



Designing Your Life Sample Itinerary

We look forward to welcoming you to Designing Your Life at 1440 Multiversity on December 11-13, 2026! Below you will find a sample schedule of programming. A final schedule with workshop and class locations will be distributed to you upon check-in at 1440. Please email inquiries@1440.org with any questions you may have.

THREE-DAY <i>DESIGNING YOUR LIFE</i> CURRICULUM		
	TIME	AGENDA
FRIDAY 12/11	2:00 — 5:00 p.m.	Arrivals, Registration & Guestroom Check-In (Lodge Lounge)
	5:30 — 6:45 p.m.	Dinner (Kitchen Table)
	6:45 — 8:30 p.m.	Opening Session: The Life Design Framework & Social Narrative
	8:30-10:00 p.m.	Self-Reflection Time at Fire Pits (Common Grounds Patio)
SATURDAY 12/12	7:15 — 8:00 a.m.	Morning Signature Class: Movement as Medicine
	7:30 — 9:00 a.m.	Breakfast (Kitchen Table)
	9:30 — 10:30 a.m.	Session 2: Workview, Lifeview and Coherence
	10:45 a.m. — 12:00 p.m.	Session 3: Design Your Balance & Energy
	12:00 — 1:00 p.m.	Lunch (Kitchen Table)
	1:30 — 4:00 p.m.	Session 4: Odyssey Planning, Ideation & Prototyping
	4:00 — 5:30 p.m.	Afternoon Signature Class or Free Time
	5:30 — 7:00 p.m.	Dinner (Kitchen Table)
	7:00 — 10:00 p.m.	Self-Reflection Time at Fire Pits (Common Grounds Patio)
SUNDAY 12/13	7:30 — 8:30 p.m.	Evening Signature Class — Sound Healing
	7:15 — 8:00 a.m.	Morning Signature Class: Movement as Medicine
	7:30 — 9:00 a.m.	Breakfast (Kitchen Table)
	9:30 a.m. — 12:00 p.m.	Closing Session: Reframing, A Designer's Action Plan & Wrap-Up
	12:00 — 1:00 p.m.	Lunch at Kitchen Table, Checkouts & Departures

