

# Instagrammed

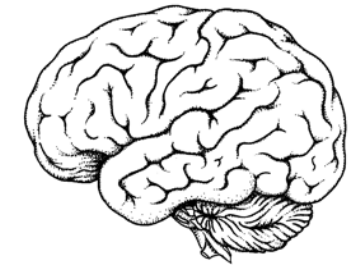
When you are stuck on what you want next.



# **Feeling Lost?**

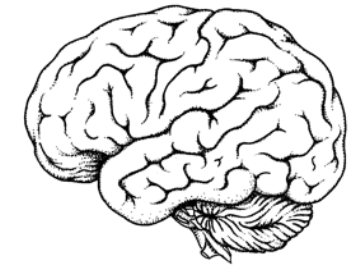
A shift from career planning to career discovery is an invitation for play.

# **What to expect**

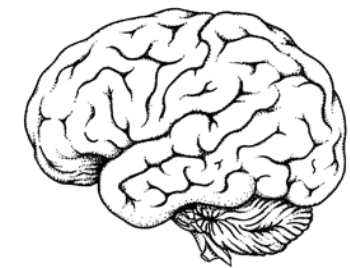


Follow a sequence of short drills.

# What to expect



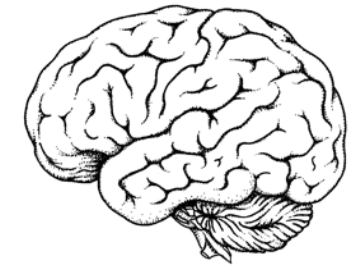
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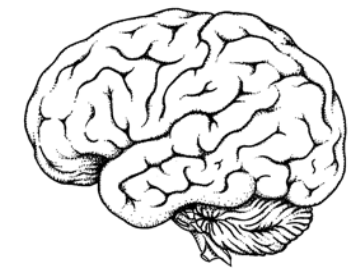
Solo or with friends



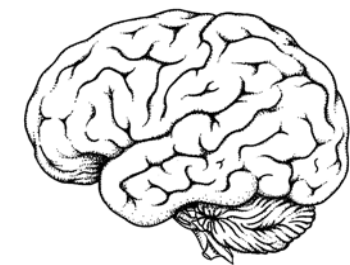
# What to expect



Follow a sequence of short drills.

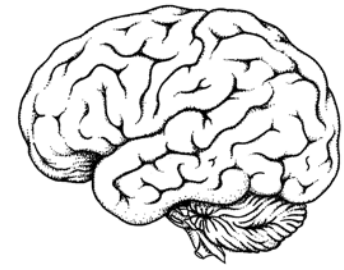


Solo or with friends



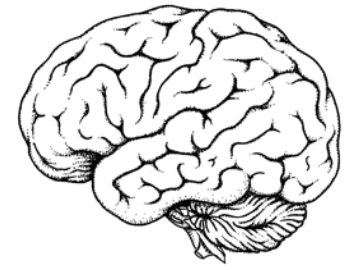
Inspirations, not answers

# Course Tips

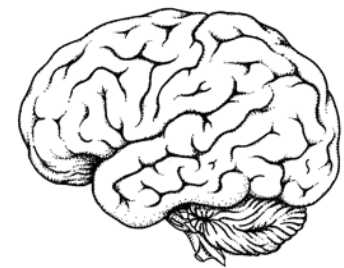


Use “Yes, and”

# Course Tips

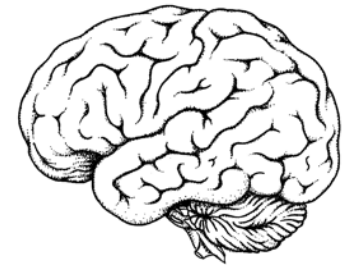


Use “Yes, and”

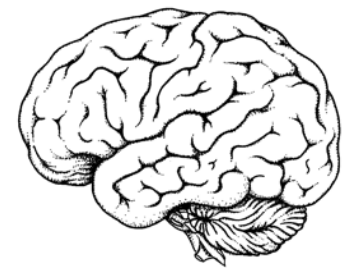


Get Weird!

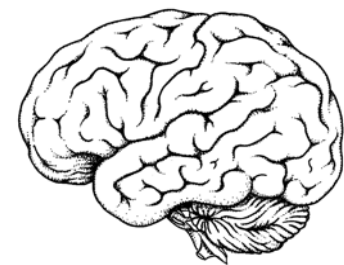
# Course Tips



Use “Yes, and”



Get Weird!



Be Specific





# **Let's Get Started**

Give yourself space to not feel rushed.



# **Bring Questions to Slack**

And share photos of your outputs!



Part 1.

# Curiouser & Curiouser





# **What?**

A drill to surface new inspirations  
with nonlinear thinking.





# **Why?**

When you don't know where you are going,  
there is no one way that will get you there.

# Curiouser & Curiouser

## Super Fan

What brands do you love, work you admire, or causes you care about?



# Print Worksheet.

Or fold a sheet of 8x11  
paper into thirds.

## Get Lost

What do you lose track of time working on? What gets you energized?

## I've Always Wanted To...

What have you put off because of staying on the “safe” path.

# Curiouser & Curiouser

## Super Fan

What brands do you love, work you admire, or causes you care about?



## Start here.

- Set at timer for 3 minutes.
- No right answers.
- Be specific.

## Get Lost

What do you lose track of time working on? What gets you energized?

## I've Always Wanted To...

What have you put off because of staying on the “safe” path.

# Curiouser & Curiouser

## Super Fan

What brands do you love, work you admire, or causes you care about?

## Get Lost

What do you lose track of time working on? What gets you energized?

## I've Always Wanted To...

What have you put off because of staying on the “safe” path.



# Move here.

- 3 minutes.



# Curiouser & Curiouser

## Super Fan

What brands do you love, work you admire, or causes you care about?

## Get Lost

What do you lose track of time working on? What gets you energized?

## I've Always Wanted To...

What have you put off because of staying on the “safe” path.



# Last Prompt.

- 3 minutes.



I've always wanted to...

- + Fabricate bike frames

- + Make toys & games

- + Visit all 59 national parks

- + Be a bike guide, skills education

- + Learn to code

- + Run an alternative college

- + Launch a gap-semester program

- + Learn to use a sewing machine  
(I only know the basics)

Get Lost

- + Mobile work travel in adventure vehicles

- + MTB trail rider videos

- + Positive Psych books & behavioral economics

Super Fan

- + Myles Shorts

- + REI

- + Startup Podcast

- + Bike Straps

- + REI MTB trails app

- + Topo Duffle bag

## Circle Three

- One per prompt.
- Follow curiosity.





## **Group Tip**

Swap worksheets and circle three picks for your friend.



# Questions?

What was enjoyable/difficult about answering each prompt?



Draw the feed from your future.

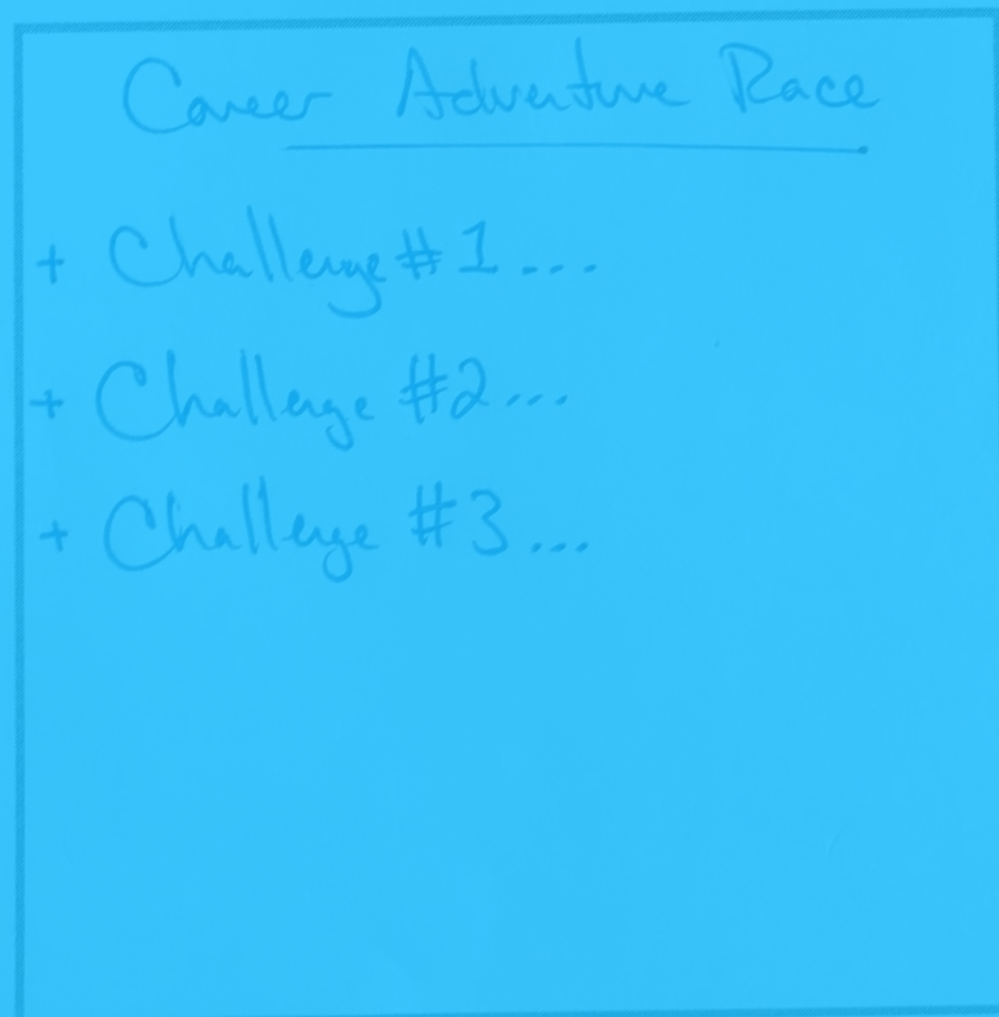
What will you be doing? Where?

How do you connect with your talents? What impact do you make?

Super Fan  
REI

Part 2.

# Instagrammed



# College meets Adventure Race

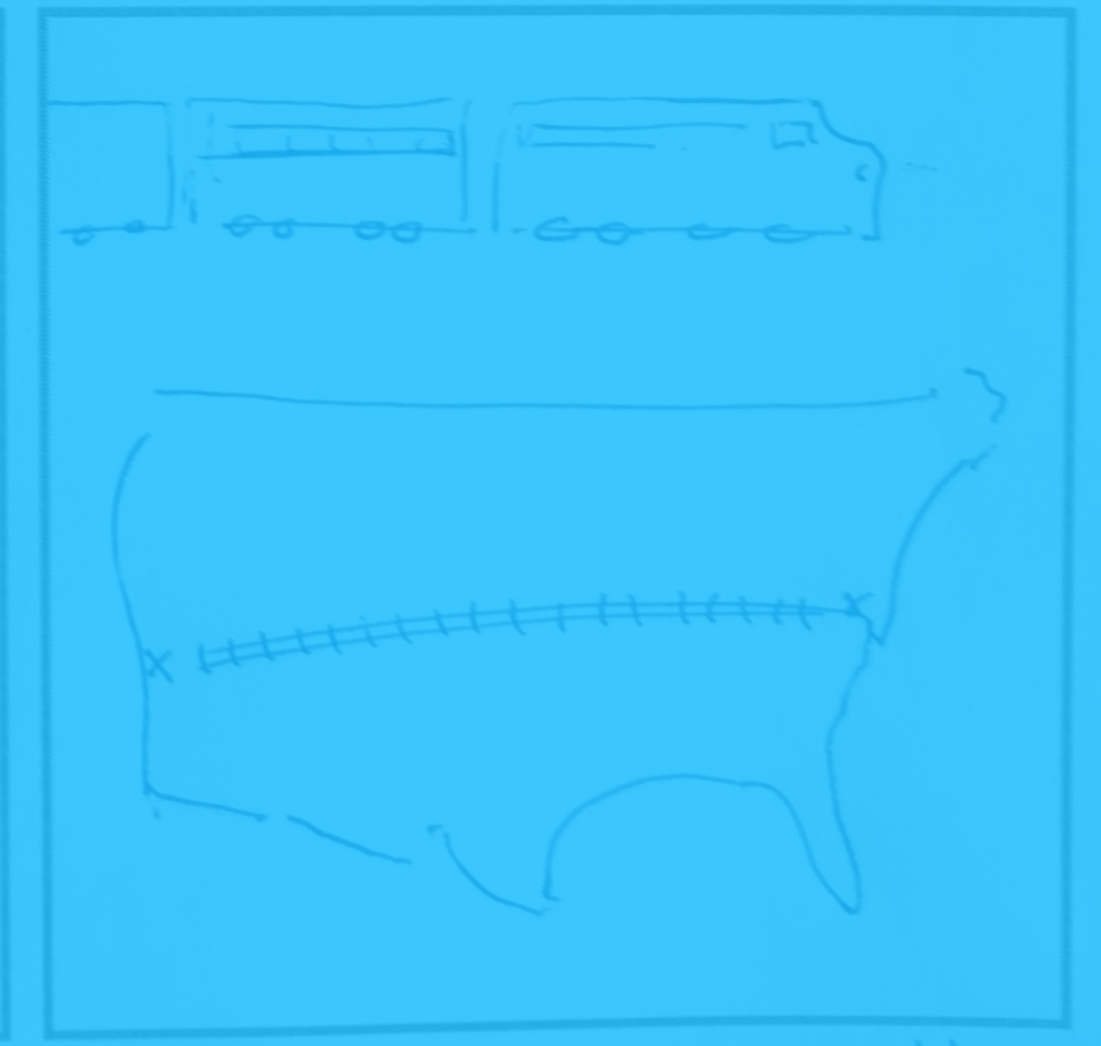
# Gear Tester

LoopingMethod.com

Draw the feed from your future.

What will you be doing? Where?

How do you connect with your talents? What impact do you make?



# Not a blogger

# Careers across the Country





# **What?**

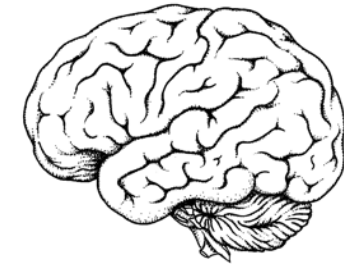
A divergence drill to open new directions for career discovery.



## **Why?**

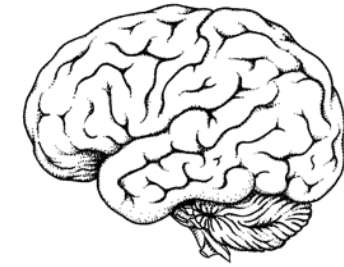
Practical, linear career thinking limits our possibilities and serendipity.

# Drill Tips

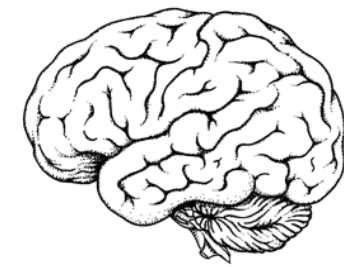


Don't look for career answers.

# Drill Tips

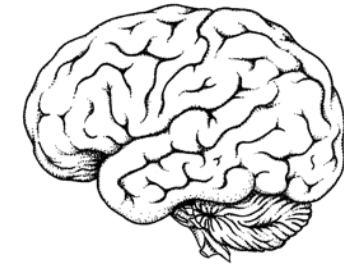


Don't look for career answers.

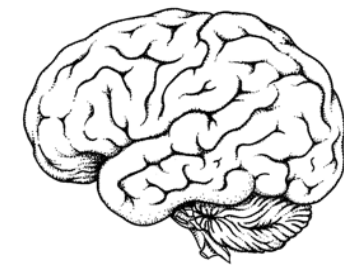


Embrace Doodles!

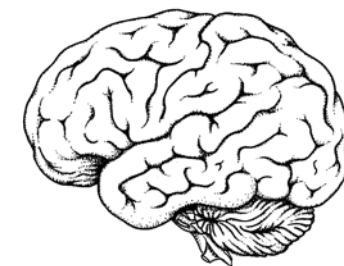
# Drill Tips



Don't look for career answers.



Embrace Doodles!



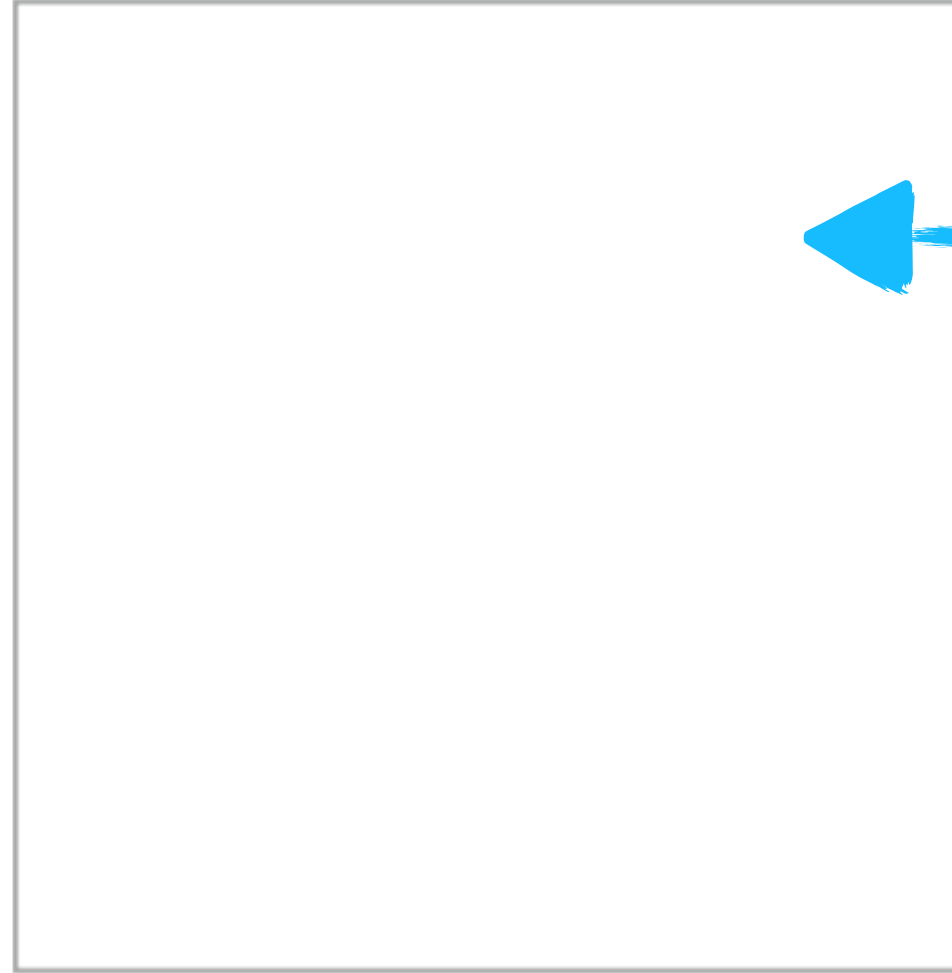
Be Specific.

# Instagrammed

Draw snapshots from four imagined futures and label each with a hashtag.  
Let go of practical career pathways.



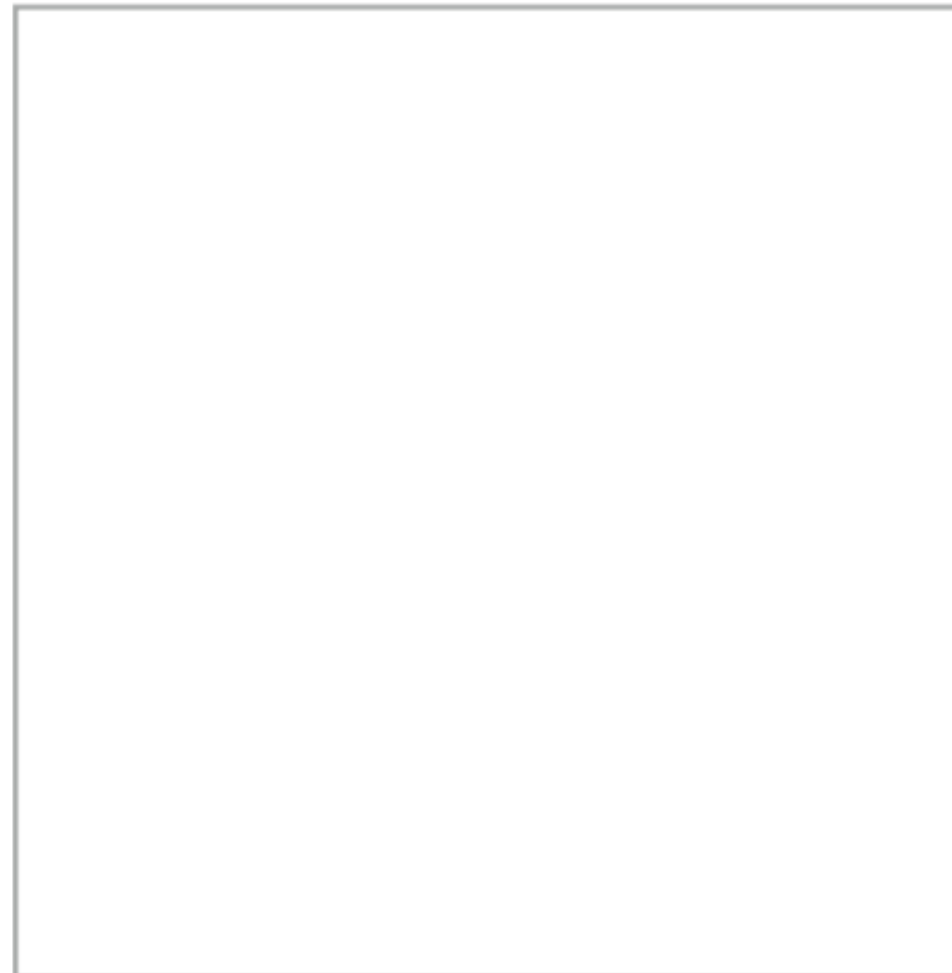
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#



#



#



**Print Worksheets.**

Or fold a sheet of 8x11  
paper into quadrants.

You need **three** copies.



# Instagrammed

Draw snapshots from four imagined futures and label each with a hashtag.  
Let go of practical career pathways.

**“REI”**

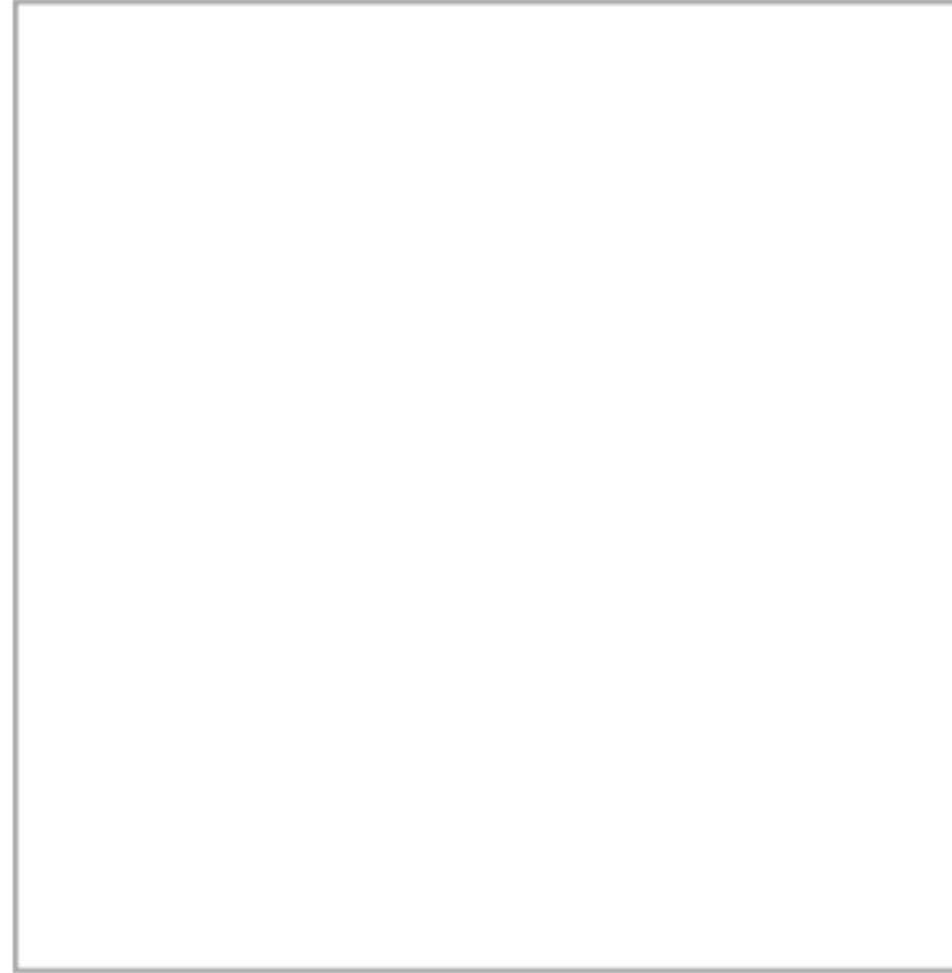


## Curiouser Outputs

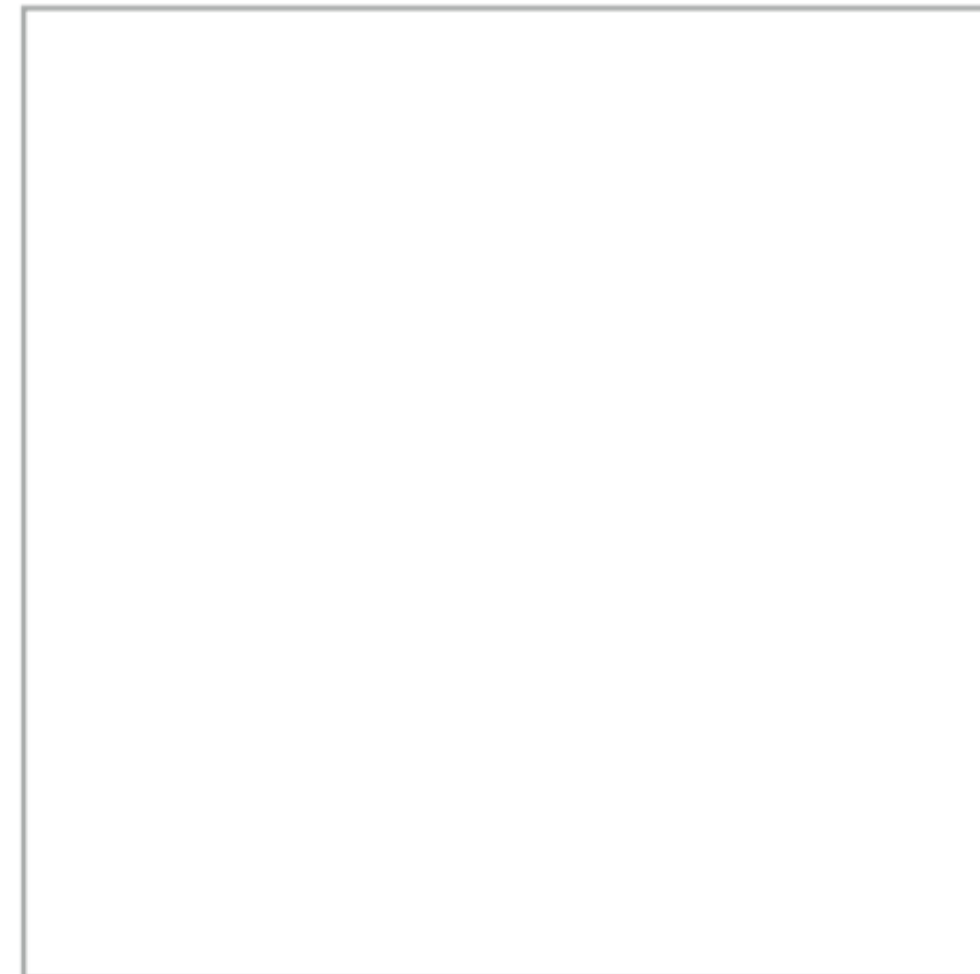
Label each worksheet to represent each of your three C&C picks.



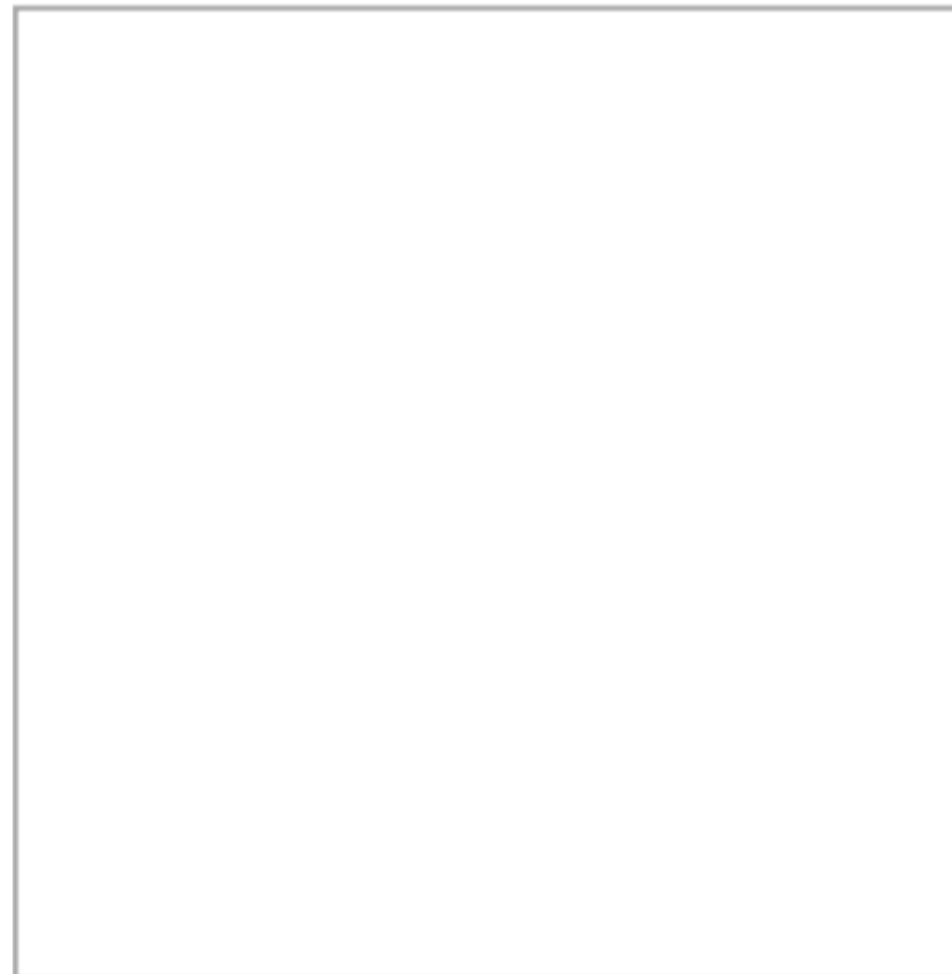
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#

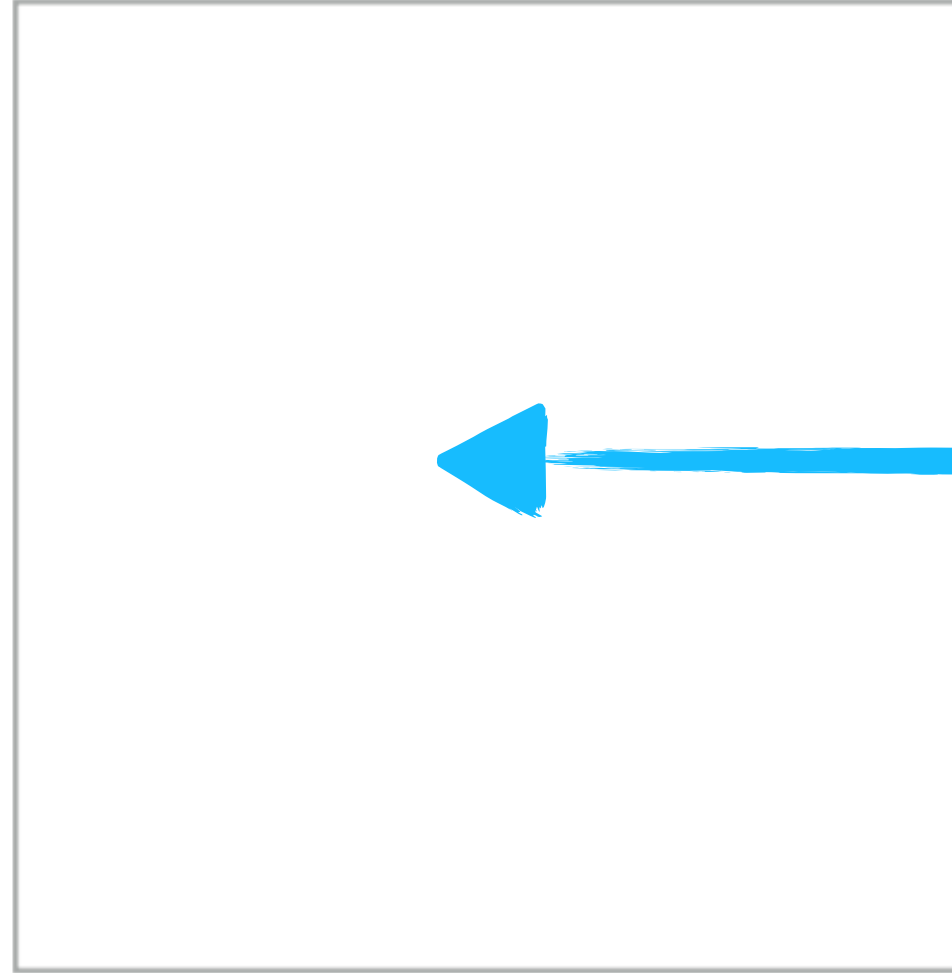
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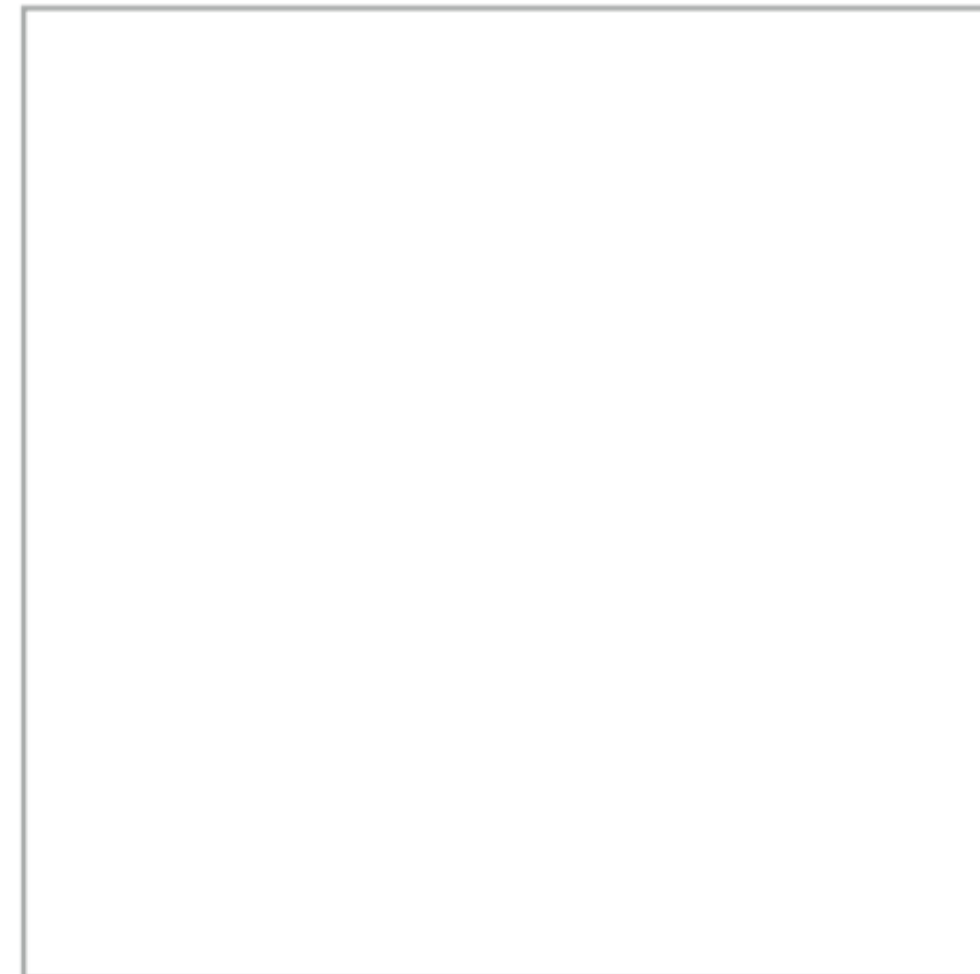
**“REI”**



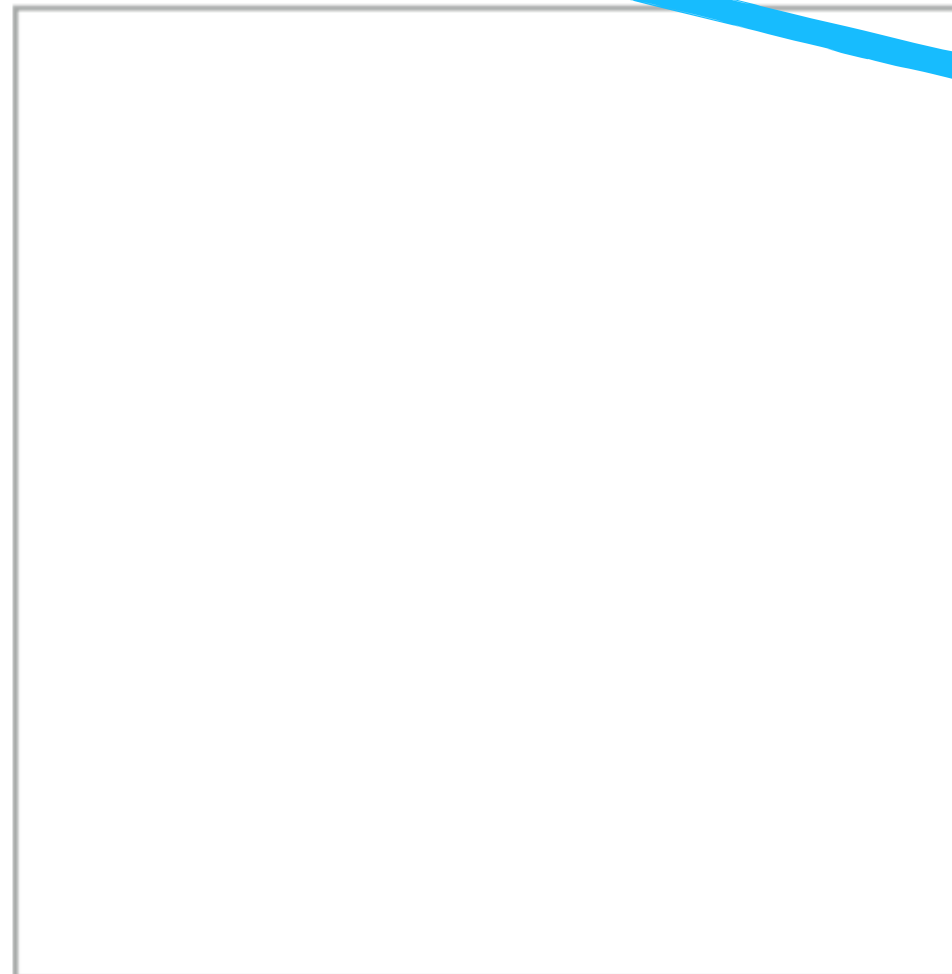
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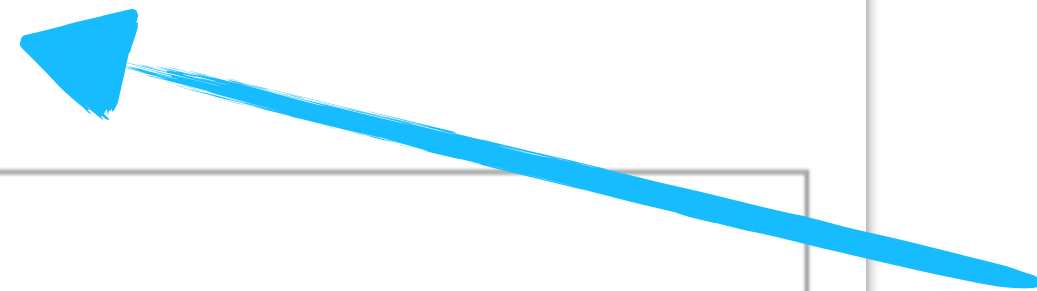
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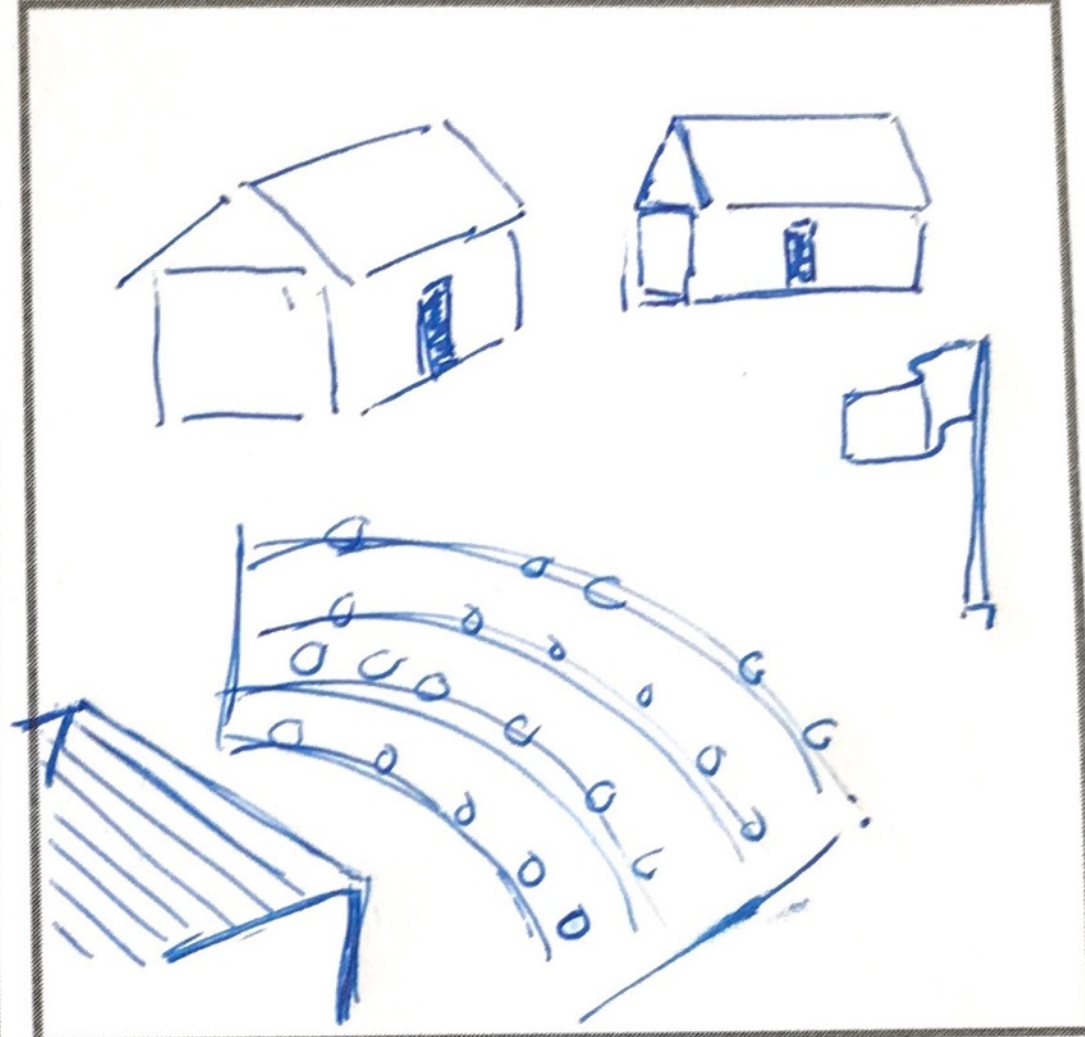
## Sketch Four Ideas

- Use the C&C output as your muse.
- Title with #
- Five minutes

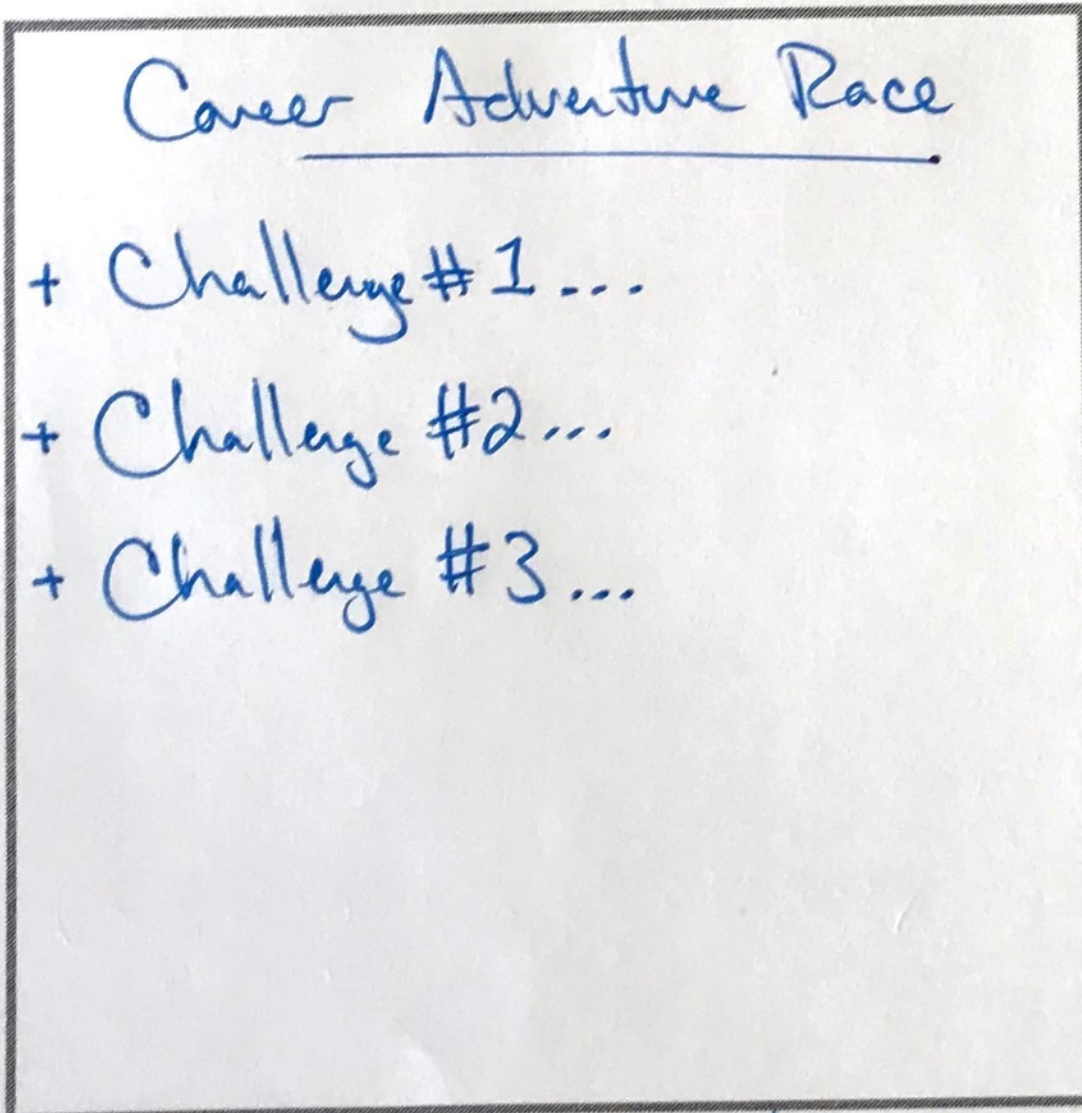




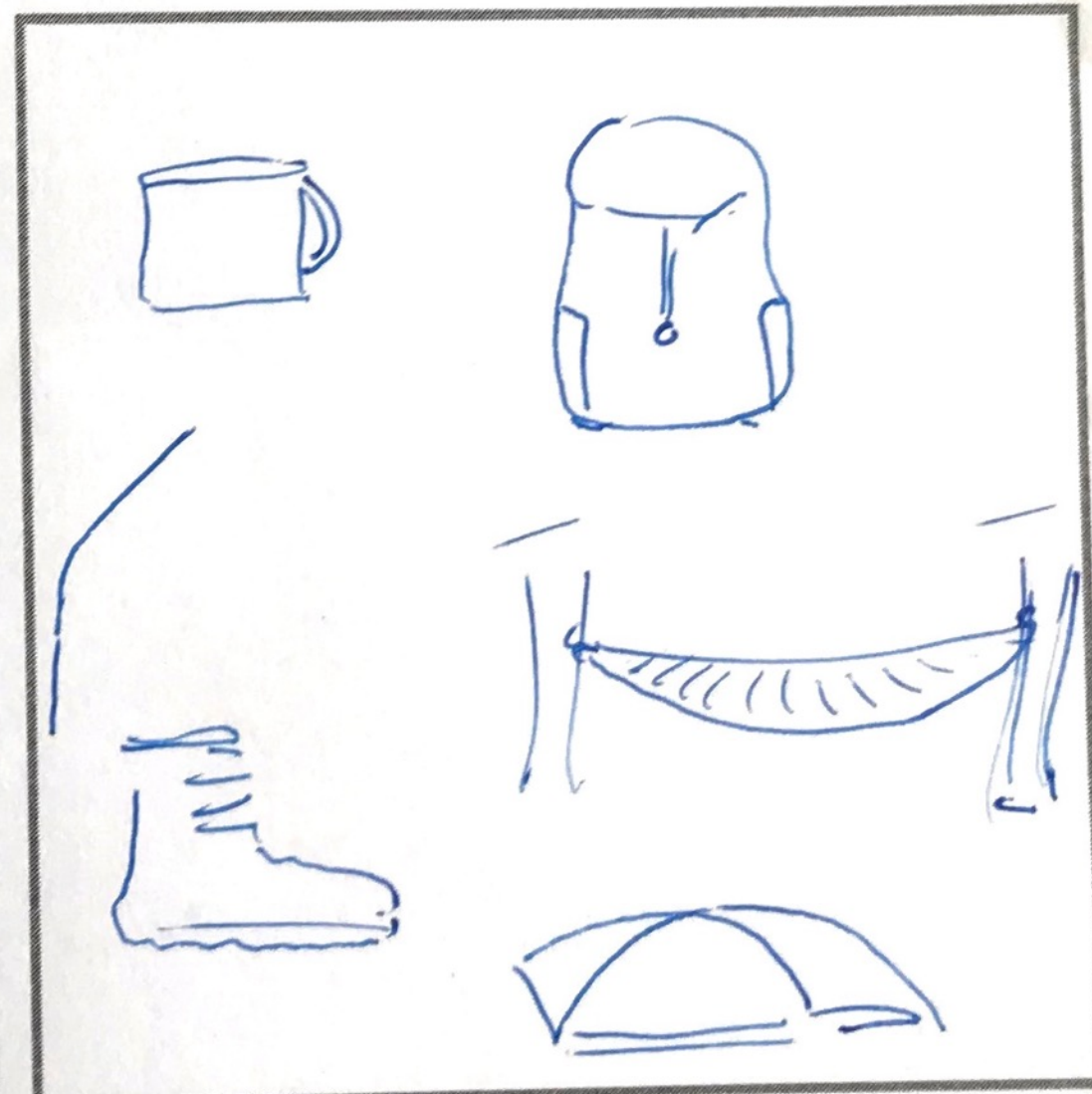
# Epic Retreat



# Career Camp



# College meets Adventure Race



# Gear Tester

# REI Example

#CollegeMeetsAdventureRace

#CareerCamp

#Career Tester



# **Reject Practical Thinking**

You are not aiming for careers or  
judging viability.





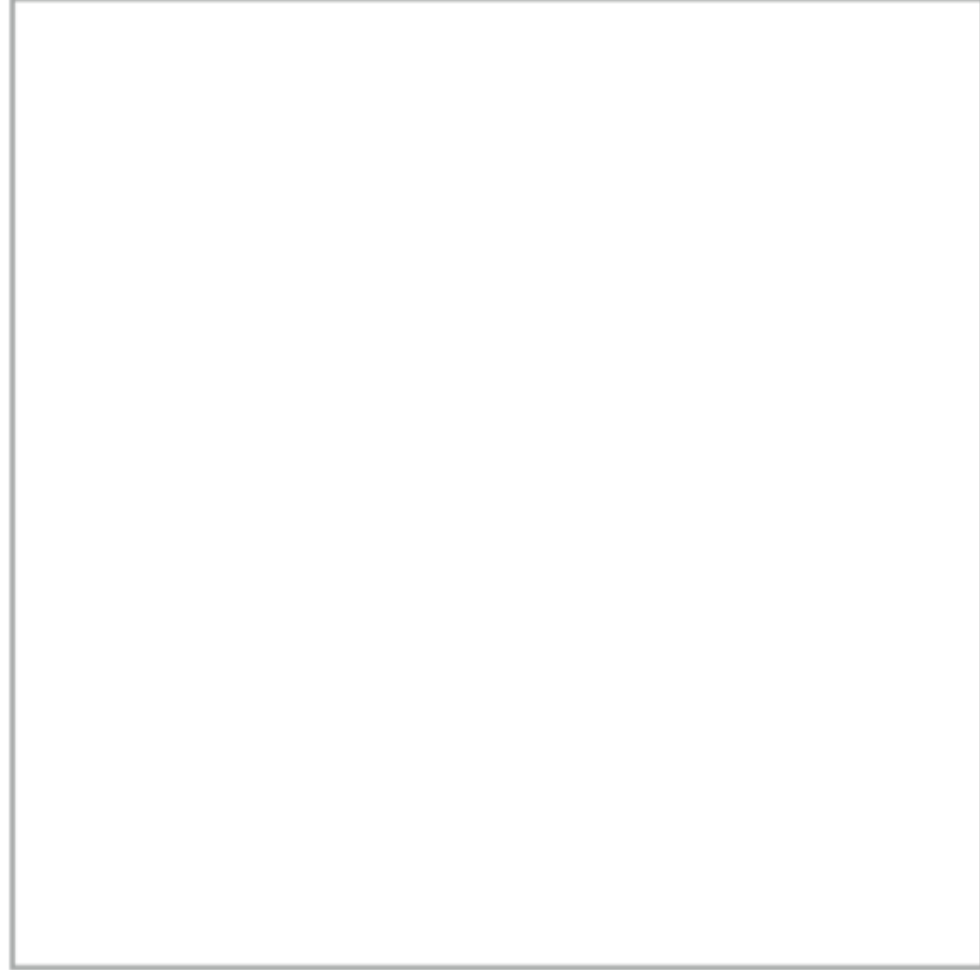
# Dance + Abuse Therapy

Instagrammed gives you  
permission to ask, **“What If?”**

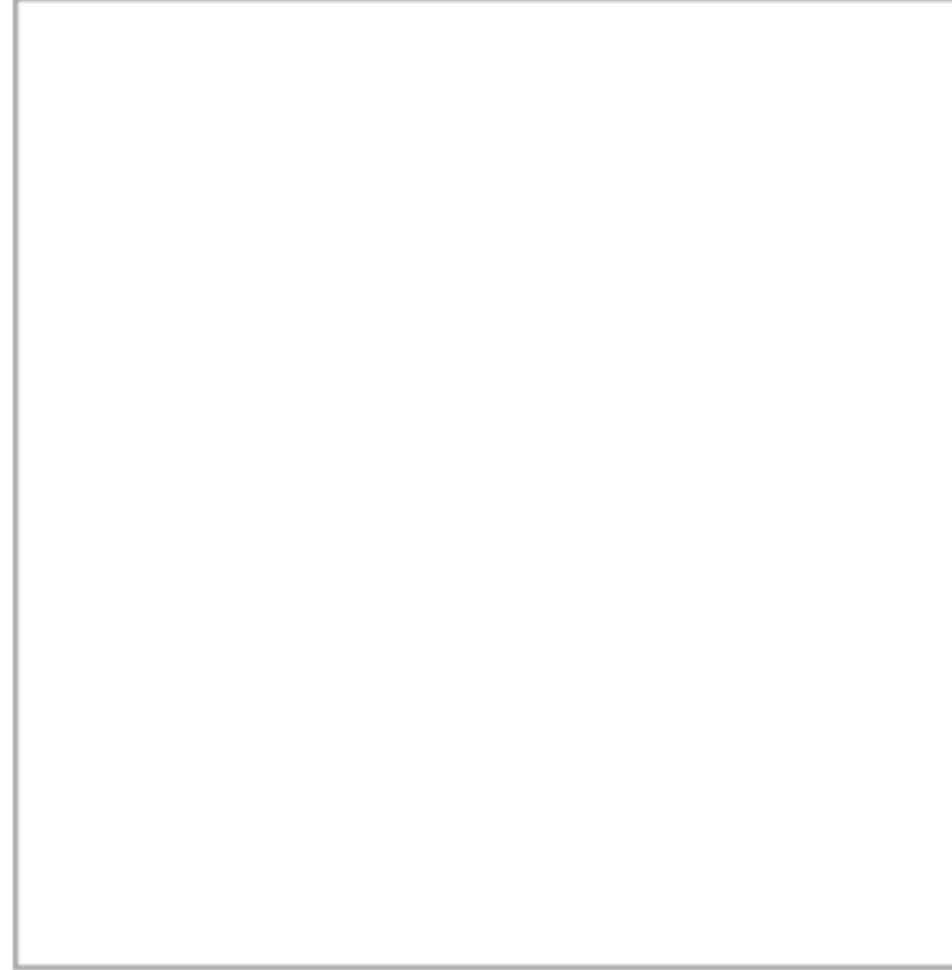
# Instagrammed

Draw snapshots from four imagined futures and label each with a hashtag.  
Let go of practical concerns for a day.

**“Sewing Machine”**



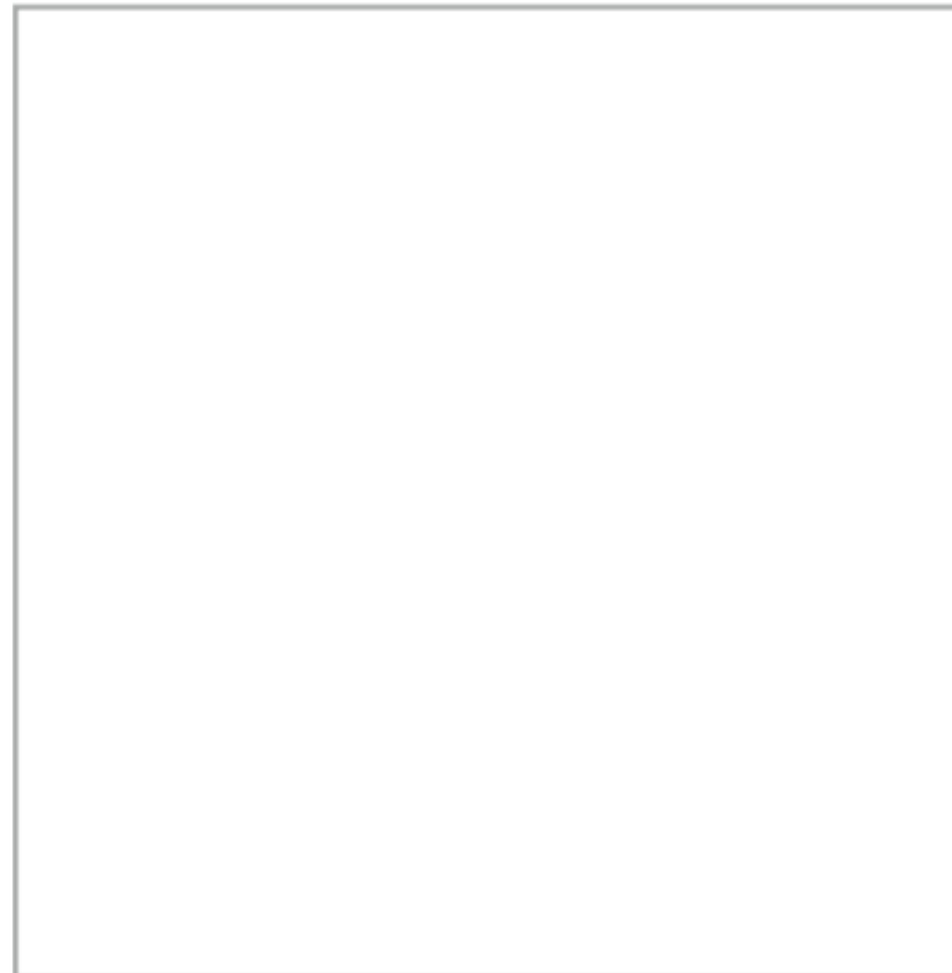
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#



#

## Next Worksheet

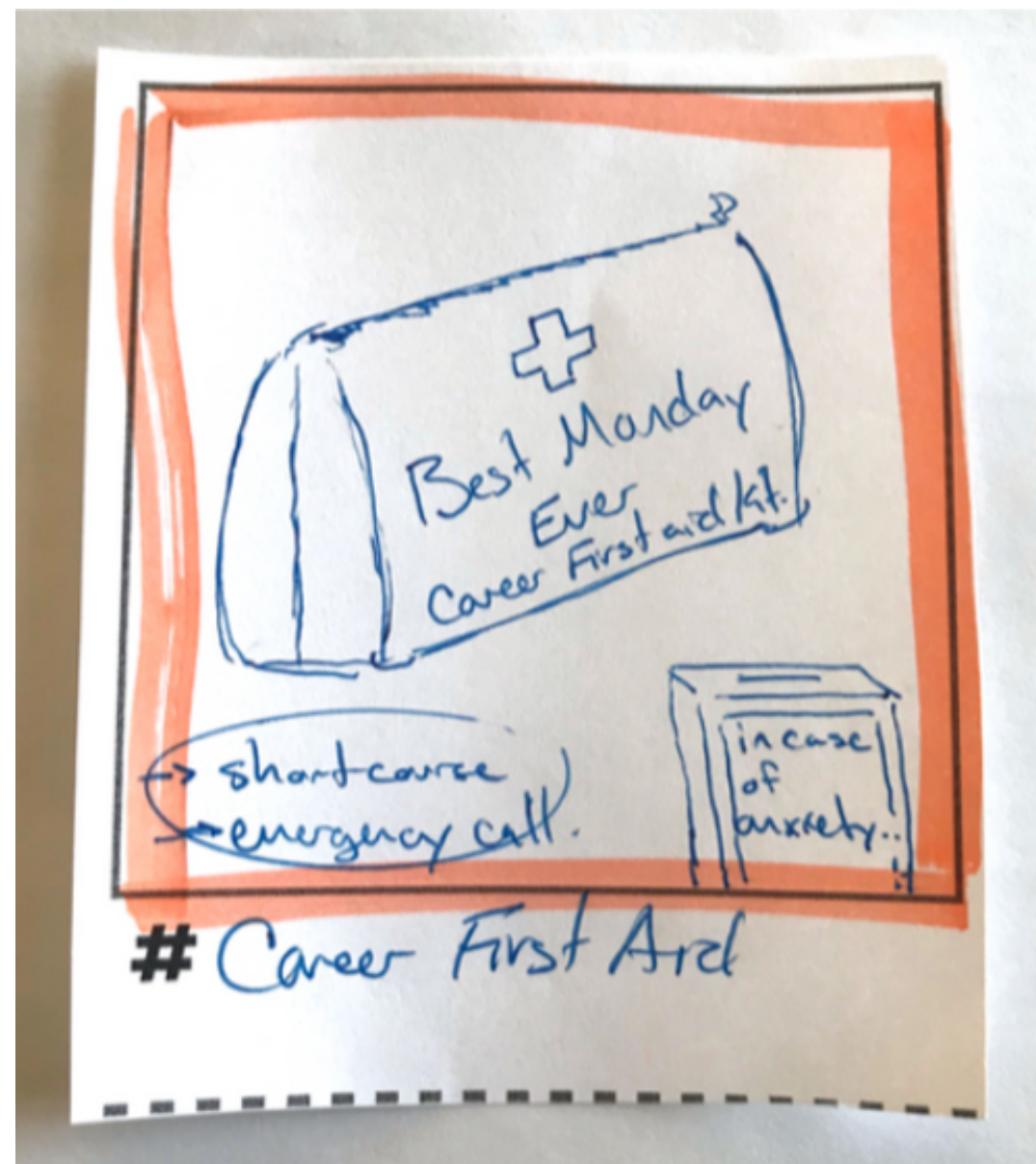
- New C&C muse
- Title with #
- Five minutes
- Repeat for final worksheet



# Cut Out Your 'Grams







## Group Tip

To differentiate 'grams in the next drill, each member outlines their 'grams with an identifying color marker.



# Questions?

What did you enjoy about this drill?

What did you find challenging?



Part 3.

# Inspiration + Impact





# **What?**

A convergence drill to help you  
make sense of multiple options.



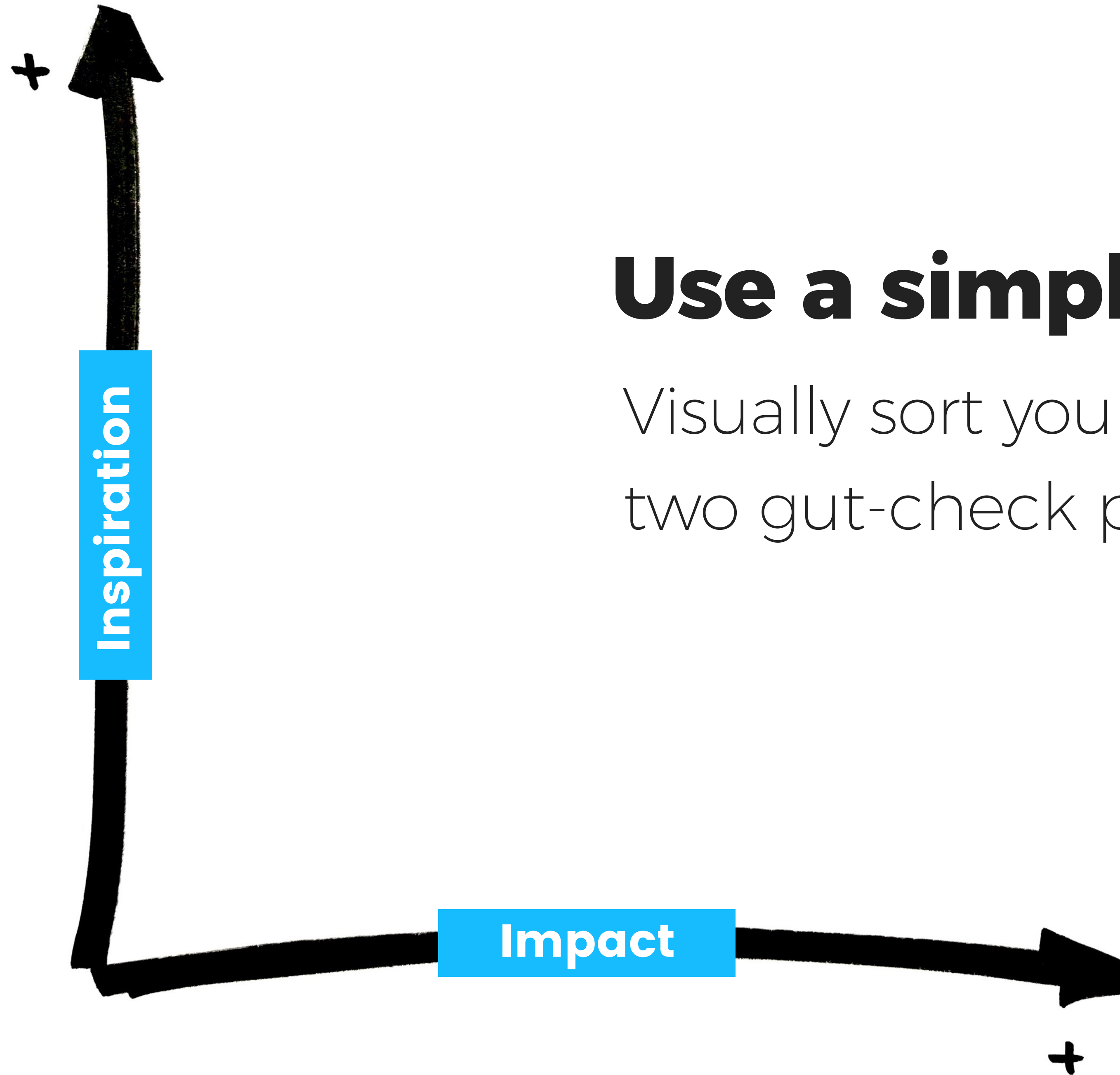
# **Why?**

We are easily overwhelmed by a false belief in making the right choice.



**You can't pick the right path  
for a future that hasn't been  
invented yet.**





## Use a simple XY plot

Visually sort your options against two gut-check parameters.

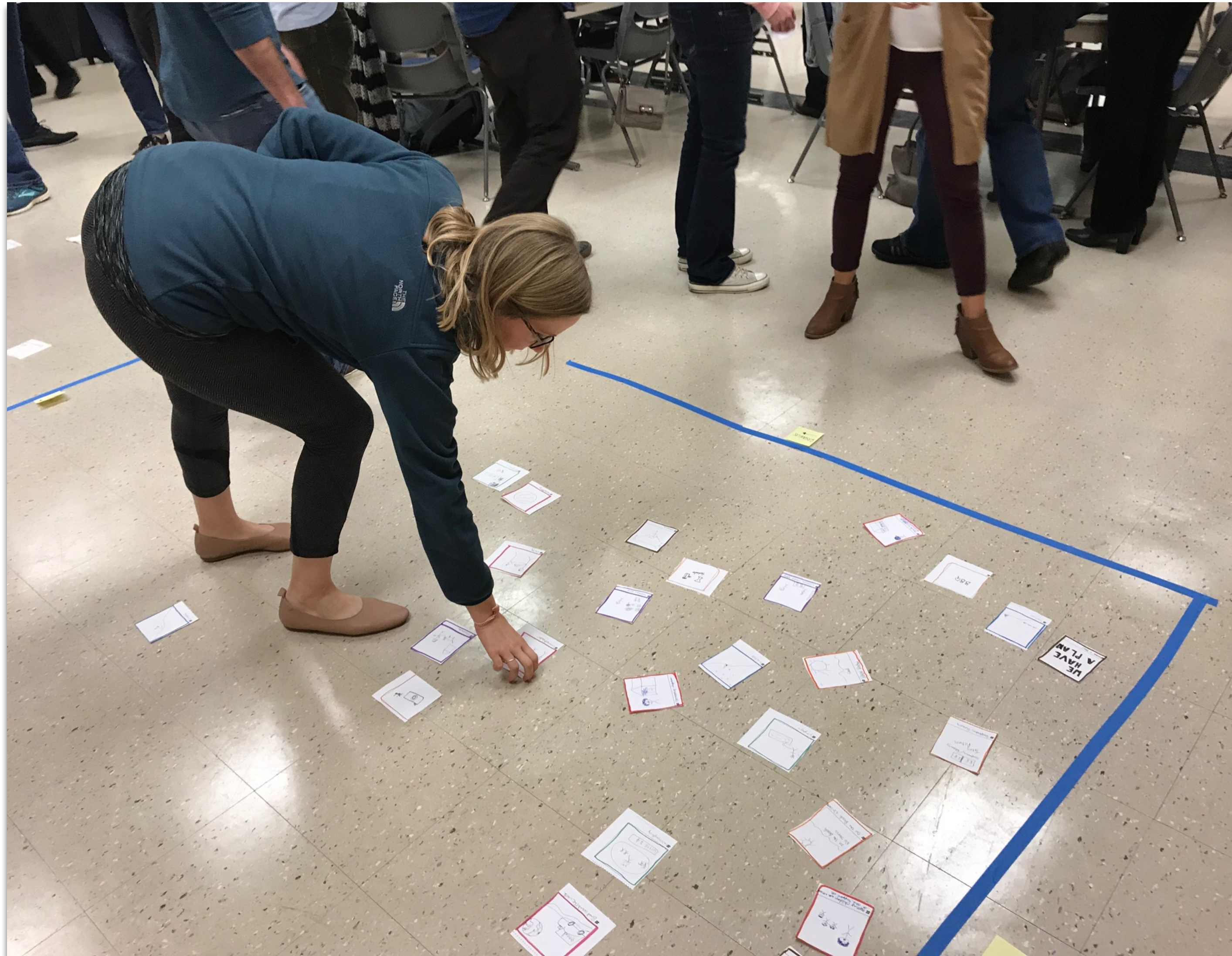




# Table Plot

Great for solo or small groups.





# Floor Plot

Great for big groups.



Inspiration

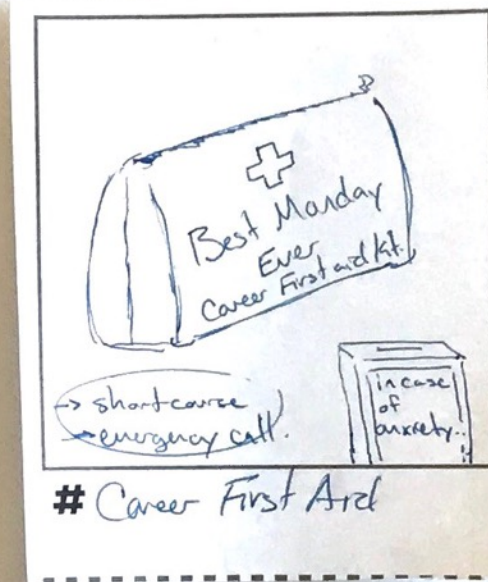


**The Sweet Spot**

Impact



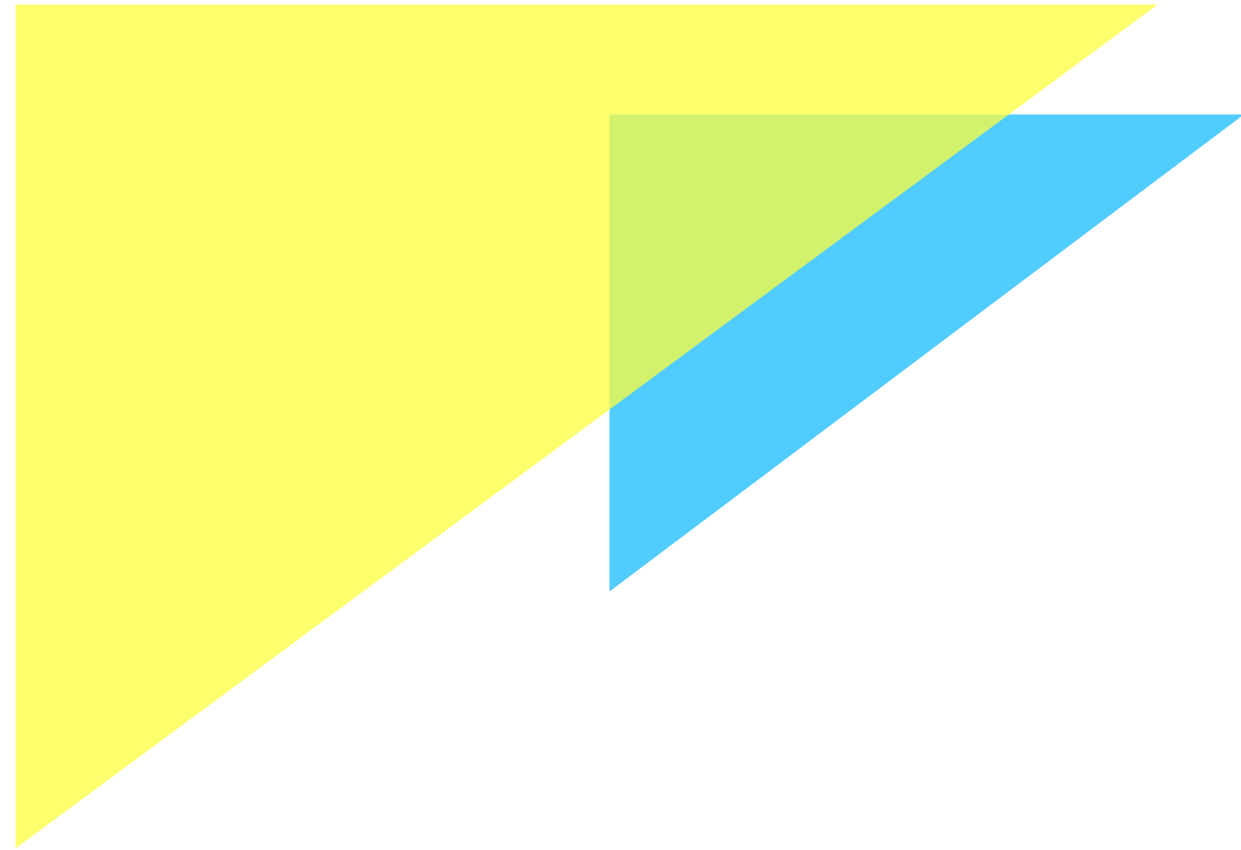
Inspiration



# Choose Inspiration

Impact





## **Take A Photo.**

Although you will focus on the sweet spot in the next drill, you are not disregarding other inspirations.



# Questions?

What was surprising about your rankings?

Did you have any tension between ideas?

How do feel about these new inspirations?



Part 4.

# How Might I?

Back Talk — 9:00 - 9:20.  
+ 4 minutes per turn (3 turns)  
+ self distancing

9:13  
9:16  
9:20

→ "Pssy Backing as that"  
★ Holding Space





# **What**

Turn inspiration into useful inquiry  
in order to explore new pathways.

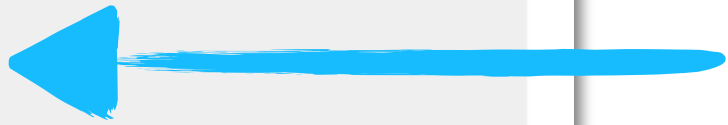
# How Might I

How might I...			
learn	meet	communicate	help
discover	make	create	connect
overcome	test drive	decide	understand
get involved	combine	explore	write your own

**Start here:** What do you need help with, feel stuck on, or inspired by? Be specific!

in a way that	when	for	with	write your own
so that	through	like	while	

Add context about outcome, impact, or situation.



**Start Here.**  
Describe you IG sweet spot

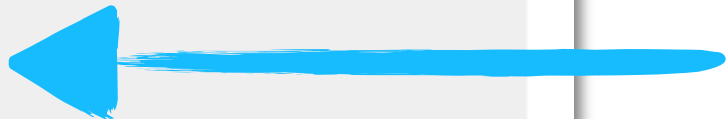


# How Might I

How might I...

learn	meet	communicate	help
discover	make	create	connect
overcome	test drive	decide	understand
get involved	combine	explore	write your own

Start here: What do you need help with, feel stuck on, or inspired by? Be specific!



## Example.

“Write a book on mentoring”  
“Share best practices.”

in a way that	when	for	with	write your own
so that	through	like	while	

Add context about outcome, impact, or situation.

# How Might I

## How might I...

learn	meet	communicate	help
discover	make	create	connect
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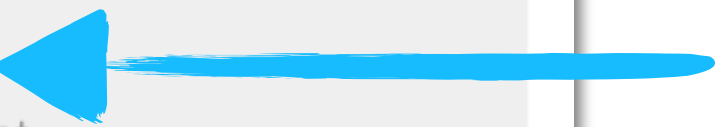
## Step 2.

Craft your sweet spot notes into a question using HMI and an action.

# How Might I

How might I...

learn	meet	communicate	help
discover	make	create	connect
overcome	test drive	decide	understand
get involved	combine	explore	write your own



## Example.

“How might I share ideas and best practices on mentoring?”

Start here: What do you need help with, feel stuck on, or inspired by? Be specific!

in a way that	when	for	with	write your own
so that	through	like	while	

Add context about outcome, impact, or situation.



# How Might I

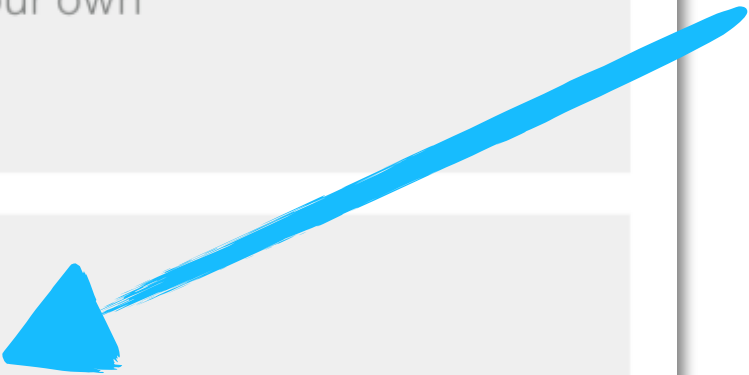
How might I...

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get involved	combine	explore	write your own

**Start here:** What do you need help with, feel stuck on, or inspired by? Be specific!

in a way that	when	for	with	write your own
so that	through	like	while	

Add context about outcome, impact, or situation.



**Step 3.**  
Get specific.

# How Might I

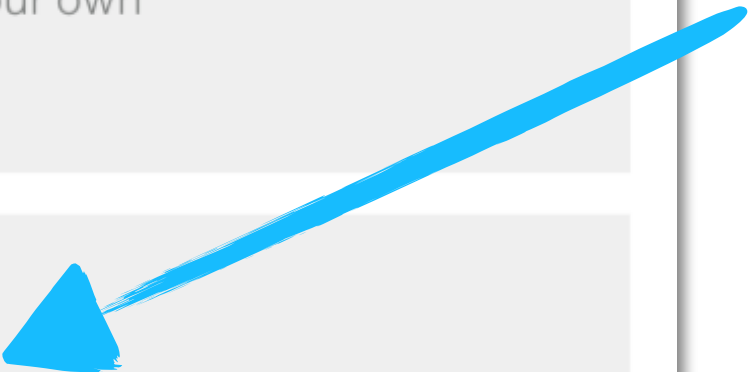
How might I...

learn	meet	communicate	help
discover	make	create	connect
overcome	test drive	decide	understand
get involved	combine	explore	write your own

Start here: What do you need help with, feel stuck on, or inspired by? Be specific!

in a way that	when	for	with	write your own
so that	through	like	while	

Add context about outcome, impact, or situation.



**Example.**  
“To activate more women driven innovation.”





## **How Might I?**

How might I share ideas and best practices on mentoring to activate more women-driven innovation?



## **HMI Tip #1**

Stay in career-discovery mode. Avoid trying to plan and solve for your career in one move.





# **Discovery is the key.**

“Where might you share your ideas?”

“Who is working on sharing best practices?”

“What innovation or accelerator programs  
are supporting women?”



## **HMI Tip #2**

You are not looking for one right HMI.  
Write multiple versions.





# **Congrats!**

You just completed the first step of the  
Looping Method.