



**Personal:**

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

**Next of Kin:**

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

**Enterprise:**

Occupation: \_\_\_\_\_

Company: \_\_\_\_\_

Tel: \_\_\_\_\_

\_\_\_\_\_

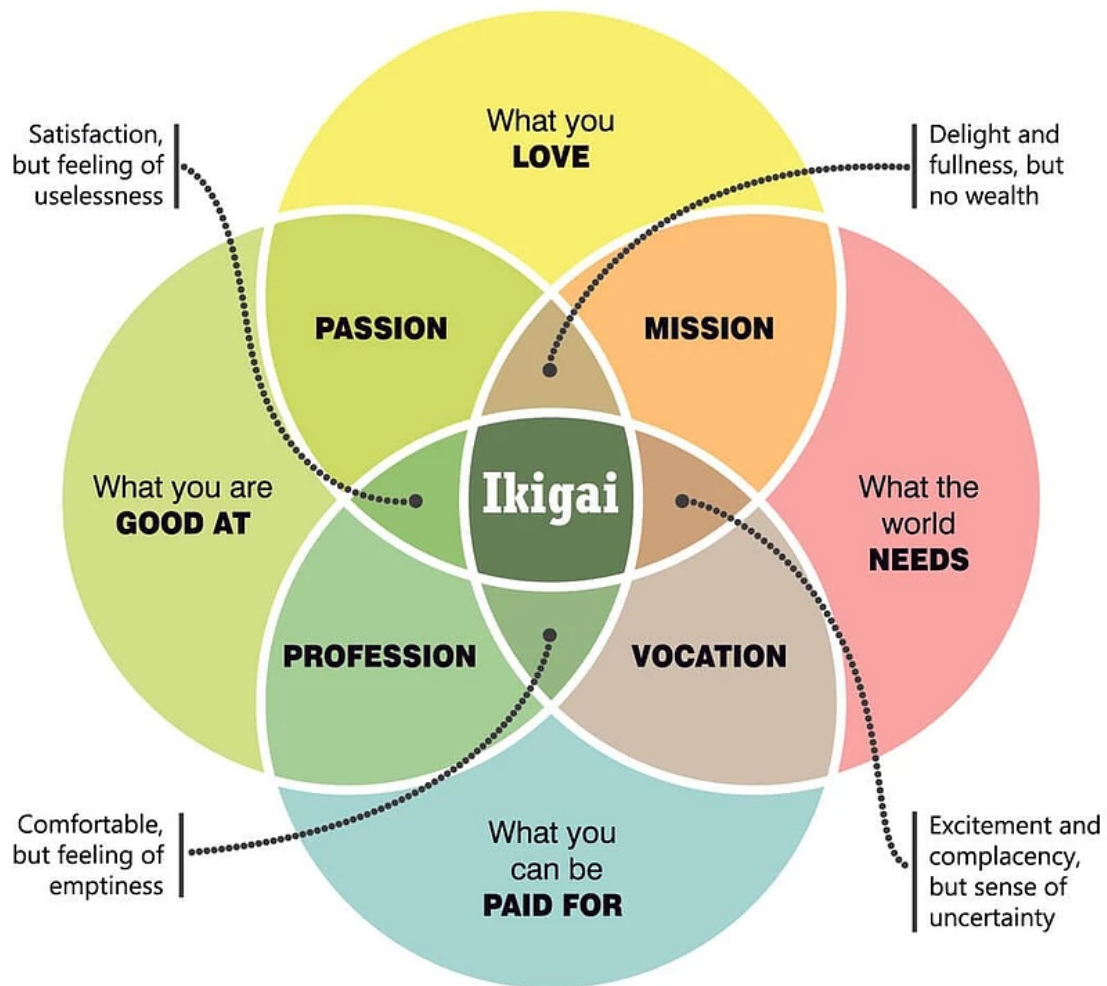
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# Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



1. **Ikigai:** (having a purpose in life)
  - 1) Do what you love
  - 2) Do what you are good at
  - 3) Do what the world needs
  - 4) Do what you can be paid for
2. **Kaizen:** Small improvements: 1% better every day.
3. **Shoshin:** Approach things with a "beginners mindset" (open to learn.)
4. **Hara Hachi Bu:** Stop eating when you are 80% full.
5. **Shinrin-yoku:** (Forest Bath) ... spend more time in nature.
6. **Wabi-sabi:** find beauty in imperfection.
7. **Çanbaru:** be patient and do the best possible.

Dr Ken Hudson's Idea Blitz Method ([IdeaBlitz.com](http://IdeaBlitz.com)):

Inner Circle = **what I want.**

Middle Circle = **how to.** (7 ideas in 90 sec.)

Passion **rank** the middle circle 1 to 7.

Outer Circle: **Improve** nrs 1-3. (5 ideas in 1 min.)

Identify the 3 best **actions** from the ideas.

Vision / Dream /  
Mission / Mandate / Goal:

Actions

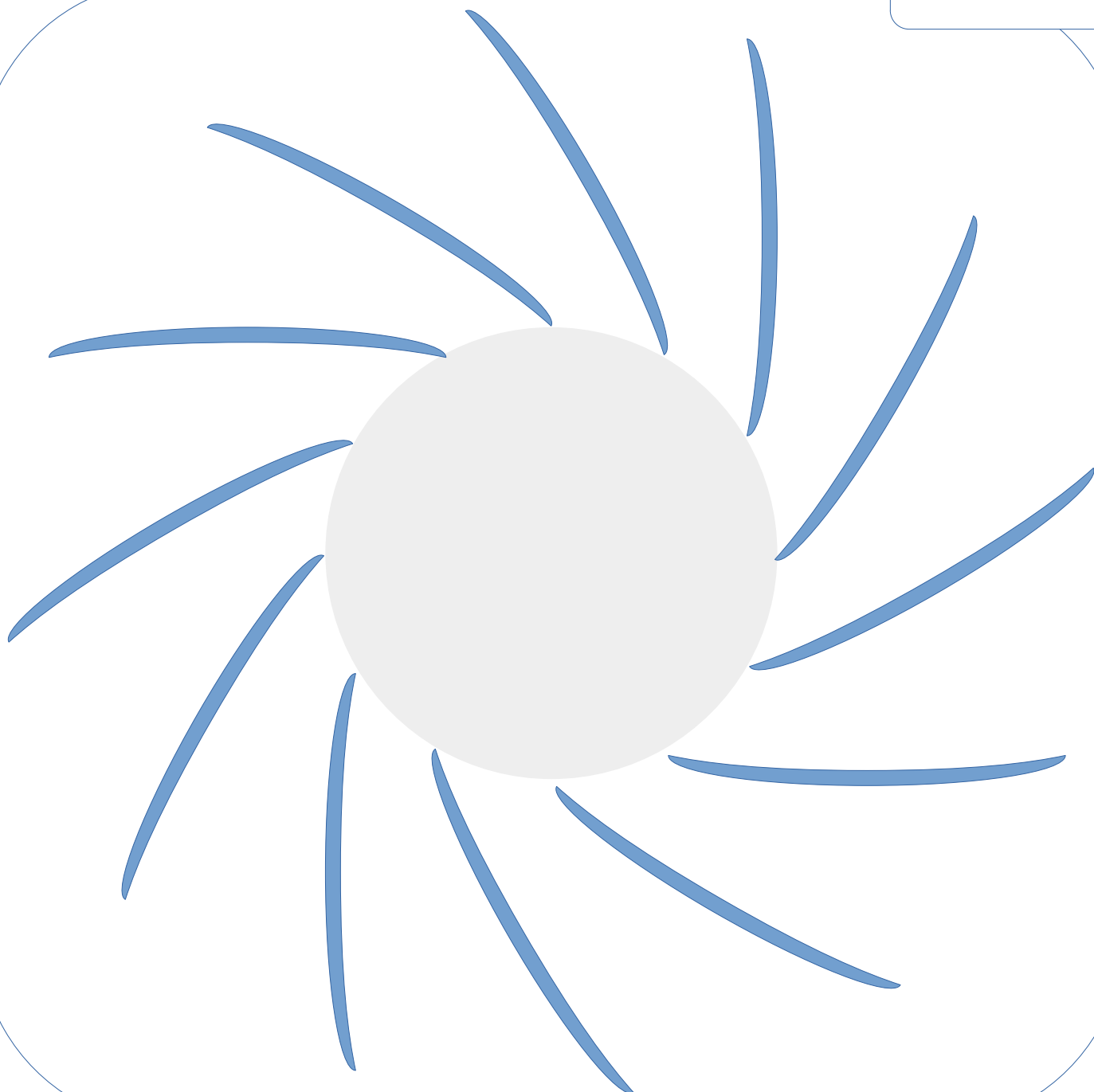
Negative Vibration Statement .....

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Positive Vibration Statement .....

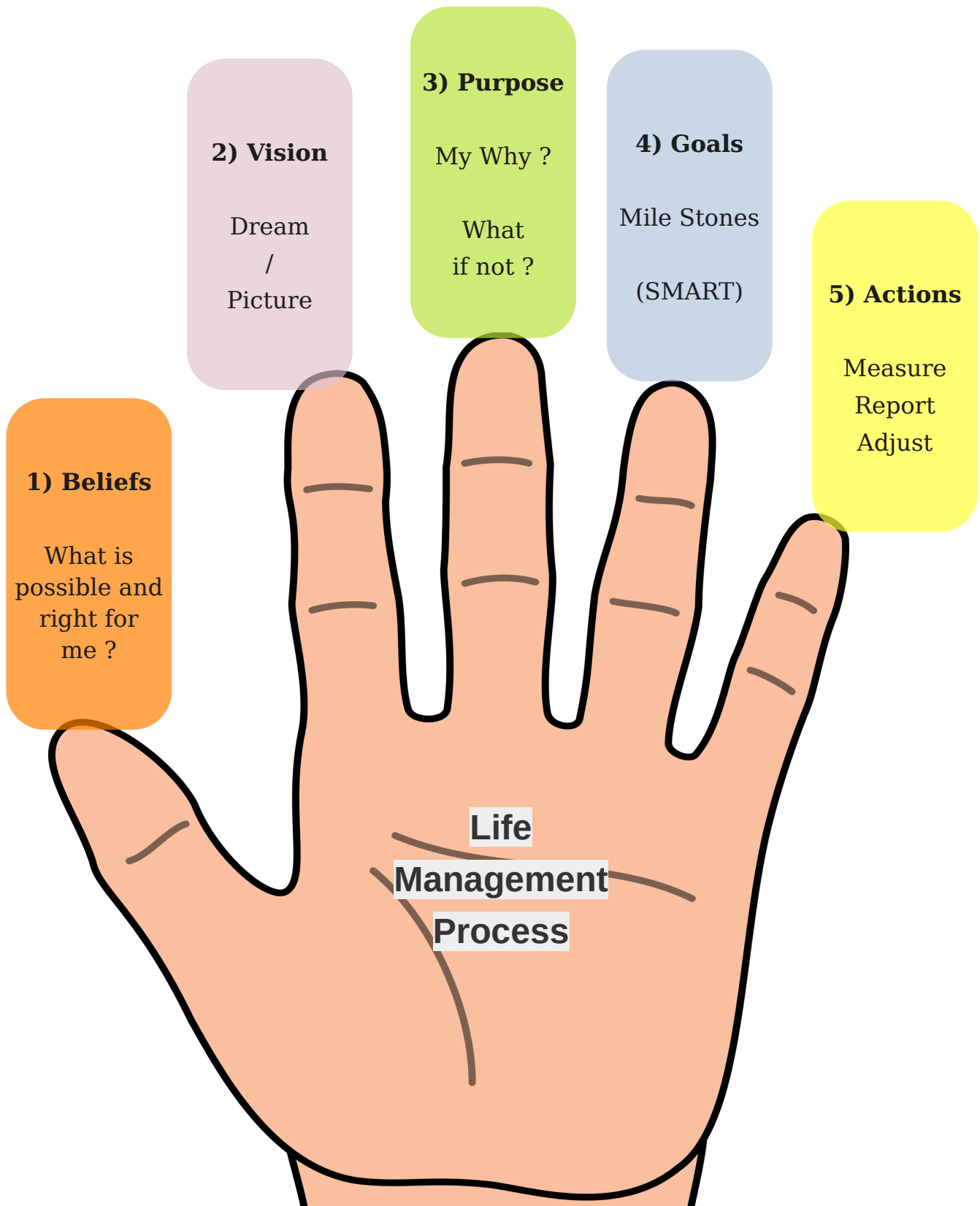
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Focus Wheel  
For:



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# Goal Design



# 1) What do I Believe is Possible & Right for ME ?

(what Journeys do I want to embark on,  
and what do I want to Challenge myself with) regarding my:

## 1) Self Care (sleep, eat, hydrate, move, emotional, spiritual)

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## 2) Relationships (spouse, family, friends, parenting)

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## 3) Growth (creativity, intellectuality & skills)

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## 4a) Career

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## 4b) Stewardship (being an owner, an entrepreneur & my relationship with money)

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## 5) Quality of life (experiences I want to have, environments I create & contributions I make)

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## REVIEW of Success and Achievements (LifeDiary.co.za)

### 1) Self Care:

*sleep, eat, hydrate, move, emotional, spiritual.*



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### 2) Sharing:

*spouse, family, mentor, friends, parenting.*



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### 3) Growth:

*creative, intellectual, skills.*



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### 4a) Career:



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### 5) Quality of Life & Legacy:

*Experiences, Environments, Contributions.*



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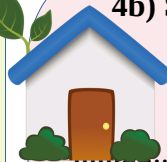
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### 4b) Steward: Owner, Entrepreneur, Money



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Goal Design: 2) What do I **WANT?** (*Vision/Dream*)->  
4) What is my **Route / Strategy** (*Goals*)->

3) **Purpose** (*Why is this important?*)->  
5) What must I **DO?** (*weekly Actions*)

### 1) Self Care



Vision .....

Why .....

Goals .....

.....  
*plan actions on week page*

### 2) Share



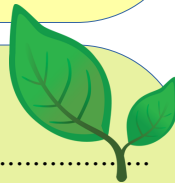
Vision .....

Why .....

Goals .....

.....  
*plan actions on week page*

### 3) Grow



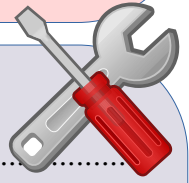
Vision .....

Why .....

Goals .....

.....  
*plan actions on week page*

### 4a) Career



Vision .....

Why .....

Goals .....

.....  
*plan actions on week page*

### 5) Experiences, Environments, Contributions



Vision .....

Why .....

Goals .....

.....  
*plan actions on week page*

### 4b) Owner, Entrep, Money



Vision .....

Why .....

Goals .....

.....  
*plan actions on week page*

Journal template with horizontal lines.