

The Days are Long but the Years are Short, January 13, 2016

David Diamond

A Rising Tide:

My learning series session will be Wednesday, January 13th at 2:30 PM ET/ 11:30 AM PT.

I can't believe these 18 months are nearly over! The theme of my session is "The days are long, but the years are short."

We will look at the intentional choices that we make each day, and how over time these add up to meaning at the scale of our lifetimes. Since this can be viewed as the third session in a trilogy on mindfulness (thanks Frank and Matt!) I've invited Ron Redmon to join the conversation.

Please do the reading in advance of the session, it is only 14 pages, and I think it will provide the basis for a rich discussion in January. I will re-send this as the session approaches, but I wanted to give you some time over the New Year to contemplate and reflect.

Thanks!

David

Session title: The days are long, but the years are short.

Main Objective: Think about the metric by which you want your life to be judged, and make a resolution to live every day so that in the end, your life will be a success.

Preparation: Three Steps

1. Read Clayton Christenson's article and reflect on his three key questions:
 - how can I be sure that I'll be happy in my career?
 - how can I be sure that my personal relationships become an enduring source of happiness?
 - how can I live a life of integrity?
2. Take a minute to consider the lifelines, ages, and stages for you and your loved ones.
3. Review Ben Franklin's daily plan. Although you may not be as big of a "J" as Ben, what can you do each day to support your strategy for happiness and meaning?

Materials:

1. 12 pages - ["How Will You Measure Your Life?" by Clayton Christensen, Harvard Business Review, 2010.](#)
2. 1 slide - "Family Lifelines" adapted from Peyton Robertson
3. 1 page - ["Daily Schedule," by Ben Franklin,](#) excerpt from The Autobiography of Ben Franklin, 1791.