

A photograph of three arrows with colorful fletching (orange, purple, and blue) hitting a target. The target is partially visible on the right side of the image. The background is a light grey gradient.

Tools you can use...

Life Disruption Lessons Self-Assessment

Published: September 2022

Author: Peter O'Donnell

Introduction

This tool is based on the 'Deck of Disruptors' in Bruce Feiler's book '*Life is in the Transitions.*' You can learn more about the model through my [LinkedIn newsletter article](#) (September 20, 2022.) Through his research and extensive interviews, Feiler identified 52 common life disrupting events. Here's a link to his blog post on this topic... [The Deck of Disruptors | Meta Bulletin](#). You should read this before proceeding with the exercise outlined below. It's sure to stimulate your thinking about the most significant disruptors that have impacted your life. I'd also recommend signing up for his blog.

The author suggests the pace at which we each face major life changing events is quickening. Looking back a few short years seems to support that claim. We've seen major disruptions on a global and national level, but even more that impacted us personally. It's easy to feel overwhelmed at times by the forces of change buffeting us. However, a key question remains... 'How well do we respond to these challenges, and what do we learn from them to become more resilient in the future?'

How This Self-Assessment Works

The assessment uses Feiler's 'Deck of Disruptors' as a jumping off point, but we can each add our unique spin on the items in his list and add more. Our objective is to capture the most impactful changes we experienced in different time periods of life, and to explore each to discover what we learned – or can now still learn – from these events and, most importantly, our response to them.

The Process

Enter your name and the date at the top of the page. Divide your life into at least four time periods... whatever works for you at your current age.) Then, list the most impactful life events you experienced. Next, list the most important life lessons learned through these experiences.

When you're ready to complete the assessment, check out the next page!

Life Disruption Lessons Self-Assessment

Name: _____ Date: _____

Time Period	Life Lessons
Time period/Stage: _____	
Time period/Stage: _____	
Time period/Stage: _____	
Time period/Stage: _____	
Time period/Stage: _____	