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Name: _____

Tel: _____

Email: _____

Address: _____

Next of Kin:

Name: _____

Tel: _____

Enterprise:

Occupation: _____

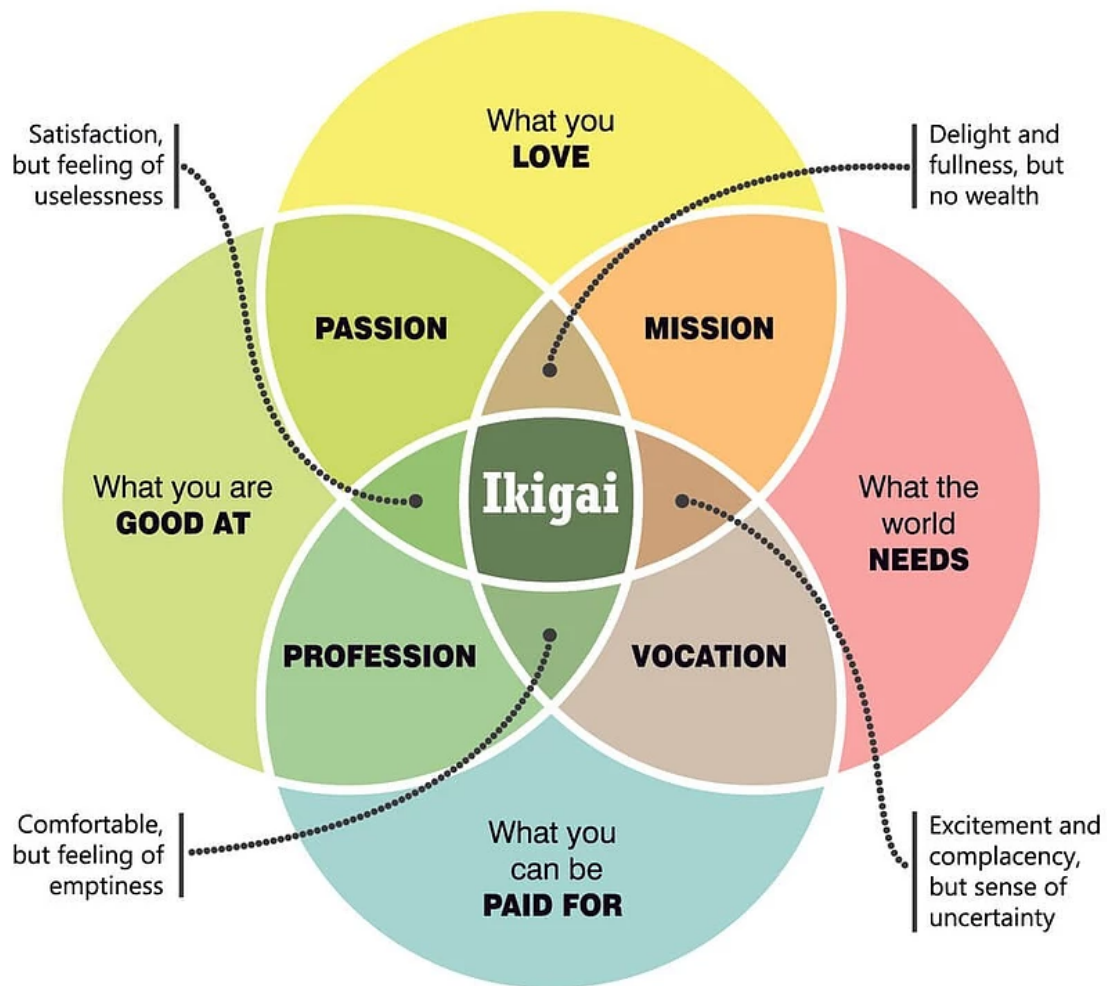
Company: _____

Tel: _____

Email: _____

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. Ganbaru: be patient and do the best possible.

Dr Ken Hudson's Idea Blitz Method (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.

The diagram illustrates the Idea Blitz Method using concentric circles. At the center is a circle labeled "Vision / Dream / Mission / Mandate / Goal:". Surrounding this are seven "Middle Circles" (beige), each containing three dashed lines for brainstorming "how to" ideas. These are further surrounded by seven "Outer Circles" (yellow), each containing four dotted lines for brainstorming improvements to the top three ranked middle circle ideas. To the right of the circles is a large yellow box labeled "Actions" with five dotted lines for selecting the best actions from the process.

Vision / Dream / Mission / Mandate / Goal:

Actions

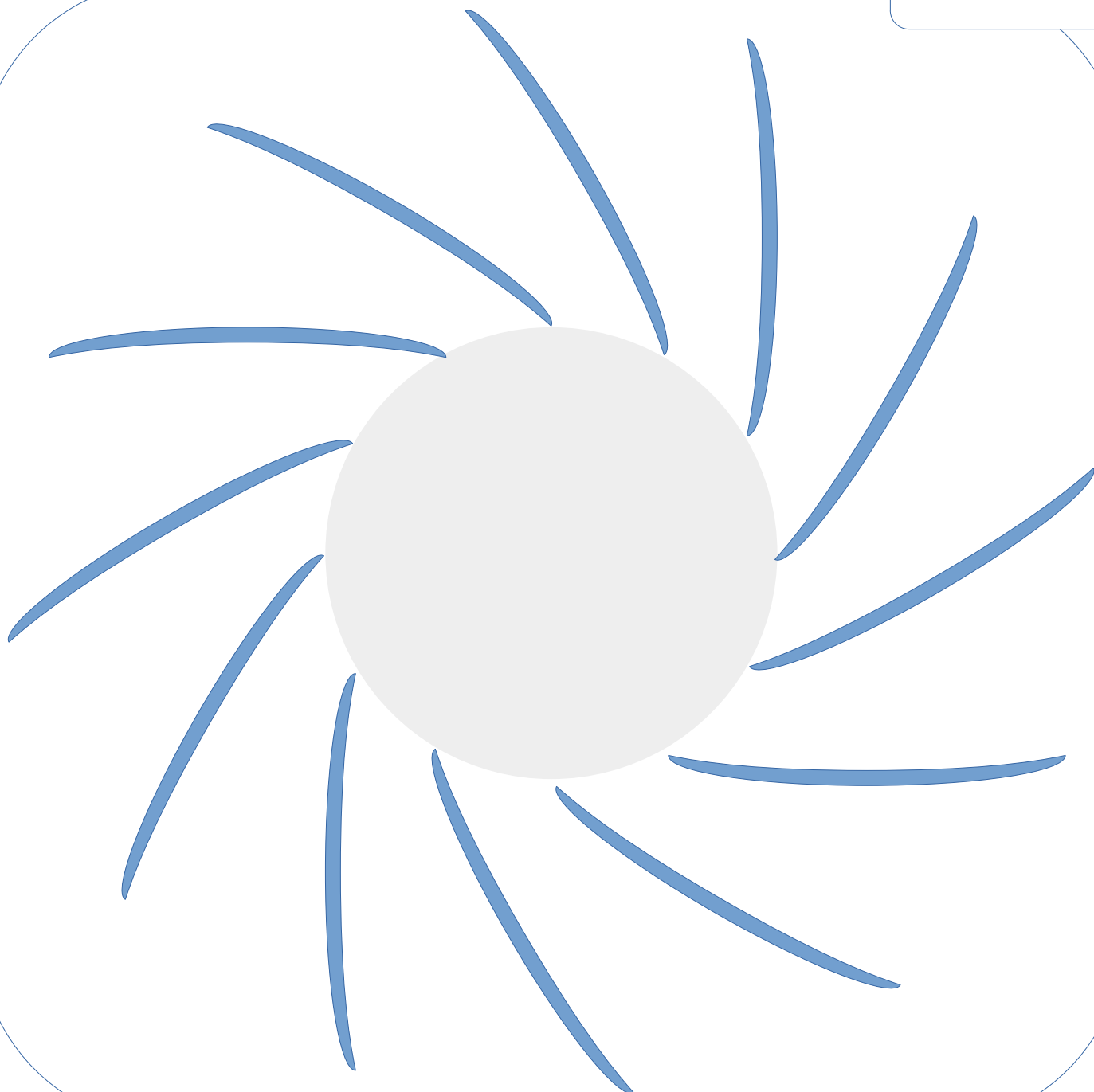
Negative Vibration Statement

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Positive Vibration Statement

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.....

Focus Wheel
For:



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What do I Believe is 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)

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

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

4a) **Career**

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

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

REVIEW of Success and Achievements

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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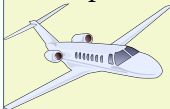
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5) Quality of Life & Legacy:

Experiences, Environments, Contributions.



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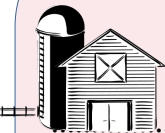
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4b) Steward: Owner, Entrepreneur, Money

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Goal Design: 1) What do I **WANT?** (*Vision/Dream*) ->
3) What is my **Strategy** (*Goals*) ->

2) **Purpose** (*Why is this important?*) ->
3) 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

