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## Life/Work Designs

Career development is about growing through life and work; about learning, experiencing, living, working, and changing; about creating and discovering pathways through one's life and work.

When purposeful, career development  
is about actively creating the life one wants to live and the  
work one wants to do.

Whether or not we purposefully create the life we want, life—and career development—happens anyway. None of us can avoid learning, experiences, living, working, and changing!

Each of us has a career. Each of us develops. Work and life are inextricably intertwined.

All of which leads to the concept of "life/work designs." Life/work design captures the ideas that

- life and work, although sometimes distinct, are not separate
- life and work are best designed in harmony
- life/work can be designed (fully recognizing that not all designs come to full fruition) and continuously redesigned

Designing one's life/work involves

- gathering information about and exploring the various options and one's various preferences, abilities, and interests
- making, following through on, and revising goals and plans to achieve an appropriate balance between life and work