can help you follow Biblical wisdom for your career so that you can live in your design.