



Part 1

Look at yourself through all the lenses and identify the overlap between them.

Your **What you Love** questions:

1. What energises you?
2. What did you enjoy doing as a child?
3. What would be possible were money not a constraint?
4. Jobs you'd love to do.
5. Your priorities and values.

You're **What You Are Good At** questions:

1. What are the strengths and talents that come naturally (refer to strengths profile)?
2. What are the jobs that others, who know you well, can see you doing?

Consider your characteristics such as people skills, intellectual strengths, creativity, persistence, and practical skills.

- What are your top 3 insights?
- 1.
- 2.
- 3.

Part 2

Work through 'what the world needs' and 'what you can be paid for'.

- What's your sweet spot? (Where they all inter-link).

Transfer into an IKAGAI action plan over the next 12-18 months

- Identify priority themes and supporting specific actions
- How will you monitor progress?