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PE.550 Designing Your Life  
January (IAP) 2009 - Spring 2009

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Designing Your Life (IAP-Spring 2009)  
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**Homework 1: Promises and Consequences and Areas of Life**

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1. Design a set of promises and consequences for three of your 18 areas of life. These promises should get you closer to your dream in each area. Email us the promises and consequences by tomorrow night, and send us the results of the week's promises and consequences for the coming week to us by Sunday. Report on whether you kept or did not keep your promises. Suggested format:
  - a. Describe the promise
  - b. Write for each promise "KEPT" or "NOT KEPT"
  - c. Describe the consequence
  - d. Write if you paid the consequence or not. IF no, by when will you pay it?
  - e. What are your stats on keeping the promise (e.g. I kept 5/7 days).
  - f. What did you notice about yourself? Where did you stop yourself? Where were you a chicken or brat, and where were you great? You can include this for any promise, but ALWAYS do this for every promise that was NOT KEPT.