



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.

▶ 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?

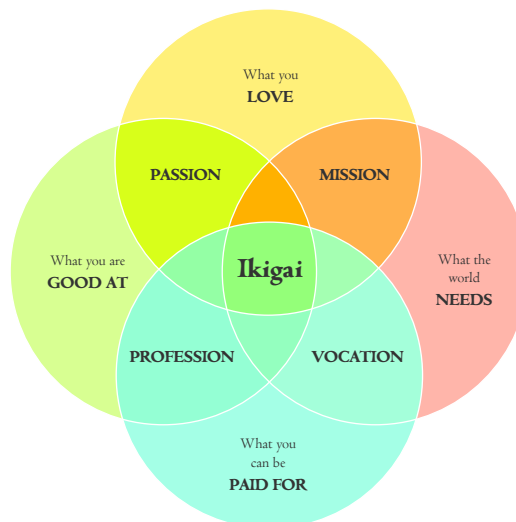
Ask yourself the following 4 questions:

1. What do I love?

2. What am I good at?

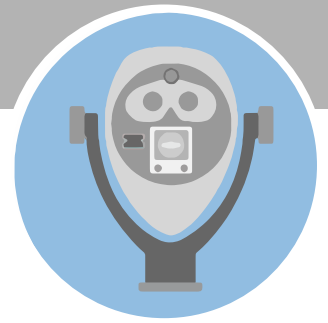
3. What can I be paid for now — or something that I could transform into my future hustle?

4. What does the world need?



Circle where you are now in your life: ▶

Next Steps and Notes:



CHECKLIST ITEM 2

THE UNLOCK: CAREER AND LIFE VISION

▶ **Define where you are now:** (check all that apply)

- 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:**

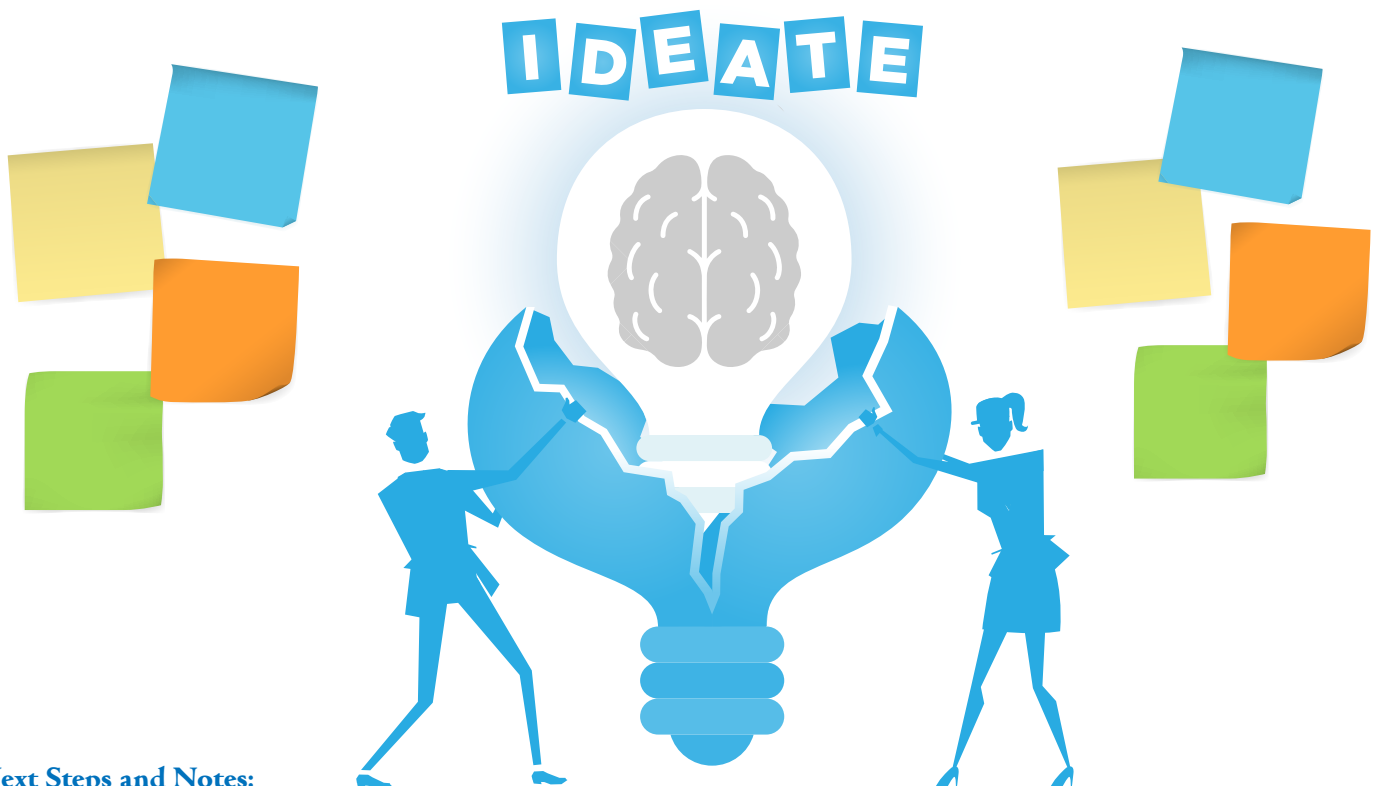
I will

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:**

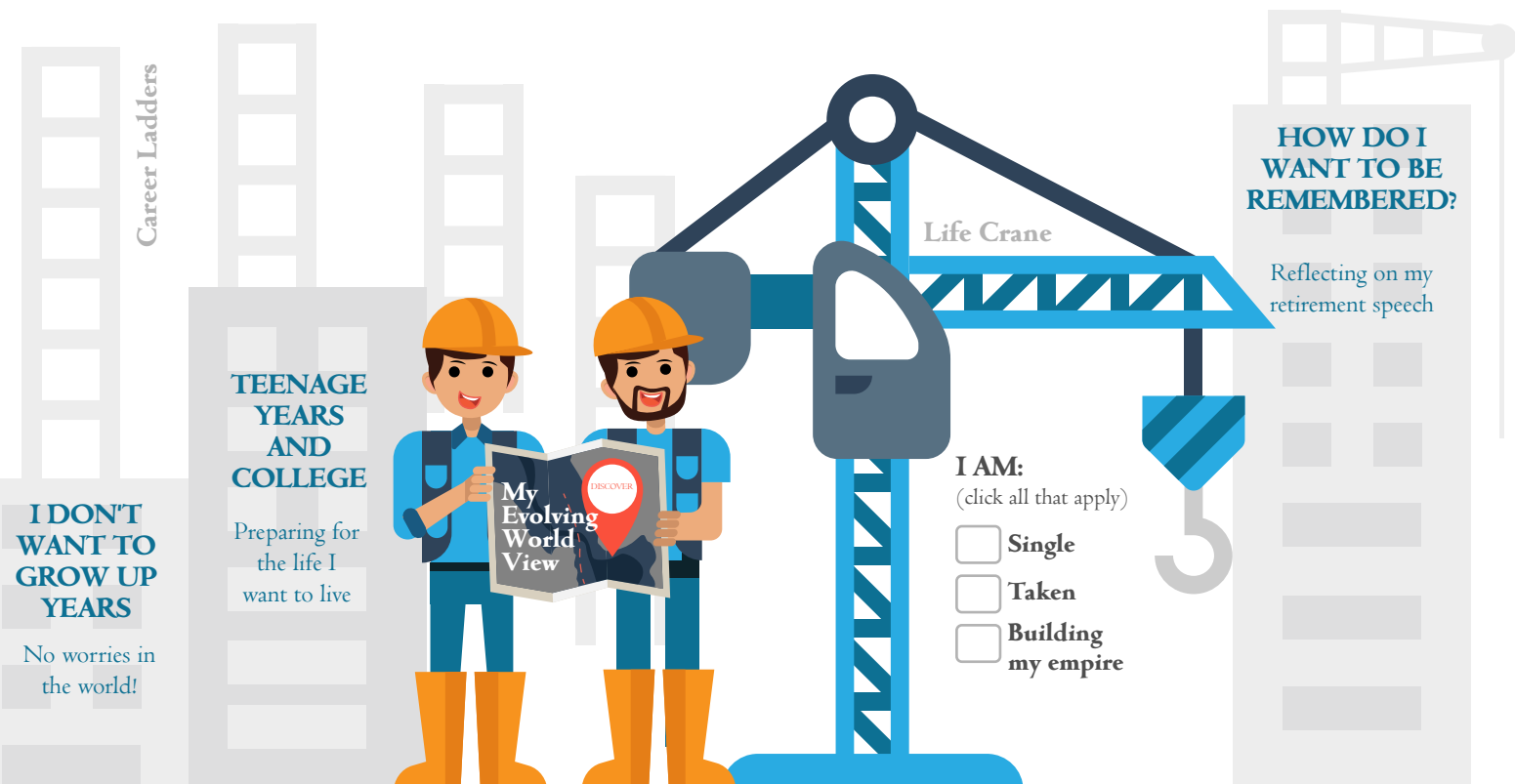
I will

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

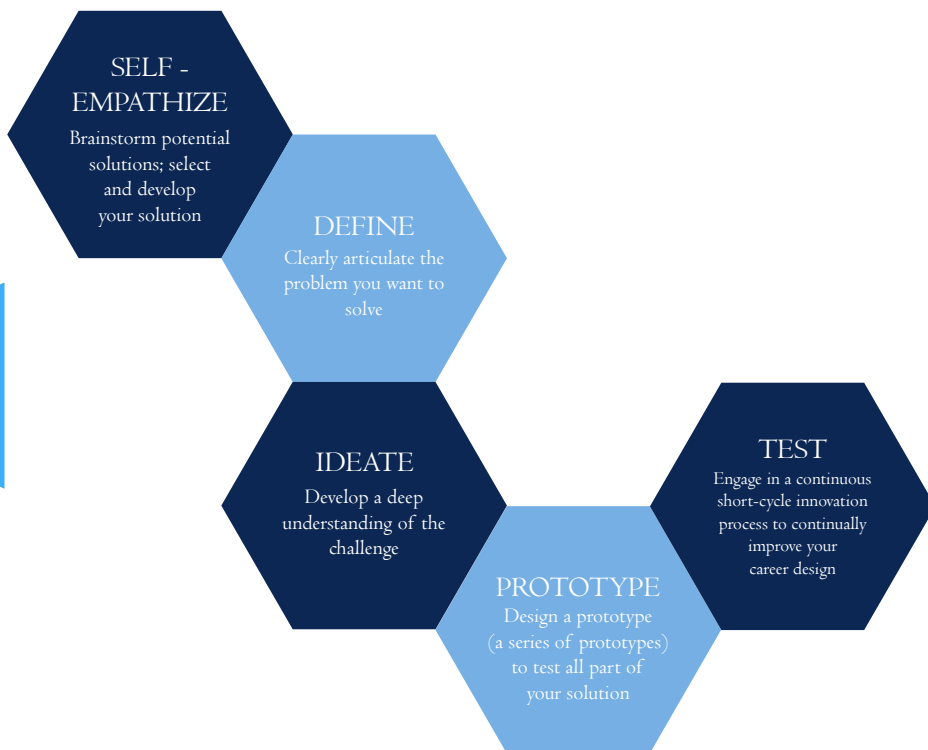
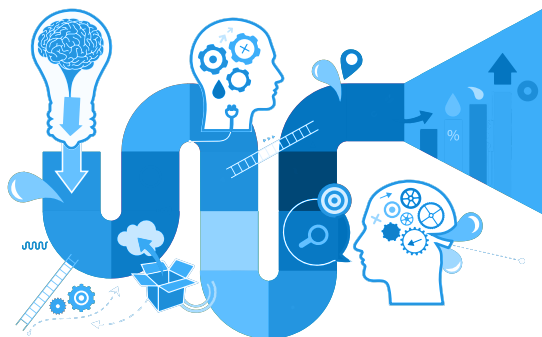
by the Date / /

▶ **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
- I don't know where I'm going

▶ **Follow Up Date:**

 / /

▶ *Why do you feel this way?*

▶ **Action Item:**

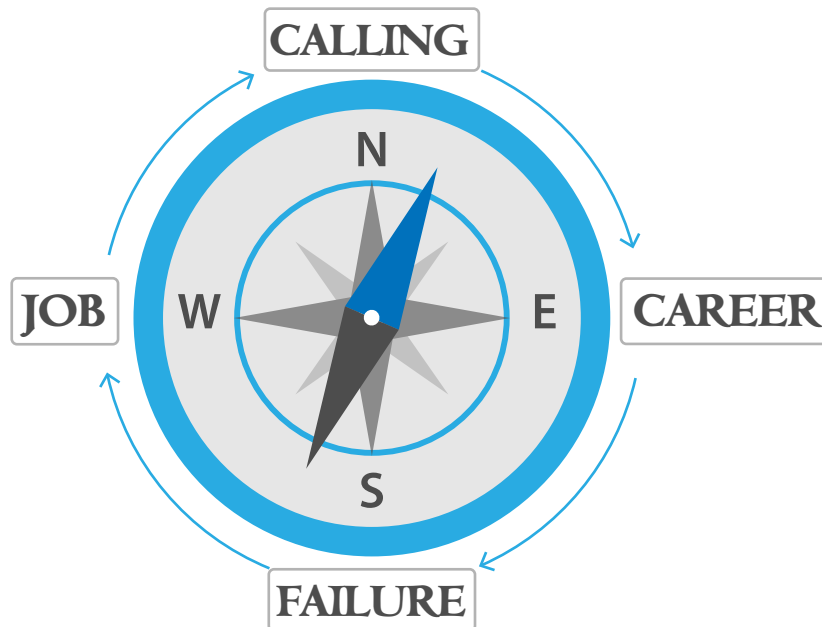
I will

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: