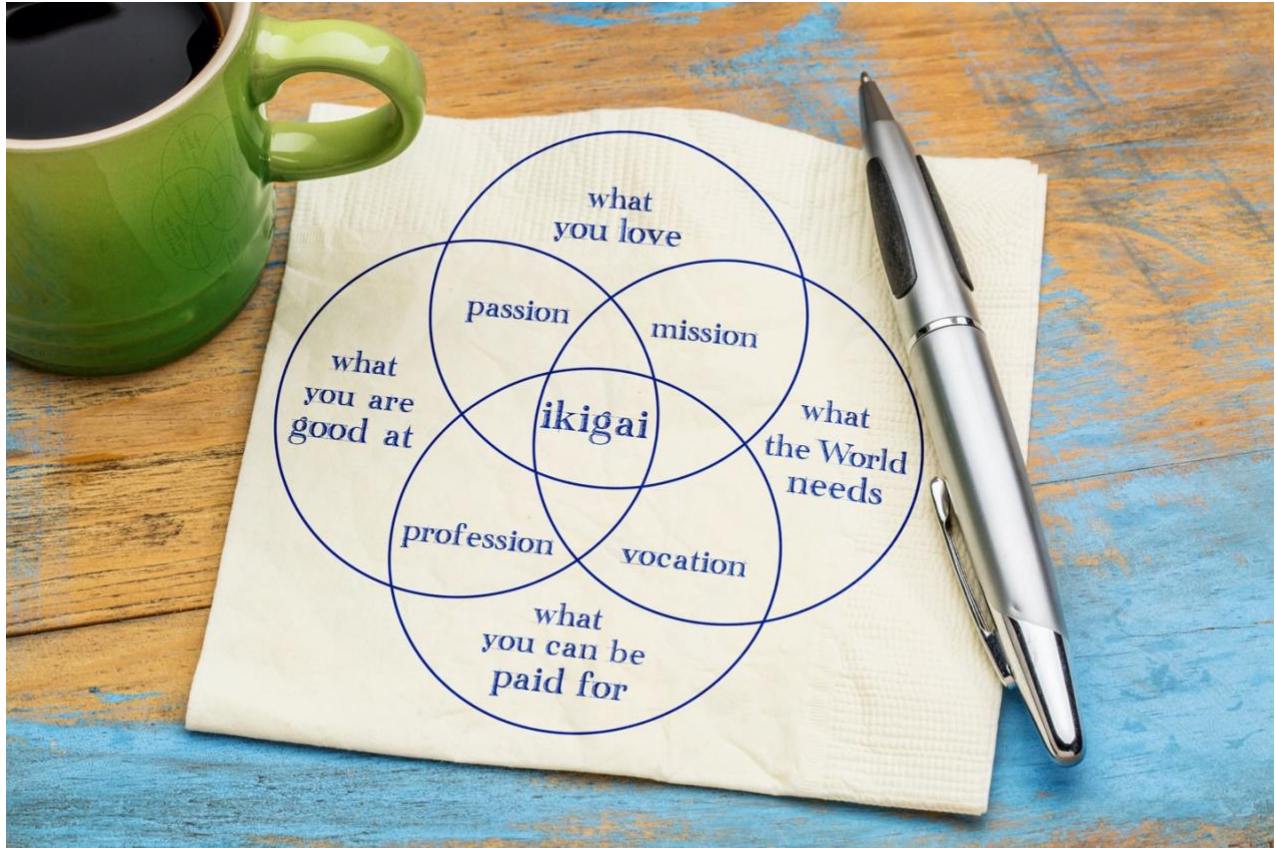


BLUEPRINT to your best life



Discover Your Passion



Do you want to find a career that lights a fire within you and gets you excited to get out of bed in the mornings? When you're following your passion, time seems to fly by because you're doing something that fuels your soul. We all come with unique gifts and abilities, and when we follow our purpose (or dharma), we attract unlimited abundance.

This formula for finding your passion comes from a Japanese concept that roughly translates to "*purpose in life*" or "*reason for being*." They refer to it as Ikigai (pronounced ee-key-guy). This assignment will hopefully help you find yours. At the intersection of what you love, what you're good at, what the world needs, and what you can get paid for is where you'll find your Ikigai.

As you go through this exercise, try not to limit yourself. Get creative and think outside the box. You might consider combining some of the ideas you come up with below. Who knows, maybe you'll come up with something completely unique that no one else is doing. Keep your mind open and pay attention to those nudges from your higher self (your gut instinct). This exercise could very well change your life.

Important Note: Before you begin, click the down arrow  and save this document to your desktop. Then, open the document from your desktop to complete it. Otherwise, your edits won't be saved.

Step 1: What do you love?

What lights you up or gives you goosebumps when you think about it? What topic could you talk about for hours? What activities do you love doing in your spare time? What causes you to lose track of time? What did you love doing as a child? What did you use to dream about doing when you “grew up”? What would you do with your time if money were no object? List everything you love (or loved as a child) below.

Step 2: What are you good at?

What do you know you're good at? Is there something people compliment you on for doing well? What comes naturally to you? This can be a character trait, skill, talent, etc. Get feedback from your friends who might see your strengths more objectively. I also recommend taking the free [VIA Character Strengths Survey](#). (It was really enlightening for me.) List everything you're good at below.

Step 3: Is this something the world needs?

From the answers above, make a list of what the world needs. In other words, is this something that can help people, the planet, or animals? Can it make life easier or better for others? Is there something you could do or create that will solve a problem for others? Is there a new product or service here? What's happening in society where your product or service could fulfill a need?

Step 4: Can you get paid for this?

Take your answers from Step 3 and list everything you could get paid to do below. Can you search the job openings for this opportunity, or is this a business you'd like to create? Can you combine some of your answers to develop a new business idea? If you're coming up with a new product or service, is there a demand for it? First, do your research to see if it exists. Then, create an online poll to gauge people's interest.

Step 5: Use Artificial Intelligence to Brainstorm. Now, take your answers one step further and brainstorm ideas using A.I. Go to [ChatGPT.com](https://chatgpt.com) and type something like, *“I’m trying to find my dream career (or start my own business) and would like you to list several ideas that would be a good fit for me.* Then List all your answers from above using verbiage like *“Here are the things I love doing...Here are the things I’m good at, etc.*

Before you hit that black up arrow to get your answers, narrow down your results by asking ChatGPT to be as specific as possible based on your unique preferences. Here are some examples:

- I want something that doesn’t require an advanced degree.
- I want a job that includes a lot of travel.
- I only want to work on the weekdays.
- I prefer to work alone.
- I’d prefer something where I can stay active.
- I want a career where I can earn six figures.
- I’d love a career working with animals.
- I’m very social and would like to work with people.

Step 6: Analyze your results

Did you receive clarity about what you want to do? Did anything on ChatGPT’s results light you up? Do you have the skills needed to fulfill this career or business? If not, where can you learn these skills? Is there a book, class, or video you could find? (With the age of the internet, almost anything can be learned online.)

I encourage you to follow your passion. This is *your* life. Ignoring your calling is a disservice to you and the community around you. If you need additional help, I also recommend the book [Designing Your Life](#).