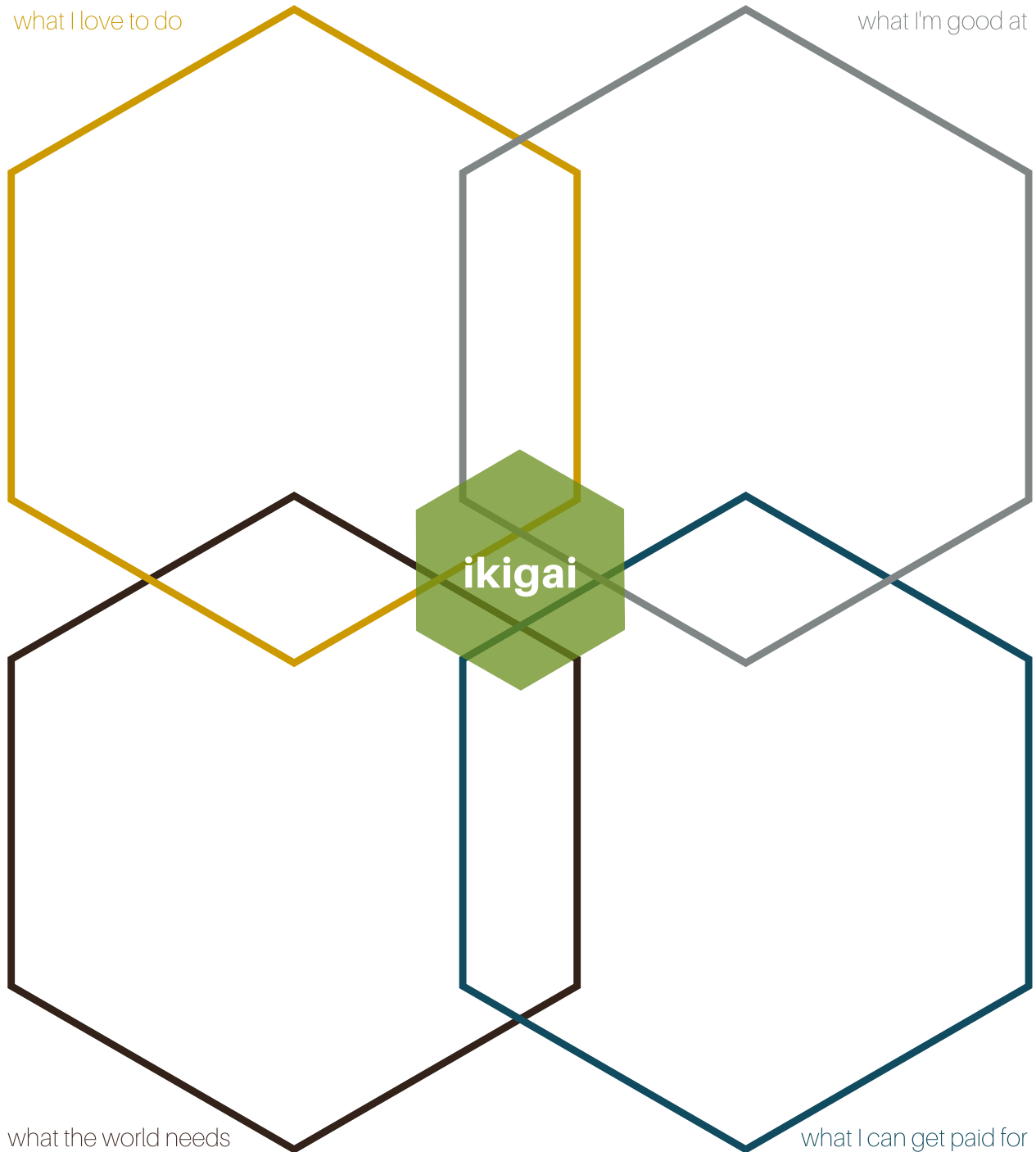


World of Work: the WHAT

Ikigai is a Japanese concept that roughly translates as our reason for being. It's that place of balance where the spiritual and practical mesh to create a fulfilling expression of our unique gifts. Map out what your fulfilling blend of work looks like by considering these four "what" questions.



World of Work: the WHY

Most likely, your personal and professional purpose don't mesh perfectly. What is your personal aspiration and professional motivation at this time?

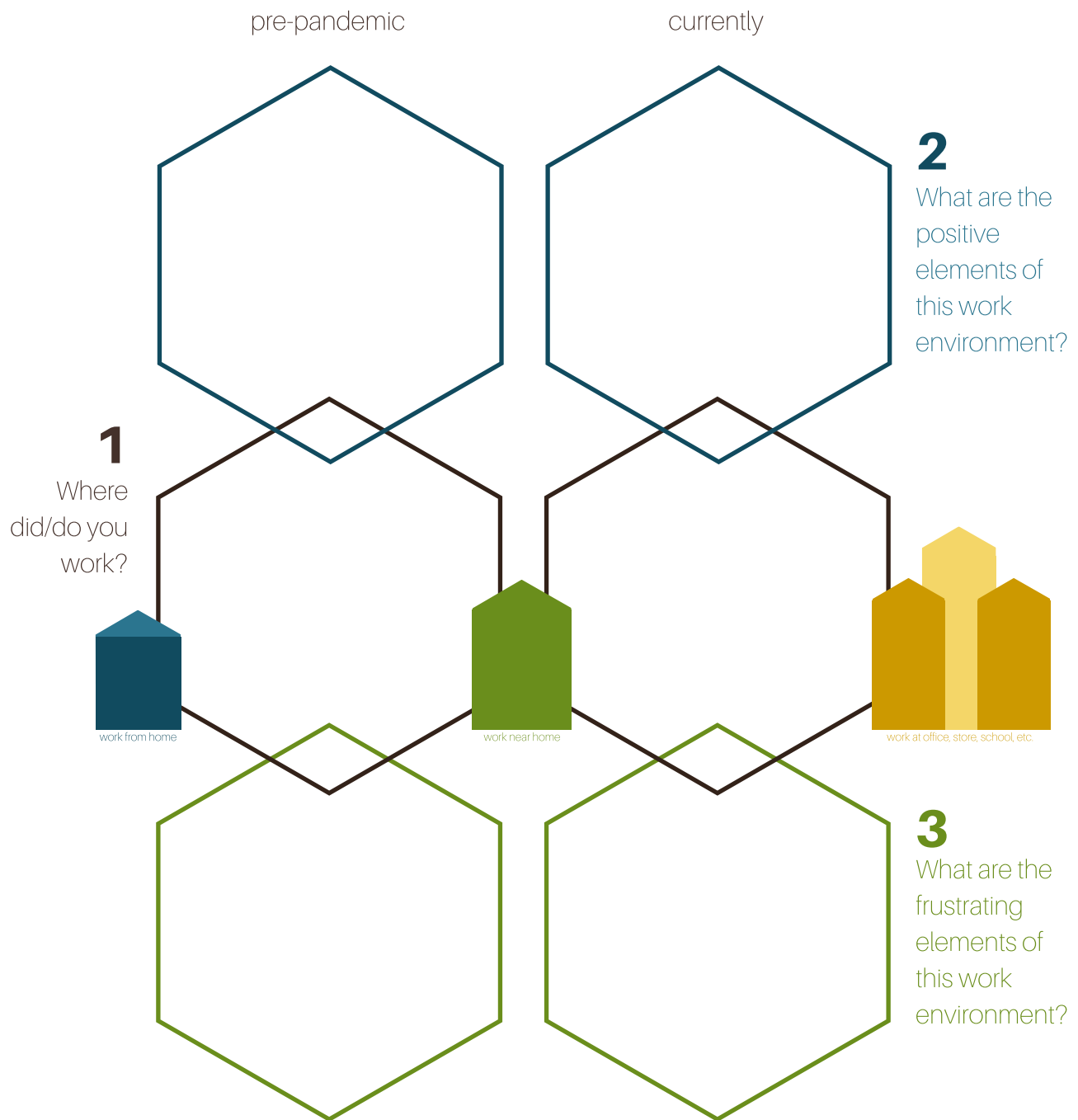
1 If I could do ONE thing exceptionally well, what would that be? WHY is that important to me? To the world?

2 My employer's / company's mission is to ... exceptionally well SO THAT ...

3 In terms of my employer's/company's mission, my most important role is ... BECAUSE ...

World of Work: the WHERE

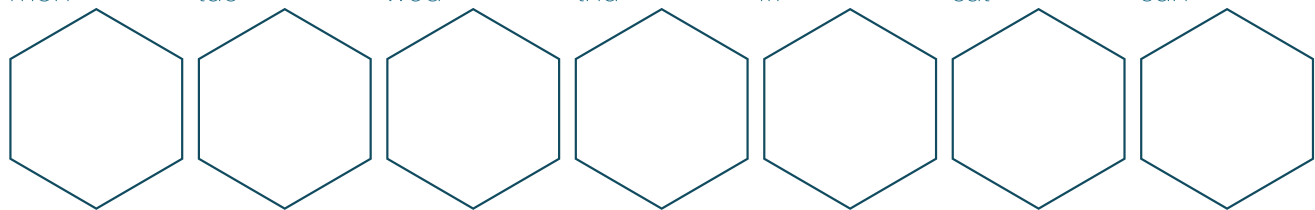
What works and doesn't work about the physical place where you work (consider both before the pandemic and during the pandemic, because, yeah, the last year was strange).



World of Work: the WHEN

What does your typical week look like? When do you work, rest, play, and connect with others?

mon tue wed thu fri sat sun



On a typical day, when do you engage in your work?
Do you focus on different tasks at different times?

early am

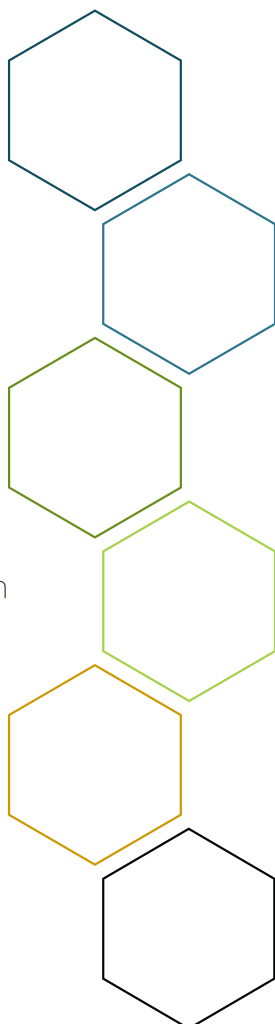
morning

midday

afternoon

evening

night



On average, when is your energy level low? high?

early am

morning

midday

afternoon

evening

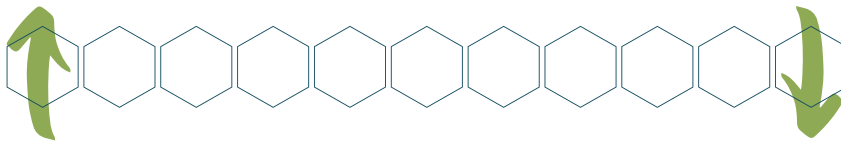
night



World of Work: the HOW

1

How do you organize your work and determine the sequence of your day? Mark where you fall on each spectrum. Note what systems or strategies you rely on to get the right things done at the right time.



internal direction

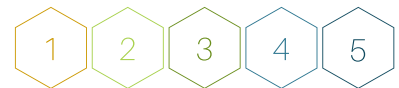
iself-determined path

external direction

boss's agenda, client needs

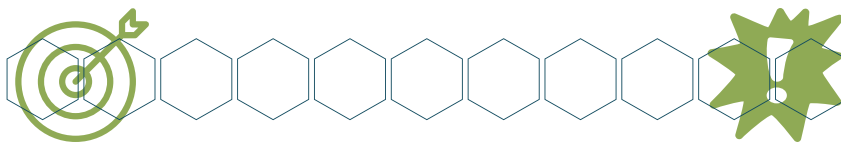
2

How are these systems working for you on a scale of 1-5?



oof.

yay!

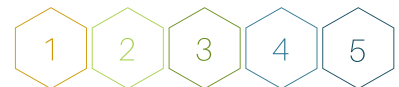


important

based on big picture
purpose, strategy

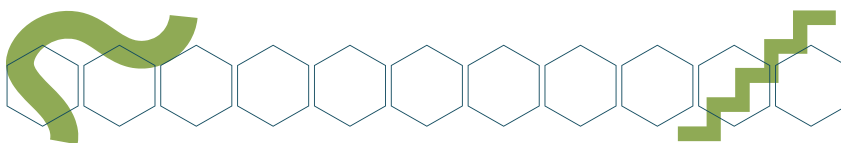
urgent

based on immediate
pressure, stress



oof.

yay!

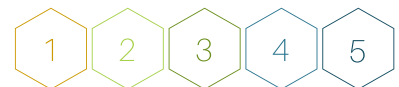


fluid

post-its, mind maps, journal,
ever-changing system

concrete

to-do list, spreadsheet,
timer, planner

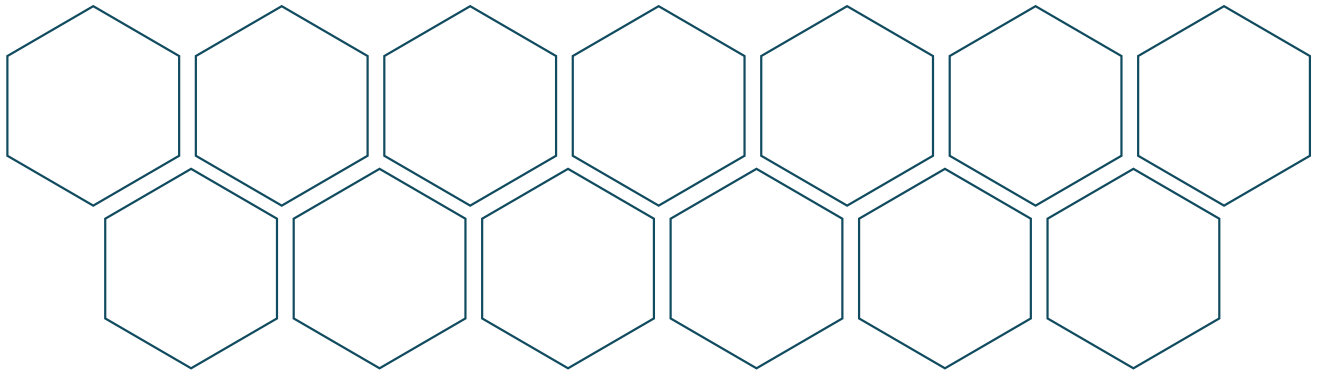


oof.

yay!

World of Work: the WHO

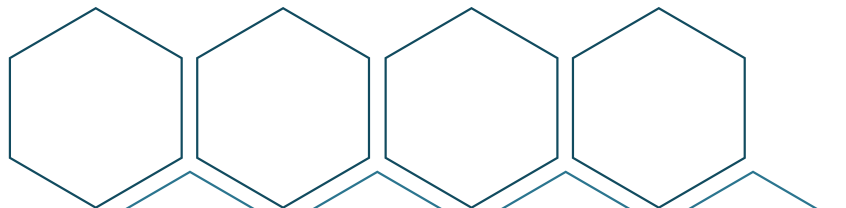
List the people you work with regularly, as well as family and friends you see most often.



Map these people based on the roles they play in your life. Add important, but less frequently seen people who fill these roles. [Adapted from Stacey Flower's [Ted Talk](#)]

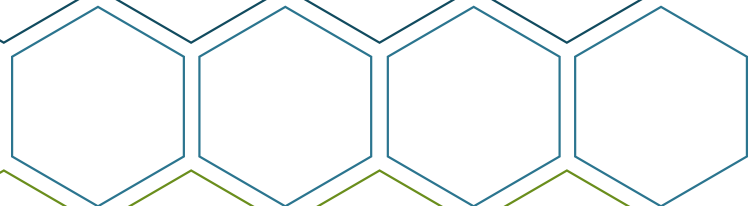
cheerleader

believes in you, even if you don't



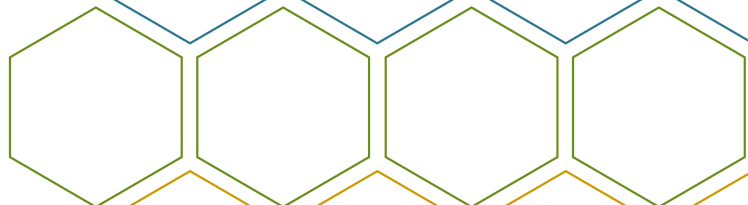
mentor

points you in the right direction



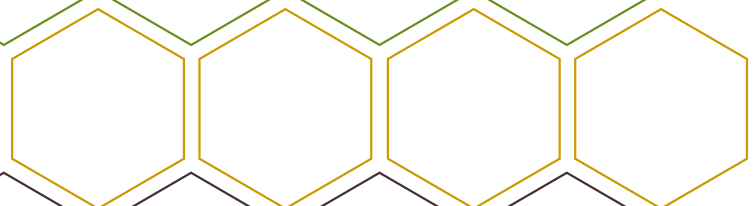
coach

gets you out of your comfort zone



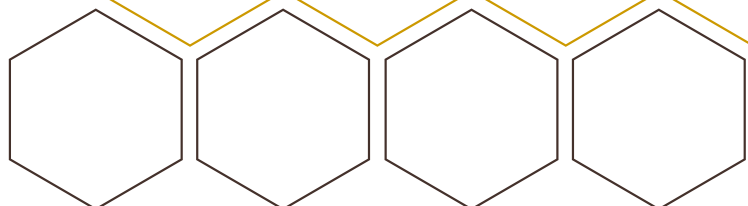
friend

hears your hopes & dreams



peer

keeps you focused





World of Work

REFLECTION

What bubbled up for you as you checked in with your work landscape? What did you notice?

Were there any surprises as you were engaging in these exercises?

Do you see any patterns?

What do you want to keep doing?

What is one thing you want to change? What is the next right step to making that change?

What is one thing you want to delete, delegate, or defer? What is the next right step for offloading that piece?