



CHECKLIST ITEM I

POSITIVE MINDSET

ALMOST EVERYTHING IS PERSPECTIVE

▶ Define where you are now: (check one)

Positive Unsure Negative

▶ Follow Up Date:

/ /

▶ Why do you feel this way?

▶ Ikigai is seen as the convergence of 4 primary elements:

• What you love (your passion)?

• What the world needs (your mission)?

• What you are good at (your vocation)?

• What you can get paid for (your profession)?

Discovering your own Ikigai is said to bring fulfillment, happiness and make you live longer.

Circle where you are now in your life:
(your "STANDING MOMENT") ▶

▶ Action Item:

I will

by the Date / /

▶ Completed: (circle one)

Yes No

▶ What is the "IMPACT" action you will take within one week to make a positive change?

▶ Want to find your Ikigai?

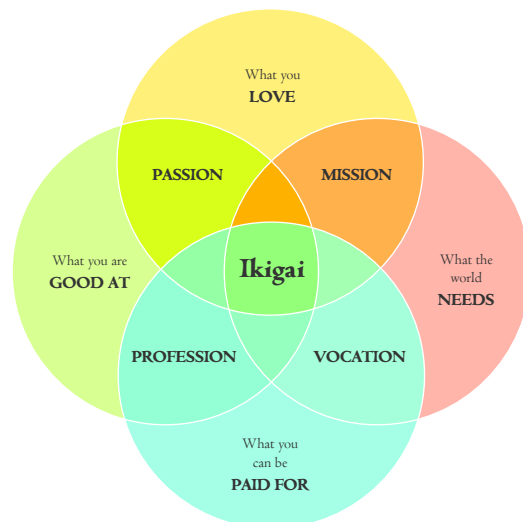
Ask yourself the following 4 questions:

1. What do I love?

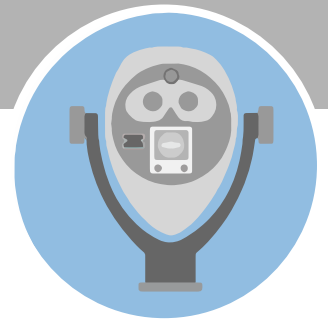
2. What am I good at?

3. What can I be paid for now — or something that I could transform into my future hustle?

4. What does the world need?



"Next Steps" and Notes:



CHECKLIST ITEM 2

THE UNLOCK: CAREER AND LIFE VISION

▶ **Define where you are now:** (check one)

- My career vision is unlocked
- My life vision is unlocked

▶ **Follow Up Date:**

 / /

▶ *Why do you feel this way?*

▶ **Action Item:**

I will

by the Date / /

▶ **Completed:** (circle one)

- Yes
- No

▶ *What is the "IMPACT" action you will take within one week to make a positive change?*



"Next Steps" and Notes:



CHECKLIST ITEM 3

DISCOVERY CALLS

THE PURPOSE IN YOU

▶ **Define where you are now:** (check one)

- I know my purpose
- I don't know or understand my purpose

▶ **Follow Up Date:**

/ /

▶ *Why do you feel this way?*

▶ **Action Item:**

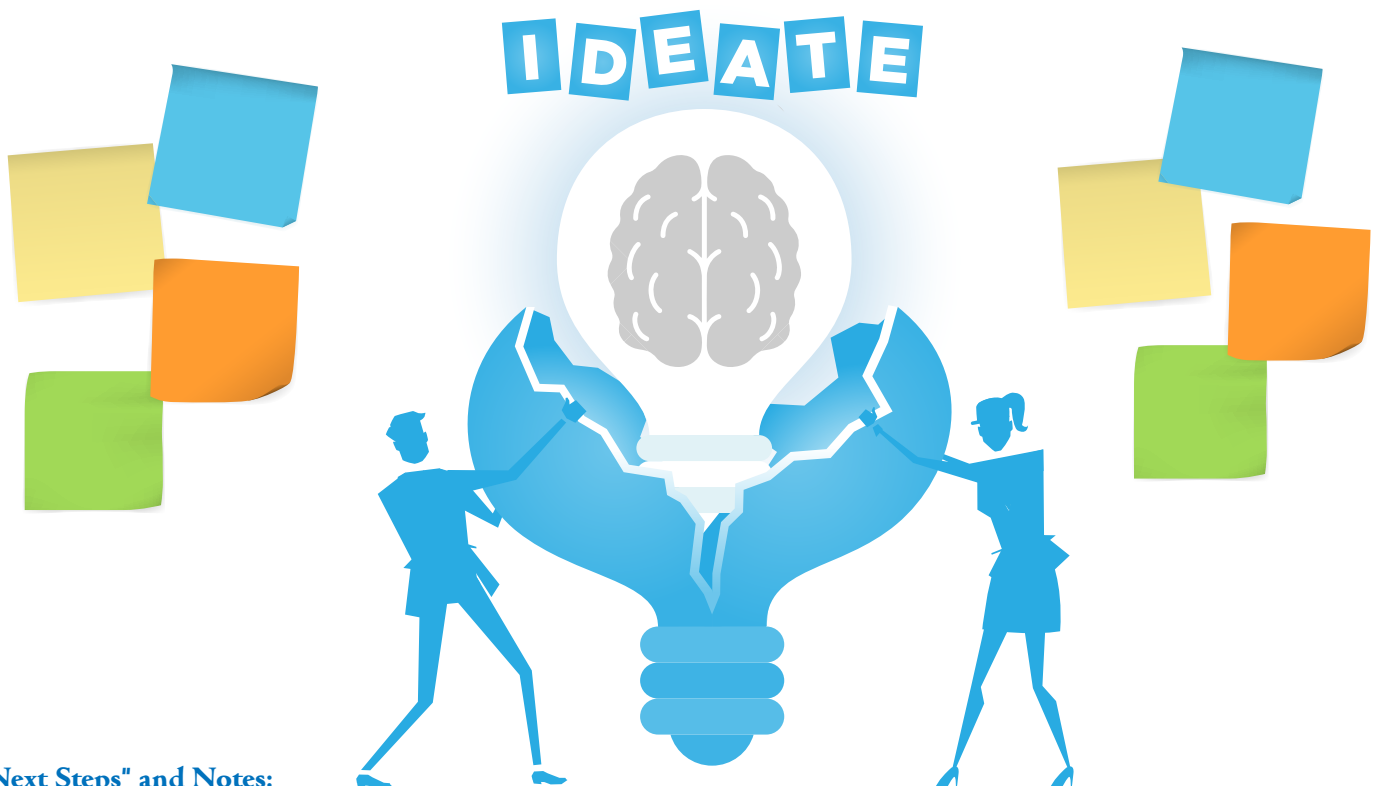
I will

by the Date / /

▶ **Completed:** (circle one)

- Yes
- No

▶ *What is the "IMPACT" action you will take within one week to make a positive change?*



"Next Steps" and Notes:



CHECKLIST ITEM 4

CAREER MANIFESTO

BE AN ARCHITECT, BUILD THE LIFE YOU LOVE

▶ **Define where you are now:** (check one)

- I am designing my life
- Someone else is designing my life

▶ **Follow Up Date:**

 / /

▶ **Why do you feel this way?**

▶ **Action Item:**

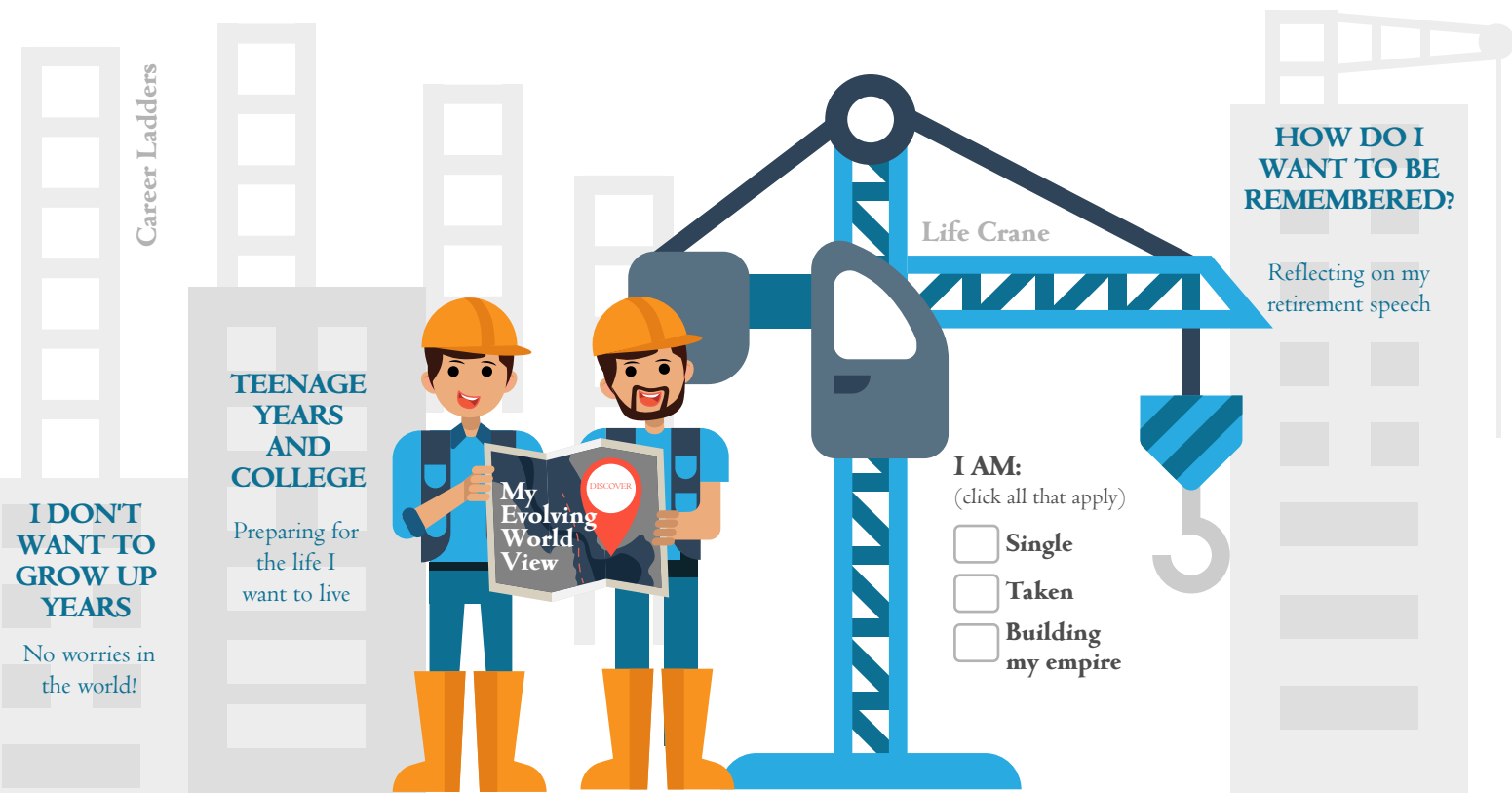
I will

by the Date / /

▶ **Completed:** (circle one)

- Yes No

▶ **What is the "IMPACT" action you will take within one week to make a positive change?**



"Next Steps" and Notes:



CHECKLIST ITEM 5

"YOU MATTER"

WHY YOU SHOULD INVEST IN YOURSELF

▶ **Define where you are now:** (check one)

- I am worth it
 I am not worth it

▶ **Follow Up Date:**

/ /

▶ **Why do you feel this way?**

▶ **Action Item:**

I will

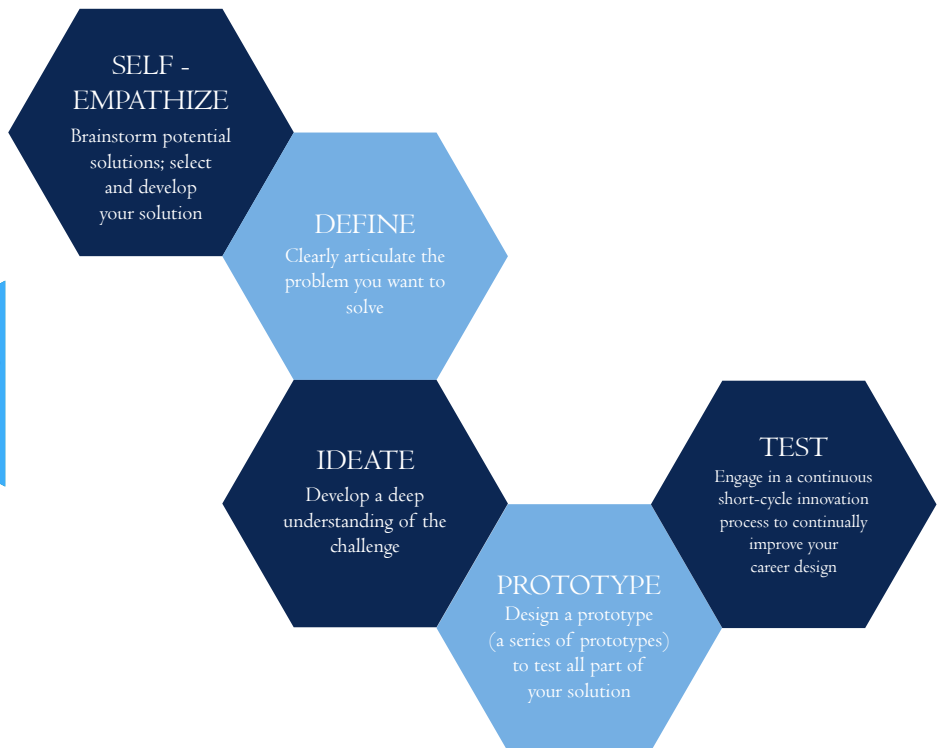
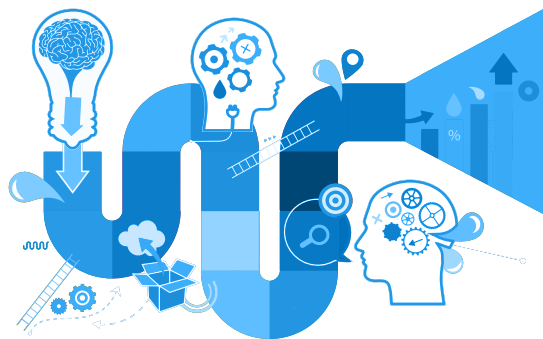
by the Date / /

▶ **Completed:** (circle one)

- Yes No

▶ **What is the "IMPACT" action you will take within one week to make a positive change?**

"The formulation of a problem is often more essential than its solution."
-Albert Einstein



"Next Steps" and Notes:



CHECKLIST ITEM 6

YOUR OWN PERSONAL BUSINESS PLAN

▶ Define where you are now: (check one)

- I have one ready-to-go
 Don't have one or I am struggling

▶ Follow Up Date:

/ /

▶ Why do you feel this way?

▶ Action Item:

I will

by the Date / /

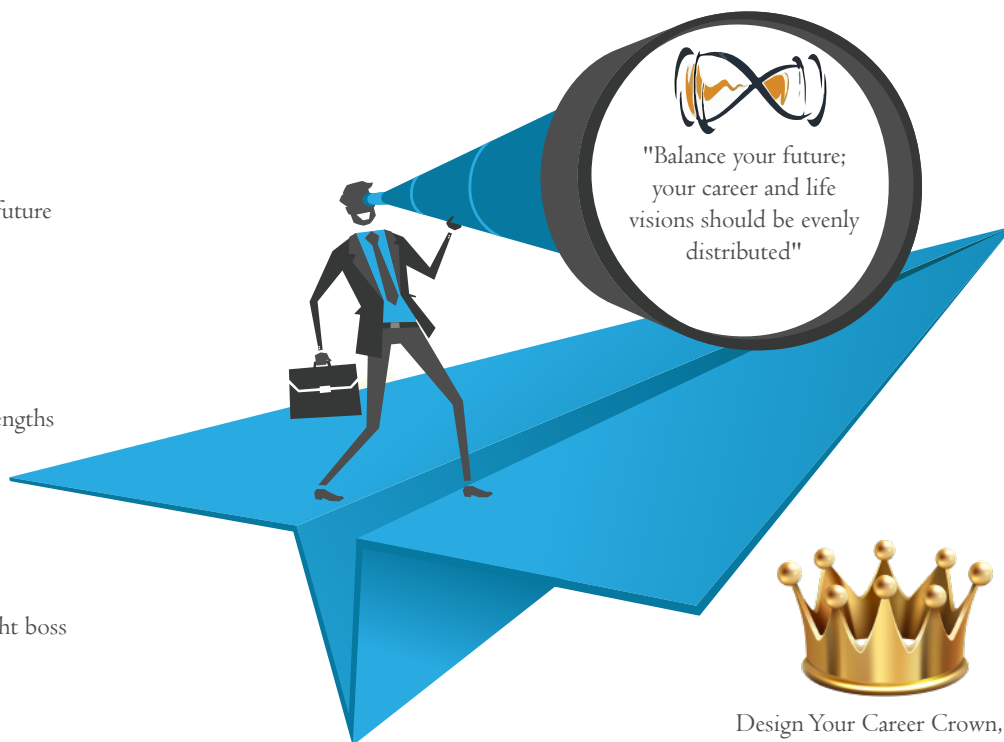
▶ Completed: (circle one)

- Yes No

▶ What is the "IMPACT" action you will take within one week to make a positive change?

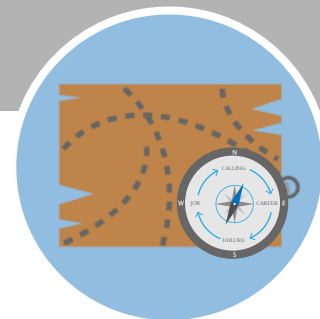
5 Life Design Strategies:

- Test drive your future
- Trust your gut
- Play to your strengths
- Craft your job
- Shop for the right boss



Design Your Career Crown, by
"walking your calling".

"Next Steps" and Notes:



CHECKLIST ITEM 7

A NOBLE CAREER AND MORAL COMPASS

▶ **Define where you are now:** (check one)

- On the right and straight path
 Don't know where I'm going

▶ **Follow Up Date:**

/ /

▶ *Why do you feel this way?*

▶ **Action Item:**

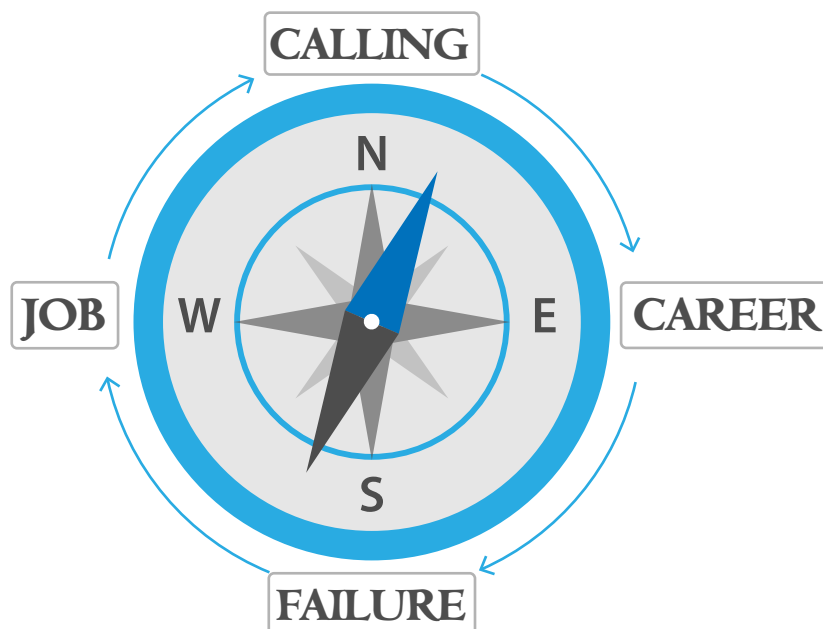
I will

by the Date / /

▶ **Completed:** (circle one)

- Yes No

▶ *What is the "IMPACT" action you will take within one week to make a positive change?*



*It's chess,
not checkers!*

"Next Steps" and Notes: