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Name: _____

Tel: _____

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Next of Kin:

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Enterprise:

Occupation: _____

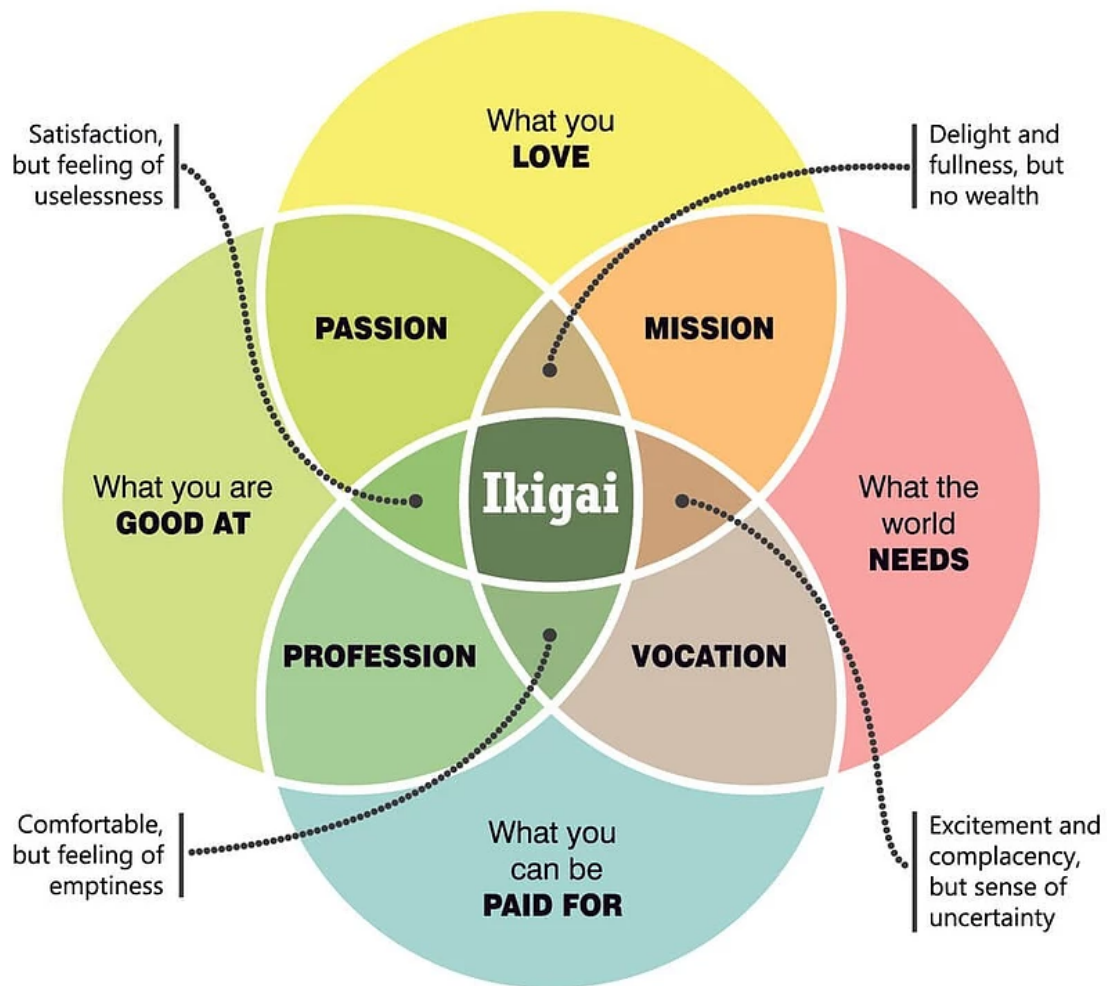
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Ikigai

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.

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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.

Vision / Dream /
Mission / Mandate / Goal:

Actions

Negative Vibration Statement

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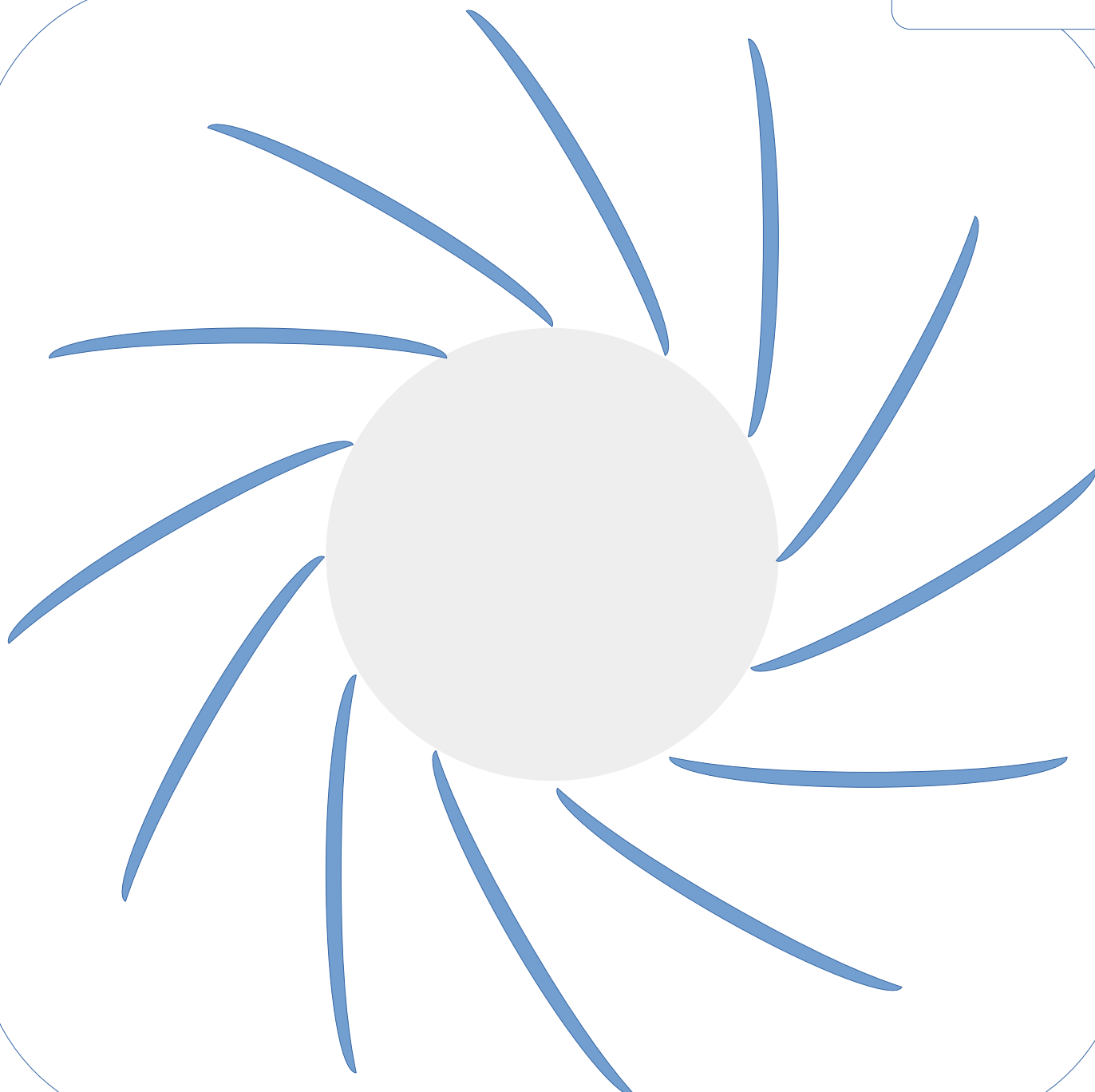
Positive Vibration Statement

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Focus Wheel

For:



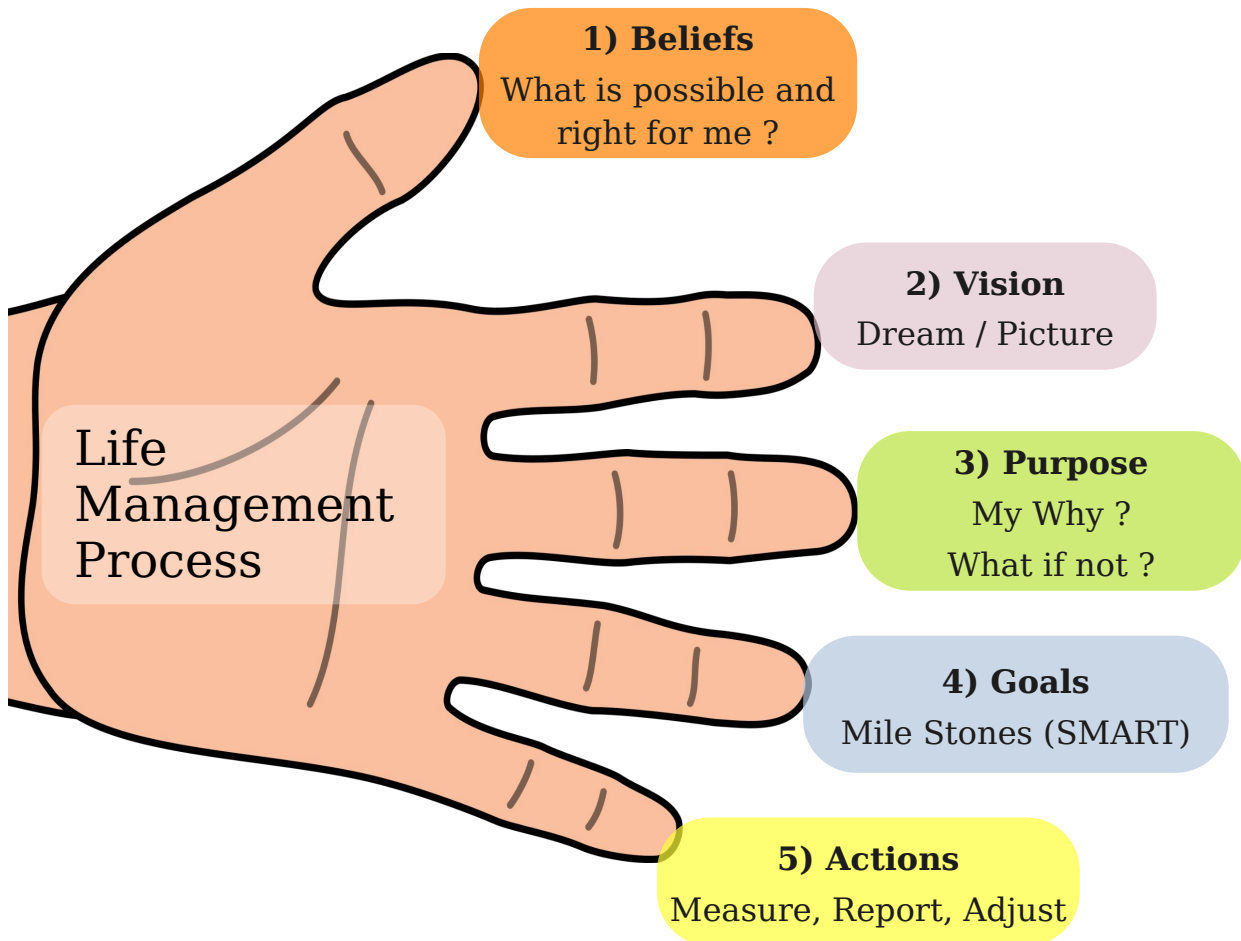
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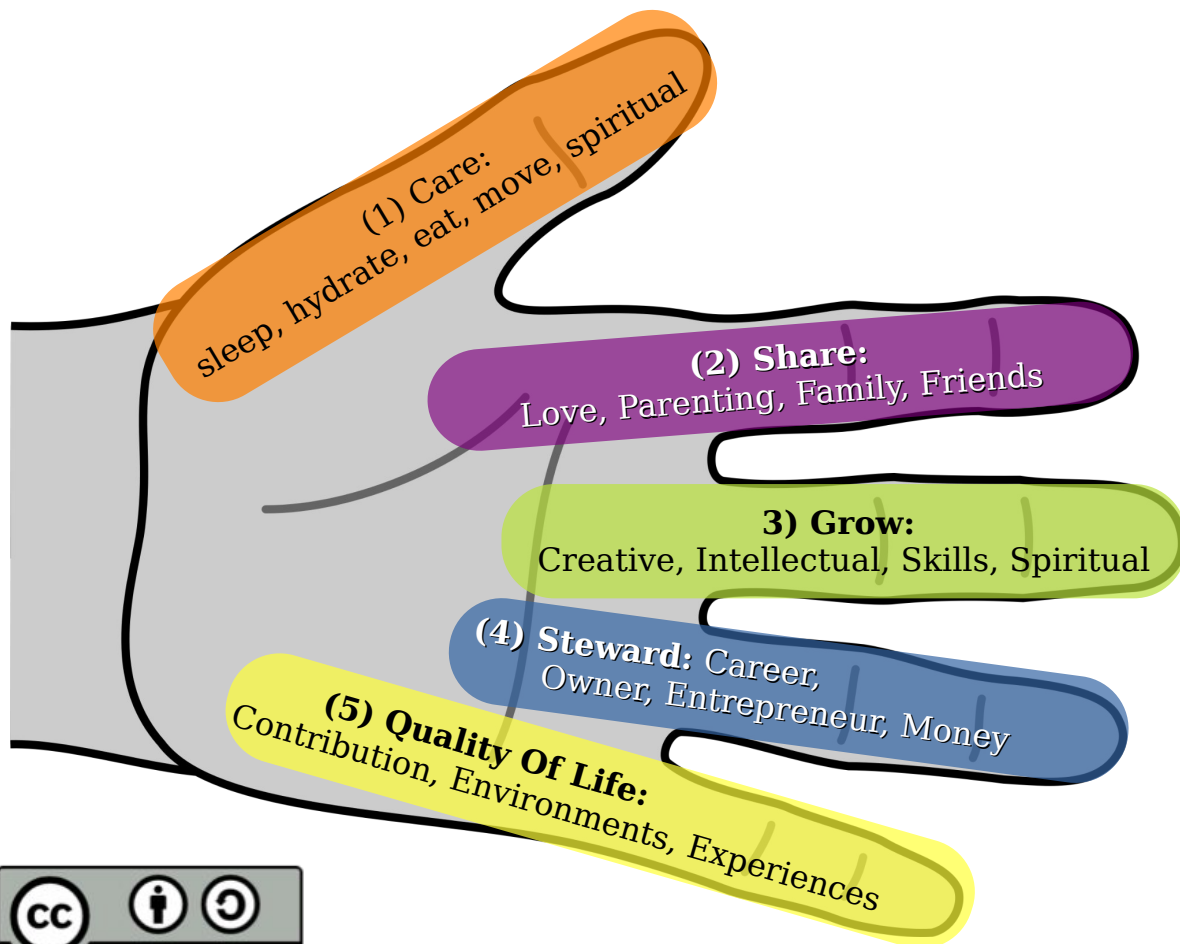
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Goal Setting is step 4 of the Life Management Process.



There are Five Life Domains to balance and manage:



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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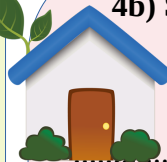
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4b) Steward: Owner, Entrepreneur, Money



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

(© LifeDiary.co.za)

What Journeys do I want to embark on ? What do I want to Challenge myself with ?

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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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

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plan actions on week page

2) Share



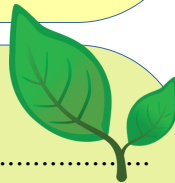
Vision

Why

Goals

.....
plan actions on week page

3) Grow



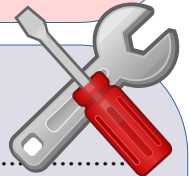
Vision

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

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