

Find Your Ikigai Workbook

40 slides to total fulfillment

By: Chelsae Zirna
Embodied Leadership Coach

Hi, I'm Chelsae!

I am an Embodied Leadership coach who transforms leaders around purpose, power & prosperity. I am the Founder of Rewild Worldwide, a movement that exists to restore humanity back to its wild nature through embodiment experiences and WildlyWoven Retreats. I am also Founder of Chrysalis, a transformation based festival, that focuses on creating connection through vulnerability. Mainly, I help people remember their wild.

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What will you learn?

— — —
IKIGAI

VISION

ALIGNMENT

INTENTIONS

EXPANDERS

MENTORS

HAPPINESS

MIND-BODY CONNECTION

MINDFULNESS

CONSCIOUSNESS

MONEY

INVESTING

PARTNERSHIP

PRINCIPLES

SUMMARY

Who Is this For?

— — —

MY PRIMARY AUDIENCE IS

MILLENNIAL WOMEN 22-45

WHO FEEL CALLED TO

IMPACT THE WORLD

LIVE WITH PURPOSE

AND STEP INTO THEIR FEMININE POWER

My Why

— — —

MY BEAUTIFUL MOTHER WHO SUFFERS FROM CHRONIC DEPRESSION
WHO LOVES HER FRIENDS & FAMILY COMPLETELY UNCONDITIONALLY
AND INSPIRES ME TO LIVE MY MOST FULFILLED LIFE

&

MY NATURAL INCLINATION TO SEE THE LIGHT IN OTHERS & IN THIS WORLD
CREATE A CONSCIOUS PURPOSE-FILLED COLLECTIVE
AND MAXIMIZE THE INNER GREATNESS WITHIN EACH OF US

My Background

— — —

BORN IN 1992 IN BUFFALO, NY

DAUGHTER OF NURSE FROM OHIO AND DOCTOR FROM KENTUCKY (ORIGIN: ESTONIA)

STARTED GYMNASTICS AND DANCE AT AGE 3 AND CONTINUED FOR 20 YEARS

RAN 3 MARKETING BUSINESSES IN COLLEGE OVER 750K IN REVENUE

GRADUATED THE UNIVERSITY OF GEORGIA WITH A MARKETING DEGREE IN 2014

CONSULTED AND MANAGED OFFERINGS FOR IBM SPORTS AND IBM CYBER SECURITY

EXPERIENCED A SPIRITUAL AWAKENING (STORY IN MY FIRST PODCAST EPISODE)

STARTED WOMEN'S EMPOWERMENT BUSINESS COACHING

STORED MY BELONGINGS, BECAME LOCATION INDEPENDENT

AND THEN IT ALL BEGAN...

Here are some of my passions

— — —

EMBODIED HEART-CENTERED FEMININE LEADERSHIP

CONSCIOUSNESS AND SPIRITUALITY

CREATING A HUMANITY PLUS, SOCIAL ENTREPRENEURIAL WORLD

MAXIMIZING LOVE

ECSTATIC DANCE, TANTRA, AUTHENTIC RELATING

ASTROLOGY, ENERGY WORK, ALIGNMENT

WHAT I LIVE FOR:

REWILDING THE FEMININE



A WORLDWIDE EMBODIMENT
OF INTEGRATED MASCULINE
FEMININE ENERGY

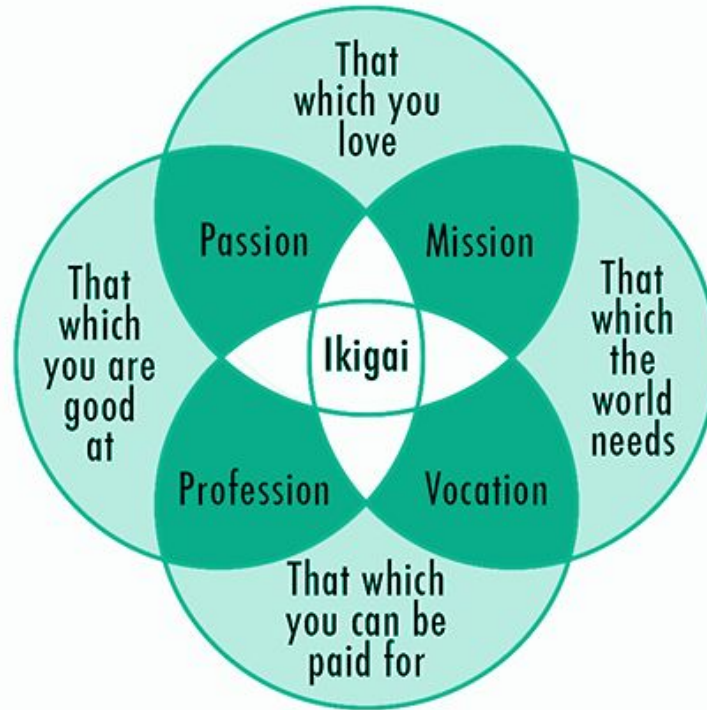


A SELF-ACTUALIZED CONSCIOUS
COLLECTIVE FULLY LIVING OUT
THEIR PURPOSE



ALL INDIVIDUALS LIVING OUT
THE FULLEST EXPRESSION OF
THEMSELVES

Your Ikigai is your reason for being



Ikigai

— — —

MOST PEOPLE NEVER LIVE OUT THEIR LIFE PURPOSE

THEY ABSORB THE WORLD'S VALUES, THEY SEE THE AMERICAN DREAM, AND THEY FOLLOW THE
YELLOW BRICK ROAD THINKING THAT IS THE ANSWER

AND THEN LIVE IN PASSIONLESS MEDIOCRITY

THOSE THAT TAKE THE TIME TO CRAFT THEIR PURPOSE LIVE WITH ENERGY
AND MOTIVATION TO OVERCOME CHALLENGES AND PURSUE DREAMS

THEY CAN FEEL & EMBODY THEIR REASON FOR BEING

Ikigai

IT'S NOT ABOUT "FINDING YOUR PURPOSE"

IT'S ABOUT FOLLOWING YOUR HEART AND LISTENING DEEPLY

WHEN YOU ARE LIVING IN ALIGNMENT WITH YOUR PURPOSE AND
ACKNOWLEDGING YOUR SOUL LESSONS AS GIFTS, YOU MOVE THROUGH LIFE
WITH MORE FLOW AND OBSERVATION

THIS IS WHERE WE SURRENDER TO DIVINE WILL AND EMBODY FREE WILL

What do you love doing?

Take out some paper and draw a circle



HOW DO YOU GET INTO FLOW STATE? TOTAL FOCUS WHERE NOTHING ELSE MATTERS?

WHAT WOULD YOU DO IF YOU WOULDN'T RECEIVE ANY MONEY OR RECOGNITION?

WHAT EXCITES YOU?

WHAT MAKES YOU COME ALIVE?

WHAT DO YOU DO WHILE YOU ARE SUPPOSED TO BE DOING WORK?

What does the world need?

WHAT PAINS YOU ABOUT THE WORLD?

WHAT ANGERS YOU IN THE WORLD?

WHAT DOES HUMANITY NEED TO THRIVE?

HOW SPECIFICALLY DO YOU FEEL YOU CAN IMPACT THE WORLD?

HOW DO YOU WANT TO MAKE YOUR MARK ON HUMANITY?

How can you create what the world needs while doing what you love? What are you good at?

WHAT ARE ALL THE THINGS YOU COULD DO IN LIFE THAT WOULD SERVE HUMANITY IN A UNIQUE WAY AND ALLOW YOU TO DO WHAT YOU LOVE?

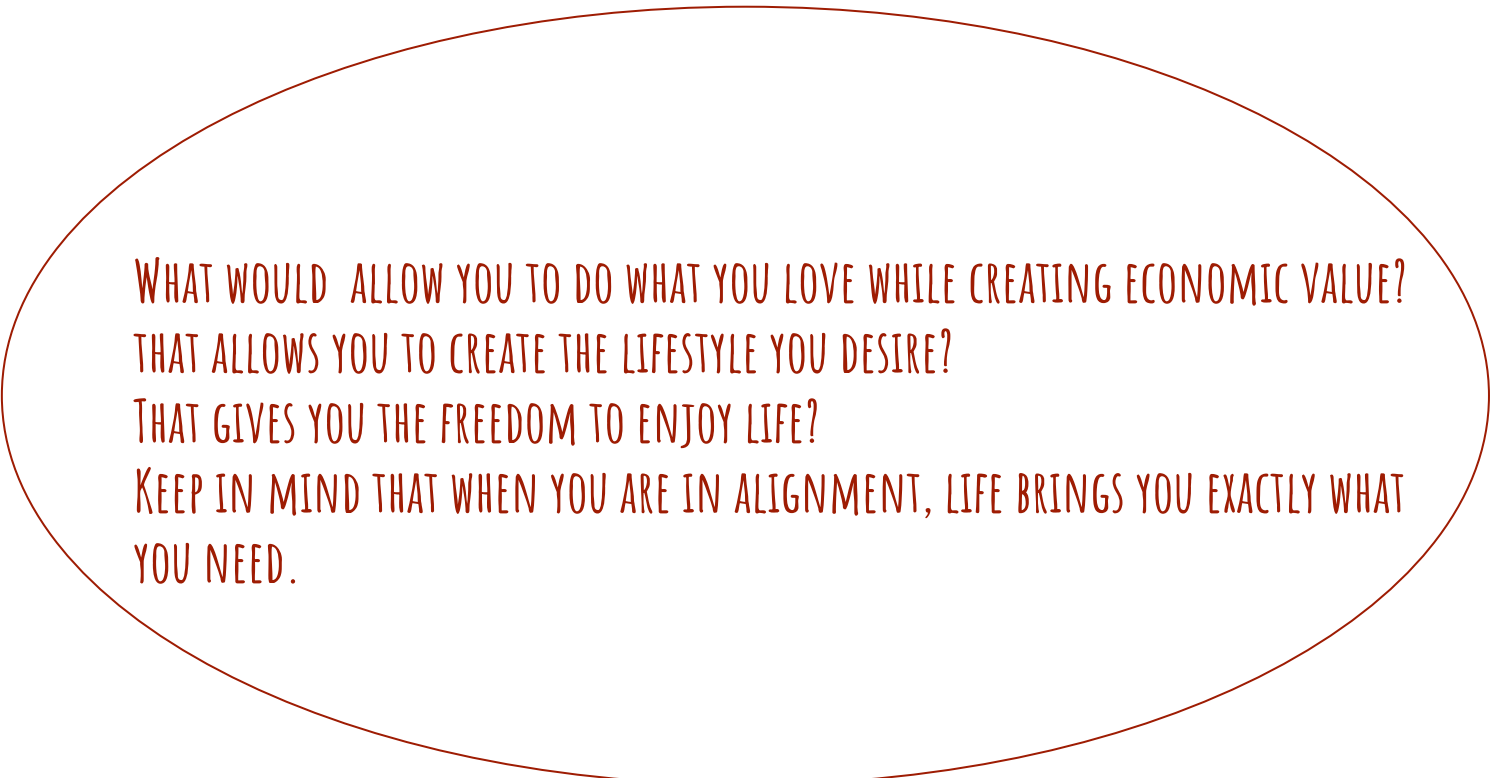
WHAT SKILLS CAN YOU BRING TO THIS?

WHICH PEOPLE CAN YOU COLLABORATE WITH TO MAKE IT HAPPEN?

WHAT ARE YOU REALLY GOOD AT?

WHAT DO OTHER PEOPLE TELL YOU YOU ARE GOOD AT?

How can you get paid to do what you love?



WHAT WOULD ALLOW YOU TO DO WHAT YOU LOVE WHILE CREATING ECONOMIC VALUE?
THAT ALLOWS YOU TO CREATE THE LIFESTYLE YOU DESIRE?
THAT GIVES YOU THE FREEDOM TO ENJOY LIFE?
KEEP IN MIND THAT WHEN YOU ARE IN ALIGNMENT, LIFE BRINGS YOU EXACTLY WHAT
YOU NEED.

Ikigai

— — —

DESCRIBE HOW THE WORLD WILL BE DIFFERENT IN 2050 BECAUSE OF YOU.

WHAT IS SO COMPELLING TO YOU THAT YOU MIGHT BE WILLING TO DEDICATE YOUR LIFE TO MAKING IT HAPPEN? (YOUR REASON FOR BEING)

TRANSLATE IT SO A 10 YEAR OLD COULD UNDERSTAND IT. 15 WORDS.

HOW CAN YOU MEASURE WHETHER IT IS BEING REALIZED?

WHAT CAN YOU CREATE/BUILD/DO IN YOUR LIFE TO MAKE THIS DREAM REAL?

Vision Boarding

FAMILY/RELATIONSHIPS

HEALTH

EDUCATION/BELIEFS

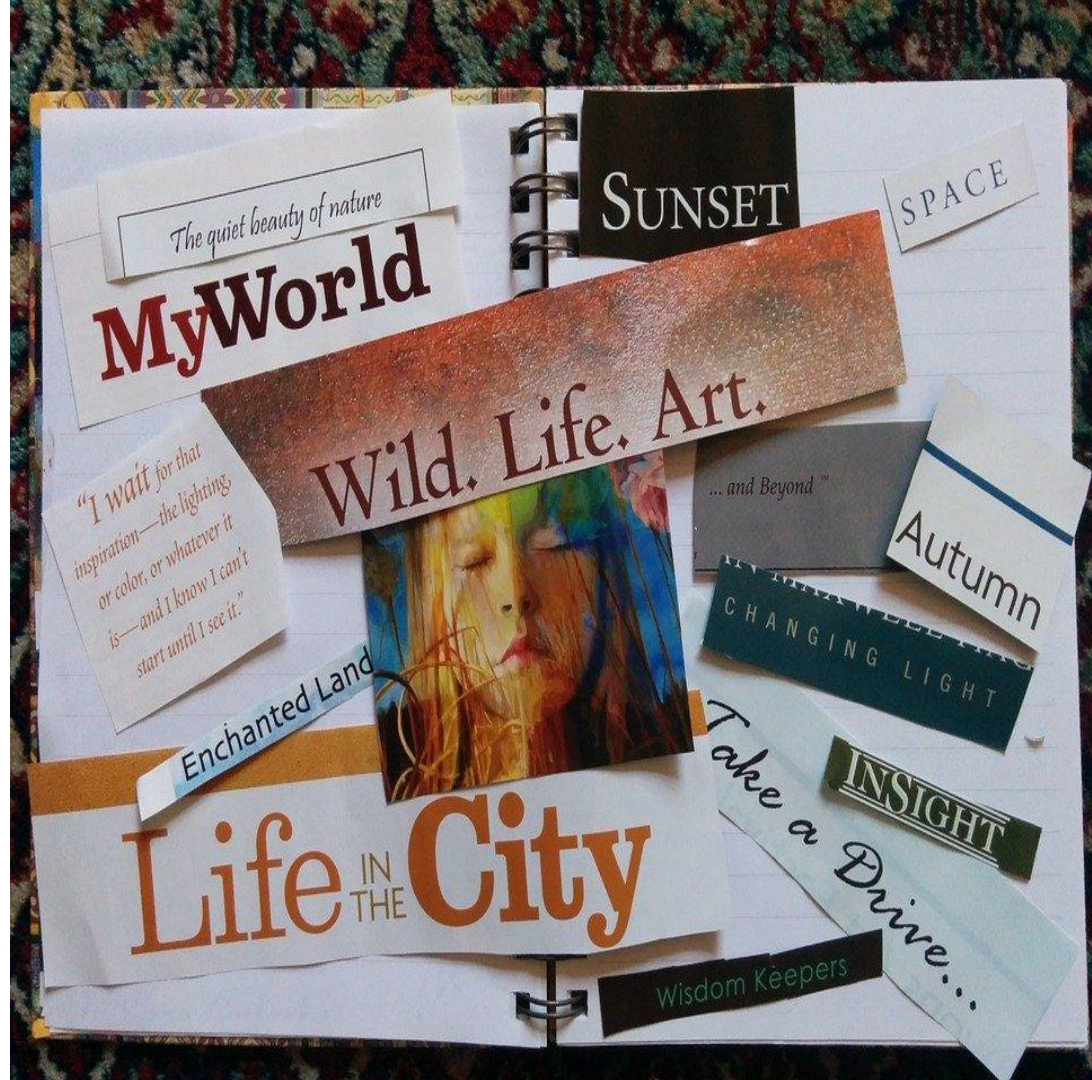
ADVENTURE

CAREER/PASSIONS

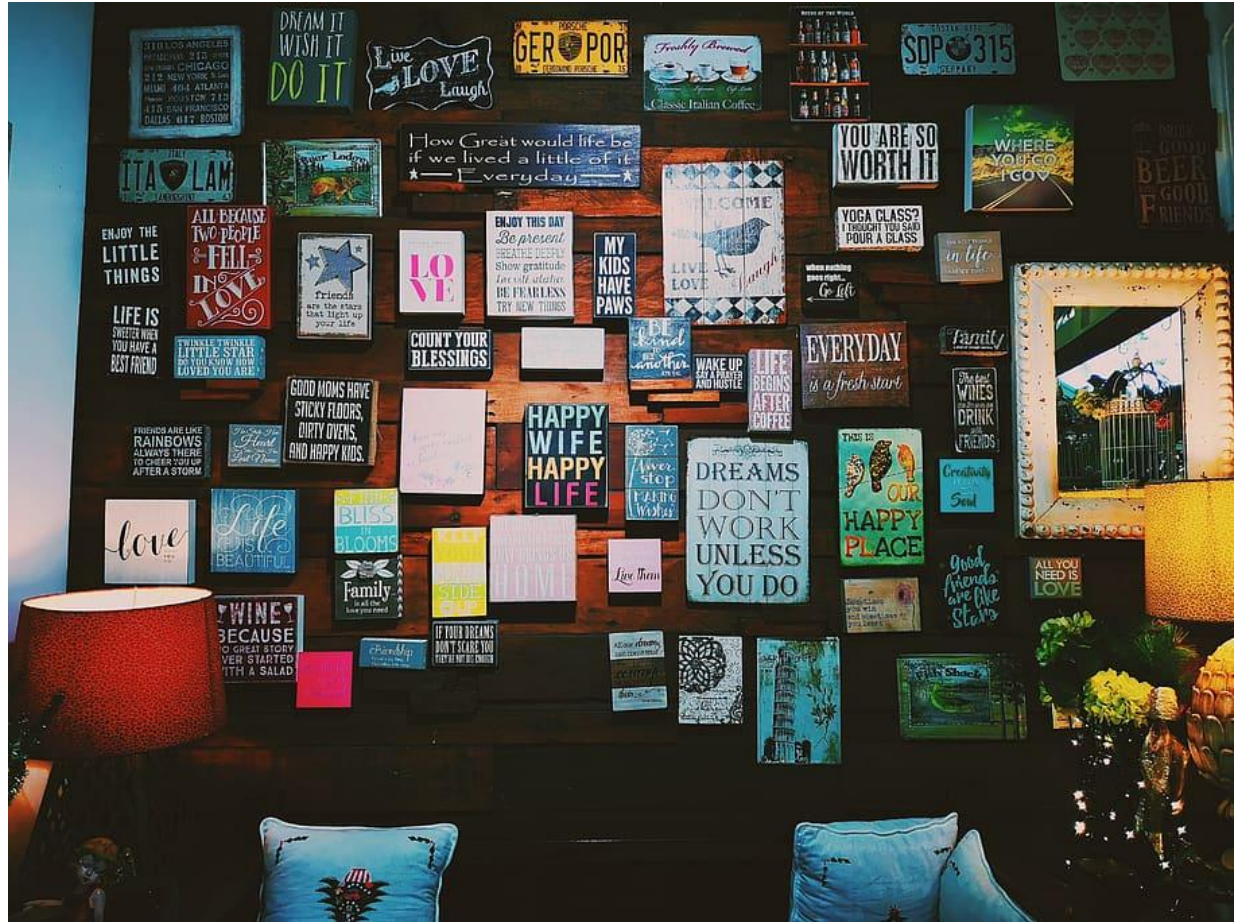
FINANCIAL

VALUES

CREATIVE



CRAFT A VISION BOARD
USING THE CATEGORIES
LISTED ON THE PREVIOUS
SLIDE



Vision: Bucketlist

TAKE STICKY NOTES

AND COVER YOUR WALL OR WINDOW WITH YOUR DREAMS

WHAT AMAZING EXPERIENCES DO YOU WANT TO HAVE IN YOUR LIFETIME

DREAM BIG

CREATE MEANING

WHAT IS THE MOST EXCITING THING YOU HAVE DONE THIS YEAR?

WHAT IS THE MOST MEANINGFUL THING YOU'VE DONE THIS YEAR?

Intentions

— — —

VERY FEW PEOPLE WRITE DOWN INTENTIONS OR GOALS

BUT CLEARLY WRITING DOWN YOUR INTENTIONS ENGAGES THE SUBCONSCIOUS

TO MORE ACTIVELY MANIFEST THE INTENTION INTO REALITY

ALIGNING YOUR HEART AND YOUR MIND WHILE BRINGING CLARITY FOR THE UNIVERSE

TO NATURALLY ATTRACT THE RIGHT PEOPLE & RESOURCES INTO YOUR LIFE

WHEN THE TIME IS RIGHT AND YOU ARE PREPARED & READY TO RECEIVE

FILTERING OUT THE UNNECESSARY CLUTTER

AN INTENTION IS AN INTENDED OUTCOME, SURRENDERING TO THE PROCESS

ALLOWING FOR AN UNIMAGINABLE PLEASANTLY SURPRISING JOURNEY

Intentions

— — —

I WROTE DOWN THAT I WANTED TO BREAK A SALES RECORD IN MY SECOND MARKETING BIZ
I HAD NO IDEA HOW IT WOULD HAPPEN
BUT I WROTE IT EVERYWHERE AND TOLD EVERYONE THAT WOULD LISTEN
FOUR MONTHS LATER I MISSED THAT GOAL
BY 5%
UNTIL THE NEXT YEAR WHEN I BLEW IT OUT OF THE WATER WITH MY TEAM
I WOULDN'T HAVE COME CLOSE IF I HAD NOT CLEARLY DEFINED MY INTENTION
BELIEVED IN IT, AND DROPPED IT INTO MY SUBCONSCIOUS
...AND I KEPT SETTING MORE AND MORE

The Effects of my Intentions

— — —

AT 19 OPENED MY FIRST MARKETING OFFICE WITH VECTOR

AT 20 OPENED MY SECOND OFFICE, 5% AWAY FROM BREAKING RECORD

AT 21 OPENED MY THIRD OFFICE IN WV, GREW 75%

AT 22 STARTED IN IBM'S SPORTS DIGITAL CREATIVE AGENCY, ATL FALCONS FAN EXP.

AT 24 MOVED INTO IBM OFFERING MANAGEMENT AND OWNED MY OWN OFFERING

AT 25 JOINED A NONPROFIT CALLED BRAWL FOR A CAUSE WHICH GREW FROM A HOTEL BALLROOM TO A FOOTBALL STADIUM,
PROFITS INCREASED 2000%

AT 26 STARTED BUILDING A STARTUP INCUBATOR & SET THE INTENTION TO CREATE MY OWN

AT 26 ATTENDED MINDVALLEY UNIVERSITY, QUIT MY JOB, STARTED COACHING, NOMAD

AT 27 I BUILT A 150 PERSON ECSTATIC DANCE COMMUNITY, RAN A RETREAT IN BALI, AND MY FIRST PROGRAM

AT 28 I BUILT THE CHRYSALIS, AN ONLINE FESTIVAL COMPANY

AT 29 I CREATED THIS FOR YOU.

Anything is possible when you set the intention with all of your heart

— — —

MY GOALS FOR THE NEXT 4 YEARS/BEFORE I TURN 30:

DIRECTLY IMPACT 10,000 WOMEN THROUGH MY EMBODIED LEADERSHIP PROGRAMS

HOST CHRYSALIS FESTIVALS AND CREATE CONTENT REACHING 1M PEOPLE

LIVE OUT THE FULLEST EXPRESSION OF MYSELF AUTHENTICALLY AND OPENLY

BUILD A GLOBAL COMMUNITY OF PEOPLE WHO SUPPORT AND ENCOURAGE ONE ANOTHER

IMPACT THE FEMININE MOVEMENT → LOBBY FOR CHANGE

BUILD A TREEHOUSE ECO-COMMUNITY AMONG LIKE MINDED PEOPLE

Expanders

— — —

YOU ARE THE AVERAGE OF THE 5 PEOPLE YOU SURROUND YOURSELF WITH MOST
WHO DO YOU WANT TO BE AND WHO ARE THE BEST PEOPLE YOU COULD POSSIBLY SURROUND YOURSELF
WITH?

YOUR FRIENDS DETERMINE WHO YOU BECOME. WHO INSPIRES YOU? WHO BRINGS OUT THE BEST IN
YOU? WHO ALLOWS YOU TO LIVE THE FULLEST EXPRESSION OF YOU?

WHAT DO YOU LOOK FOR IN FRIENDS?

YOU CAN ATTRACT THE RIGHT PEOPLE BY PUTTING THE INTENTION OUT THERE CLEARLY
YOU ARE NOW ABLE TO CONNECT WITH VIRTUALLY ANYONE! JOIN THEIR MASTERMIND.
INVEST YOUR MONEY IN SOMETHING WORTHWHILE. IT COULD BE BETTER THAN SCHOOL.

Mentors

WHAT IF YOU HAD BOTH AMAZING HAND CHOSEN FRIENDS AND IMPACTFUL MENTORS?

VERY FEW PEOPLE HAVE THIS, YET YOUR MENTORS WILL BE CRUCIAL TO YOUR SUCCESS

YOUR MENTORS COULD INTRODUCE YOU TO AN ENTIRELY NEW GROUP OF PEOPLE

DID YOU GO THROUGH 800 WEEKS OF SCHOOL TO FIND ZERO MENTORS?

IF YOU DID, IT'S NOT TOO LATE. BUT DON'T KEEP WAITING. JOIN PROFESSIONAL NETWORKS.

WRITE 1-2 SENTENCE EMAILS SO THEY ACTUALLY RESPOND OR CREATE A PERSONALIZED VIDEO.

CREATE AND REACH OUT TO A LIST OF 20 PEOPLE WHO ARE YOU IN 10-15 YEARS (USE LINKEDIN, TWITTER, EMAIL)

FIND PEOPLE YOU KNOW TO INTRODUCE YOU. IDEALLY MEET 2 OF THEM. (SEND THEM A FEDEX PACKAGE - THANK THEM, LOVE THEM, GIFT THEM. THEY DONT GET ENOUGH)

Happiness

— — —

YOUR DEEPEST DESIRES STEM FROM YOUR DEEPEST FEARS AND SUFFERING

“A PERSON CAN MAKE HIMSELF HAPPY OR MISERABLE REGARDLESS OF WHAT IS HAPPENING OUTSIDE JUST BY CHANGING THE CONTENTS OF CONSCIOUSNESS.”

DON'T BE AFRAID TO STRUGGLE. LET IT DRIVE YOU.

TRUE HAPPINESS IS LIVING THE FULLEST EXPRESSION OF YOURSELF WITHOUT INHIBITION

TRUE HAPPINESS HAPPENS WHEN YOU'RE LIVING YOUR IKIGAI, MAKING A DIFFERENCE, BEING PRESENT, BEING IN THE FLOW, LIVING IN THE MOMENT. GIVING YOUR GIFTS.

PAST → PRESENT → FUTURE (LIVING IN THE NOW, WITHOUT WORRY)

Happiness out of the heart

— — —

DO YOU WANT TO LIVE WITH EGO AND AN OVERACTIVE MIND? IN FEAR, ANXIETY, SCARCITY, DISAPPOINTMENT, EXPECTATION, LIMITATION, VICTIMIZATION, PROJECTIVE, CLOSED
OR TAKE INSPIRED ACTION IN YOUR HEART CENTER? WITH FUN, KINDNESS, EMPATHY, RECEPTIVITY, OPENNESS, CREATIVITY, POSSIBILITY, INSPIRED CREATION, FLOW

RECOMMENDED PROGRAMS/EVENTS:

LANDMARK, THE ART OF LIVING, MINDVALLEY UNIVERSITY, AFEST, BURNING MAN

Happiness: Ego Soul Alignment

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TAKE OUT PAPER AND JOURNAL FOR 5 MINUTES ABOUT THE FOLLOWING:

WHAT WOULD LIFE LOOK LIKE IF YOU WERE LIVING OUT OF THE EGO AND OUT OF FEAR?

WHAT WOULD LIFE LOOK LIKE IF YOU HAD NO WORRY?

WHAT ARE THE TOP THINGS HOLDING YOU BACK?

WHICH OF THOSE LIMITING BELIEFS CAN YOU LET GO OF?

HOW CAN YOU BEFRIEND YOUR EGO? THE PHYSICAL PART OF YOU KEEPING YOU SAFE? THE MIND SEPARATE FROM THE SELF?

Mind-Body Connection

— — —

YOUR PHYSICAL HEALTH HAS A MASSIVE IMPACT ON YOUR MENTAL HEALTH

AS A GYMNAST I WOULD WORKOUT 20 HOURS A WEEK. I WAS CONSISTENTLY STRENGTHENING MY PHYSICAL BODY. MY MIND WAS SHARP AND QUICK.

WHEN I REDUCED MY WORKOUTS TO A COUPLE TIMES A WEEK, MY PHYSICAL BODY WORE OUT QUICKLY DURING WORKOUTS, MY BODY TOOK A LONGER TIME TO RECOVER FROM A HARD WORKOUT, MY MENTAL CAPACITY SHRANK TO THE POINT WHERE I WOULD HAVE TO NAP MIDDAY.

NOW I WORKOUT EVERY MORNING AND MY MIND IS SHARPER, MY BODY IS HAPPIER. MY MIND IS CALMER.

Mind-Body Connection

— — —

YOUR MENTAL HEALTH HAS A MASSIVE IMPACT ON YOUR PHYSICAL HEALTH

YOU ARE WHAT YOU CONSUME: FOOD, BOOKS, PODCASTS, WORDS, THOUGHTS.

YOU FEED YOURSELF CONTENT AND SUBSTANCE, AND YOUR MIND REACTS

WE AS A SOCIETY HAVE GOTTEN INTO THE HABIT OF ASKING OTHER PEOPLE OUTSIDE OF OURSELVES HOW TO LIVE, WHAT TO DO, WHAT TO THINK, WHAT TO SAY.

WHEN THE ULTIMATE ANSWER IS WITHIN.

MEDITATION IS A TOOL TO CLEAR YOUR MIND FROM THE MENTAL B.S. IT CARRIES.

*DOWNLOAD HEADSPACE TO GET STARTED WITH GUIDED MEDITATION PRACTICE

Mindfulness: Words & Affirmations

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YOUR THOUGHTS BECOME YOUR WORDS
YOUR WORDS BECOME YOUR BELIEFS.
YOUR BELIEFS BECOME YOUR IDENTITY.

HOW DO YOU TALK TO YOURSELF WITH YOU ARE BEING YOUR MOST UNAPPEALING SELF?
IF WHEN YOU LOOK IN THE MIRROR YOU SAY, YIKES, REPLACE THAT WITH HELLO BEAUTIFUL.
EVERY HUMAN MAKES MISTAKES, BUT LIVING WITH GUILT, SHAME, SELF CRITICISM ARE
SOME OF THE MOST DESTRUCTIVE FORCES IN YOUR LIFE.
WRITE THE THINGS YOU NEED TO HEAR ON POST IT NOTES AND STICK THEM AROUND THE
HOUSE. IT MAY FEEL LIKE A LIE BUT THE TRUTH IS YOU ARE LIVING THE LIE RIGHT NOW AND
THE AFFIRMATION IS GETTING YOU BACK TO THE TRUTH.

Conscious Agreements

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DON'T TAKE THINGS PERSONALLY

DON'T MAKE ASSUMPTIONS

DON'T FORM EXPECTATIONS

ALWAYS DO YOUR BEST

STAY AS UNATTACHED TO YOUR EXTERNAL ENVIRONMENT AS POSSIBLE

THIS INCLUDES YOUR BELIEF SYSTEM. YOU WERE CONDITIONED AT BIRTH TO BELIEVE THE THINGS THAT YOU DO. QUESTION YOUR BELIEFS. STAY OPEN MINDED.

THESE ARE SOME OF THE HARDEST AGREEMENTS TO FOLLOW, YET THE MOST FREEING WHEN INTEGRATED

Habits

— — —

ALL OF THIS CAN BE CREATED WITH SIMPLE DAILY HABITS

HABITS ARE WHAT YOU NATURALLY DO WITHOUT THINKING ABOUT IT

IF YOU AREN'T ACHIEVING WHAT YOU WANT, CREATE A HABIT THAT WILL LEAD THERE

MAYBE THERE IS A HABIT YOU WANT TO STOP THAT YOU COULD REPLACE WITH
SOMETHING BETTER AND MORE ALIGNED

CREATE A WEEKLY PLAN AND IMPLEMENT THESE INTO YOUR DAILY CALENDAR

Money

YOU CAN MAKE A LOT OF MONEY AND STILL STRUGGLE TO PAY YOUR DEBT OR YOU CAN EARN LITTLE MONEY YET THRIVE

WEALTHY PEOPLE BUILD IN HABITS FOR INVESTING AND SAVING

THEY MAKE THEIR MONEY WORK FOR THEM BY CREATING ASSETS INSTEAD OF LIABILITIES

DO YOU WANT TO PAY INTEREST AND WORK FOR A COMPANY OR RECEIVE INTEREST AND OWN PART OF A COMPANY?

CREATE A SYSTEM USING A TOOL LIKE MINT.COM FOR CREATING A BUDGET, STAY WITHIN YOUR INTENDED LIMITS, AND CREATE A SAVINGS GOAL THAT AUTOMATICALLY MOVES INTO A SEPARATE ACCOUNT.

Investing

— — —

SPEND LESS THAN YOU EARN EVERY SINGLE MONTH

NEW WORTH COMPOUNDS WITH TIME SO SAVING EARLY IN LIFE HELPS EXPONENTIALLY

PAY OFF ALL OF YOUR DEBT STARTING WITH THE HIGHEST INTEREST FIRST

START SAVING \$1000 EACH MONTH

BUILD UP 6 MONTHS OF SAVINGS AND INVEST EVERYTHING ABOVE IT

REINVEST THE RETURNS

TO BECOME A MILLIONAIRE EITHER BUILD A BUSINESS OR SAVE AND INVEST FOR 30 YEARS

My story

— — —

AT 18 I STARTED SELLING CUTCO AND SOLD \$18,000 OVER ONE SUMMER

I OPENED MY OWN CUTCO OFFICE AT 19, 20, AND 21 AND HIRED OVER 100 PEOPLE

PUTTING ME OVER \$500,000 IN SALES AND \$30,000 EARNED

I GRADUATED COLLEGE STILL WITH \$60,000 IN LOANS

I STARTED WORKING A CORPORATE JOB AND SAVED EVERYTHING I EARNED

I PAID MY LOANS IN 3 YEARS AND QUIT MY JOB TO BUILD MY OWN BUSINESS AGAIN

AT 26, I BOUGHT A CAR IN CASH JUST BY SAVING \$1000 PER MONTH OVER THE FOLLOWING YEAR

AND BUILT AN INVESTMENT PORTFOLIO OF OVER \$30K

Your Turn

YOUR FINANCIAL SUCCESS WILL BE BASED ON WHAT YOU DO TODAY

START BY CALCULATING THE AMOUNT YOU EARN PER MONTH, THE AMOUNT YOU SPEND, THE AMOUNT YOU SAVE, AND THE AMOUNT YOU HAVE AVAILABLE TO INVEST

INVESTING \$1000 PER MONTH FOR 30 YEARS WILL MAKE YOU A MILLIONAIRE

YOU WILL EARN 1% IN A SAVINGS ACCOUNT AND 10% RETURN IN THE S&P 500

STOCKS ARE CURRENTLY PRICED AT 25X THEIR VALUE WHICH MEANS THEY ARE OVERVALUED AND WE COULD SEE A FALL COMING & MORE BENEFIT COULD BE SEEN IN LENDING CLUB NOTES

BONDS, REAL ESTATE, AND ANGEL INVESTING ARE OTHER FORMS OF INVESTMENT

Partnership

YOU MUST LOVE YOURSELF BEFORE SOMEONE ELSE LOVES YOU

NO ONE ELSE SHOULD FULFILL YOUR HAPPINESS OUTSIDE OF YOURSELF

A PARTNER SHOULD NOT BE EXPECTED TO MEET ALL OF YOUR NEEDS

A HEALTHY RELATIONSHIP IS FORMED WHEN YOUR CUP IS OVERFLOWING AND YOU DESIRE TO GIVE ANOTHER LOVE WITHOUT EXPECTATION OF RECEIVING ANY LOVE BACK IN RETURN

IS BUILT ON HONEST COMMUNICATION, MUTUAL ADMIRATION, DEEP RESPECT, AND THE ABILITY TO MAKE YOUR LOVER FEEL SAFE, SEEN, AND UNDERSTOOD

YOUR PARTNER SHOULD NOT BE "YOUR OTHER HALF." THIS CREATES CODEPENDENCY. LOOK TO FIND BALANCE INTERNALLY VERSUS EXTERNALLY AND AGAIN, GIVE LOVE INSTEAD OF LOOKING TO RECEIVE SOMETHING

Principles

— — —

UNDER-PROMISE, OVER-DELIVER

EMBRACE THE JOY OF MISSING OUT - LOVE WHERE I AM WHEN I AM THERE PRESENTLY

I CAN DO ANYTHING BUT SHOULDN'T DO EVERYTHING, FOCUS

I SHALL NOT MAKE ASSUMPTIONS, TAKE THINGS PERSONALLY, OR FORM EXPECTATIONS

MAKE AN IMPACT ON THIS WORLD & ONLY WORK FOR WHAT ADDS TO MY MISSION

LOVE AS UNCONDITIONALLY AS POSSIBLE

FIRST UNDERSTAND, THEN BE UNDERSTOOD

LIVE IN GRATITUDE EACH DAY FOR EVERY PERSON AND EVERY MEAL

Finding Your Ikigai

— — —

GETTING CLEAR ON YOUR PURPOSE CAN BE THE DIFFERENCE BETWEEN A HAPPY, FULFILLED LIFE AND A LIFE OF EXCUSES AND INDECISION.

WHEN WE SHARE WHAT WE WERE BROUGHT HERE TO GIVE, WE ARE LIVING IN ALIGNMENT WITH OUR HIGHER SELF.

WHEN YOU FIND YOUR CALLING, YOU CAN SHARE YOUR GIFT WITH THE WORLD CONSISTENTLY.