An interactive experience designed to prepare you to pursue your passions
“We talk a lot about leadership, but don’t forget that in business, politics, art or anything else, the first follower you lead is yourself.”

~ Nikki Giovanni
award-winning poet and activist
Ripon College Commencement Speaker, May 1974

For more inspiring quotes from Ripon College alumni and guest speakers, visit ripon.edu/lifewelllived.
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Dreamers and doers, meet your destination. At Ripon College, we are full of big ideas. Life Well Lived® is a set of goals to which we all aspire, beaming as bright and audacious as our forward-thinking founders who staked their claim to this beacon on the hill in 1851. It is true and resolute, bold and flourishing as our alumni who graduate and achieve success in their communities and at every level of society. It’s part of our pennant of pride and progress. And it certainly is way more than a steppingstone to your first career.

We use the following values to explain what Life Well Lived® means to us.

**HEALTHY**
At the core of the student life experience is fostering healthy relationships, respecting the environment, exercising regularly, and eating fresher and more locally sourced foods.

**INNOVATIVE**
We place a premium on innovation and seek to develop a campus community that is constantly challenging the status quo and pursuing answers to new and old questions.

**INSPIRED**
We aim to create spaces and experiences both on campus and off that inspire and prepare our students for a lifetime.

**MINDFUL**
Our students are encouraged to confront issues of diversity and inclusion en route to becoming engaged and productive citizens of the world.
Our students exhibit a strong sense of pride of place and environmental stewardship on campus and in the surrounding community.

Our students will be exposed to rigorous academics and be actively involved in developing research-based methodologies.

We seek to develop in each student a lifelong dedication to alma mater and to create a campus environment that exhibits pride in our athletic traditions.

Our students exhibit a strong sense of pride of place and environmental stewardship on campus and in the surrounding community.

Our academic programs promote better understanding of the world, increase cultural awareness, prepare students for a variety of careers and open up a lifelong love of travel and international ideas.

During your time at Ripon College, your professors, advisors, coaches and fellow students will challenge you to pursue your passions and identify the goals and values that you will carry throughout your lifetime.

The pages that follow contain some fun activities designed to help you explore your own big ideas.
To be **healthy** is to achieve a state of complete physical, mental and social well-being. Thanks to advances in medicine and greater general awareness, people are living longer and living more of their life in better health than before. The average life expectancy in the United States is 78.8 years. But understanding what constitutes healthy choices across various aspects of life is essential to reaching equilibrium. Choices like daily exercise have been proven to boost energy, improve mood, control weight and combat disease and other health problems.

**CHALLENGE QUESTIONS:**
On a scale of 1-5 (*1-not healthy; 5-very healthy*), rate how healthy you are in each of the following:

___ Diet
___ Physical activity
___ Sleep
___ Social relationships

How many times per week do you exercise? ______________________

How much sleep does your body need per day? __________________
How often during the week do you get your required amount of sleep? ________________________________

Would you classify your social relationships as healthy? _____________

Why or why not? ____________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

What are some possible benefits to improving on these aspects? _____
___________________________________________________________________________
___________________________________________________________________________

GOALS: _____________________________________________________________________
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Innovative

adjective | in·no·va·tive | \'i-nә-va-tiv\
tending to innovate or introduce something new or different; characterized by innovation

Innovation is all around us. The U.S. economy oftentimes is characterized by innovation. Nearly 90 percent of the firms listed on the Fortune 500 list in 2015 did not exist 60 years ago, and many of the most lucrative jobs available to recent graduates did not exist even 10 years ago. Continual innovation takes leaders who are willing to take the risks necessary that lead to new product developments, startups, medical breakthroughs and other transformations. We are being innovative when we apply new or different methods and ideas.

**CHALLENGE QUESTIONS:**
List a few companies/organizations and briefly describe how they are innovative: ________________________________

____________________________________________________________________

____________________________________________________________________

Now, list three new products that you use regularly that didn’t exist when you were in diapers: ________________________________

____________________________________________________________________

____________________________________________________________________
What does a company/organization need in order to create a culture of innovation?

________________________________________________________________________

________________________________________________________________________

Describe a situation in which you were innovative in your approach to solving a problem. How did you arrive at this innovation? Who helped you? What was the impact?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Explain one problem or challenge that could be solved or made easier with innovation. How so?

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________________________________________________________________________

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GOALS:  

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**Inspired** individuals experience more purpose in life and gratitude. They oftentimes are more intrinsically motivated. People who generally are more inspired in their daily lives tend to think more creatively and set inspired goals, which are more likely to be successfully attained. Inspiration is something that makes someone want to do something or that gives someone an idea about what to do or create — a positive force or influence. Inspiration can come from a person, place, experience, etc.

**CHALLENGE QUESTIONS:**
Would you describe yourself as intrinsically motivated or extrinsically motivated?  
________________________________________________________

____________________________________________________________________

____________________________________________________________________

What or who do you need to stay motivated? When do you need motivation the most?  
________________________________________________________

____________________________________________________________________

____________________________________________________________________
What was the biggest achievement in your life thus far? Did it require inspiration? If so, what helped you? When you reached your goal, were you inspired to set the next goal? ________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Explain a time when you inspired someone else. How did you know inspiration was needed? Did your actions result in a positive outcome? ________________________________________________________________

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GOALS:  ________________________________________________________________

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Health and mindfulness, in many ways, go hand-in-hand. How you approach life, work, leadership, love and relationships is just as essential to achieving sound mind and body as making healthy choices. Mindful individuals maintain a high degree of awareness, compassion and mindfulness in all aspects of life. Knowing yourself and being open to experiencing nature, new things and the people around you can heighten your awareness of the conditions of others and increase your ability to relate and show compassion. Meditation and self-reflection are key practices of mindfulness.

**CHALLENGE QUESTIONS:**
Please list five traits that best describe you: __________________________ ,
__________________________, ________________________________
__________________________, ________________________________

What are some traits you really value in others? __________________________
__________________________, ________________________________

__________________________, ________________________________
Do you meditate or practice self-reflection? If so, how often? ________
____________________________________________________________________

When you have a bad day, how do you typically deal with it? What
do you need to de-stress? __________________________________________
____________________________________________________________________

Please fill in the blank: During a rainy day, I like to _________________
____________________________________________________________________

How often during the day do you think of others? _________________

What problem(s) affecting others in your community would you like to
positively impact? _________________________________________________
____________________________________________________________________

GOALS: _____________________________________________________________
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Scholars typically are highly educated and passionate about seeking profound knowledge in an area over the course of a lifetime. A scholar is marked by what could be called academic poise; a skepticism about knowledge claims, self-criticism and doubt. To be **scholarly** is to be intimately familiar with and knowledgeable about both the classical and most recent literatures in the area of inquiry. A scholar shows resoluteness in seeking deep explanations for events, persistence despite repeated roadblocks in the course of investigation.

**CHALLENGE QUESTIONS:**

Why do you like to learn? ______________________________________________________

____________________________________________________________________________

What subjects, hobbies, activities and/or issues interest you most? Why? ______________________________________________________

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________
Is it more important to you to know a little about a lot of things or a lot about a few things?

________________________________________________________________________

________________________________________________________________________

Is there a topic about which you are more knowledgeable than others? What did you do to gain this depth of knowledge?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What type of environment do you require to support your learning needs?

________________________________________________________________________

What do you do to trouble-shoot problems?

________________________________________________________________________

GOALS:  

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“We have spirit. Yes, we do. We have spirit. How ‘bout you?”

Chances are, you have heard this chant at least once before. Spirit typically is associated with sports and other forms of competition, like speech and debate. Broadly speaking, a spirited individual is marked by a strong will or determination and outward sense of pride. They have a specified character, outlook on life, or mood. In many instances, being spirited can be a game-changer.

**CHALLENGE QUESTIONS:**
In the space below, sketch an image of something that depicts passion or spirit.
How is spirit tangible in your environment?

____________________________________________________________________

When have you exhibited spirit?

____________________________________________________________________

Who is the most spirited person you know? Explain.

____________________________________________________________________

____________________________________________________________________

Do you think being spirited matters? Explain.

____________________________________________________________________

____________________________________________________________________

GOALS: 

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sustainable

adjective | sus·tain·able | \səs-ˈstā-nə-bəl\
of, relating to or being a method of harvesting or using a resource so that the resource is not depleted or permanently damaged

Consumer demand, development, shifts in weather patterns and other environmental impacts all contribute to the depletion of natural resources. We live in a modern world with modern demands where the sustainable choice is not always the easiest one to make. We are sustainable when we pursue human development goals while maintaining the ability of natural systems to continue to provide the natural resources and ecosystem services upon which the economy and society depend.

CHALLENGE QUESTIONS:
Rank the importance of the five environmental issues below:

___ Wildlife protection
___ Clean drinking water
___ Global warming
___ Deforestation
___ Food supply chain

What issue did you rank first and why? ________________________________
____________________________________________________________________
____________________________________________________________________

16
How have you personally had an impact on a local sustainability issue?

____________________________________________________________________

How does sustainability impact your life on a daily basis?

____________________________________________________________________

What issue under the umbrella of sustainability matters most to you and why?

____________________________________________________________________

In what ways can you impact this issue now? In the future?

____________________________________________________________________

What resources will you need to achieve your goals?

____________________________________________________________________

Who do you know who can serve as a mentor to you on this issue?

____________________________________________________________________

GOALS:

____________________________________________________________________

____________________________________________________________________
When you meet someone new, how do you break the ice? More often than not, it’s over the weather, a funny situation, a major world event or something you have in common. Perhaps it’s a simple handshake or a smile. Whatever it is, this shared experience or understanding connects you. To be **worldly** is to have a thorough knowledge of a wide range of events, philosophies, procedures and possibilities — what a classic liberal arts and sciences education provides. This education provides meaningful context and gives you the necessary experience and knowledge to understand all forms of life.

**CHALLENGE QUESTIONS:**

Do you know any foreign languages? If so, which languages? Describe your level of fluency in each (beginner, intermediate, fluent).

How are you connected with the world around you? At home? More distant?
What songs make up your “most recently played” playlist? __________
____________________________________________________________________

Do you believe it’s important to experience other cultures? Why or why not? _____________________________
____________________________________________________________________
____________________________________________________________________

In the space provided, list each of the 50 states you have visited? Can you name their capitals? __________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
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Have you visited any foreign countries? If so, what surprised you the most? What challenged you the most? What were some of the biggest rewards? __________
____________________________________________________________________
____________________________________________________________________
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GOALS: ____________________________________________
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If you have reached this page, you have successfully completed all exercises contained in the Big Ideas workbook. Congratulations!

Life Well Lived® and the eight values (healthy, innovative, inspired, mindful, scholarly, spirited, sustainable, worldly) provide just one general context in which to identify your passions. We hope the challenge questions in the workbook made you think more deeply about each of these values as well as the values that matter most to you.

What’s next is all up to you.

**SELF-EXAMINATION:**
No matter what stage of life you are in, the practice of setting goals is a great way to create focus and build the self-confidence necessary to pursue your passions.

If you could do anything or be anything (time and resources are not a concern) that would be ...

1. __________________________________________________
2. __________________________________________________
3. __________________________________________________

Now, let’s apply some timelines:

Five-year goal: __________________________________________________
One-year goal: __________________________________________________
Six-month goal: __________________________________________________
One-month goal: ________________________________________________
One-week goal: ________________________________________________
Immediate goal: ________________________________________________
Next, make a list of all the big ideas you have to help you reach your goals. To the right of each big idea, identify related tasks and allocate a priority level from 1-5 (5-very important; 1-unimportant). You may find it helpful to categorize your list into a few separate lists based on the nature of the big idea, i.e., personal, professional, etc.

My Big Ideas List includes …

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WHAT VALUES ARE IN YOUR TARGET?

Think about and list accordingly within the above target those values you view as essential, important and moderately important.