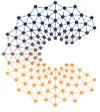




WHAT IS YOUR LIFE'S PURPOSE?





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This is a question we often explore with our coaching clients when they are stuck or have no goal in life. Most people may not know how to easily define their life's purpose. The problem is often not knowing how to go about defining their life's purpose and then being motivated to make it happen.

Many people may also feel that they cannot have what they want, or the answer is too complex. Others tend to focus on what is available, rather than what they want. A more empowering and successful approach is saying, "This is who I am and what is important to me; this is the value I bring and problems I can solve. Who is looking for people like me?" This shift in mind set opens up a whole range of career possibilities and creates an increased level of confidence and focus. In essence, getting 'on track' in life requires several factors to be working together and a positive mindset to make it happen!

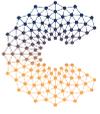
Essentially, your life's purpose is a key driver to career success as it acts as a guide to your career choices. It is really the basis of what you are interested in your career. It may change over time too.

This image summarises the core ingredients to finding your life purpose and how they are interrelated and how they combine to reach your Ikigai. The concept of Ikigai (pronounced ee-key-guy) was developed by clinical psychologist, Akihiro Hasegama based on Japanese life philosophy. It roughly translates into English as 'your purpose in life' or 'your reason for being'.

My life's purpose exercise

Using the concept of Ikigai, this exercise will help you to break down the core ingredients to discover and clearly define the key themes of your life's purpose. To help you complete the exercise we have included an example.

If you need more help answering these questions, you might like to complete the strengths and achievements exercises first.



STEP ONE

Start by answering questions based on the four core concepts of Ikigai: Strengths; Interests; Value add and Earn.

1. What are you good at? = STRENGTHS

List your key strengths or skills.

For example, teamwork, organising and designing systems

2. What do you love to do? = INTERESTS

List what you enjoy doing or creating in your life. What are you interested in? What gets you excited to get up and do it?

For example, create new business systems, be part of a team with a common goal

3. What does the world need that you can provide? VALUE ADD

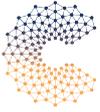
Consider what value you may bring to your organisation or community. How do you contribute to your environment or help others or help society?

For example, teach other's my skills

4. What do you get paid to do? EARN

Consider what you could be paid to do. What would you do to earn money?

For example, teach other's my skills



STEP TWO

Now you have the core ingredients to then discover your **PASSION**, **MISSION**, **PROFESSION** and **VOCATION**.

5. Identify your **PASSION** = strengths + interests

Look at your answers to 1 + 2 in STEP ONE. What are the overlaps or commonalities?

For example, completing new business systems projects in a team

6. Identify your **MISSION** = interests + value add

Look at your answers to 2 + 3 in STEP ONE. Think about what you want to achieve in your career.?

For example, lead a team to solve a complex problem

7. Identify your **VOCATION** = value add + earn

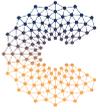
Look at your answers to 3 + 4 in STEP ONE. What can you get paid for and contribute to your organisation or community?

For example, teach others' my skills

8. Identify your **PROFESSION** = strengths + ear

Look at your answers to 1 + 4 in STEP ONE. What are you good at and can earn money doing it??

For example, Business System Implementor



STEP THREE

IKIGAI = PASSION + MISSION + VOCATION + PROFESSION

Combine your answer to 5 + 6 + 7 + 8 to create your Ikigai.

For example, to be part of a team that creates efficient business systems and teach other's how to do it

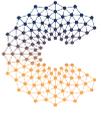
STEP FOUR

Now it is time to bring together the answers to all the previous questions and create your Ikigai chart. Create your Ikigai chart by putting the answers to the previous three steps into the Ikigai summary template on the next page. See how you can edit your previous answers into short and meaningful sentences.

Here is an example of a completed Ikigai for our case study in this exercise.

***My Ikigai is to:
be part of a team
that creates
efficient business
systems and teach
other's how to do it***





MY IKIGAI is to:

