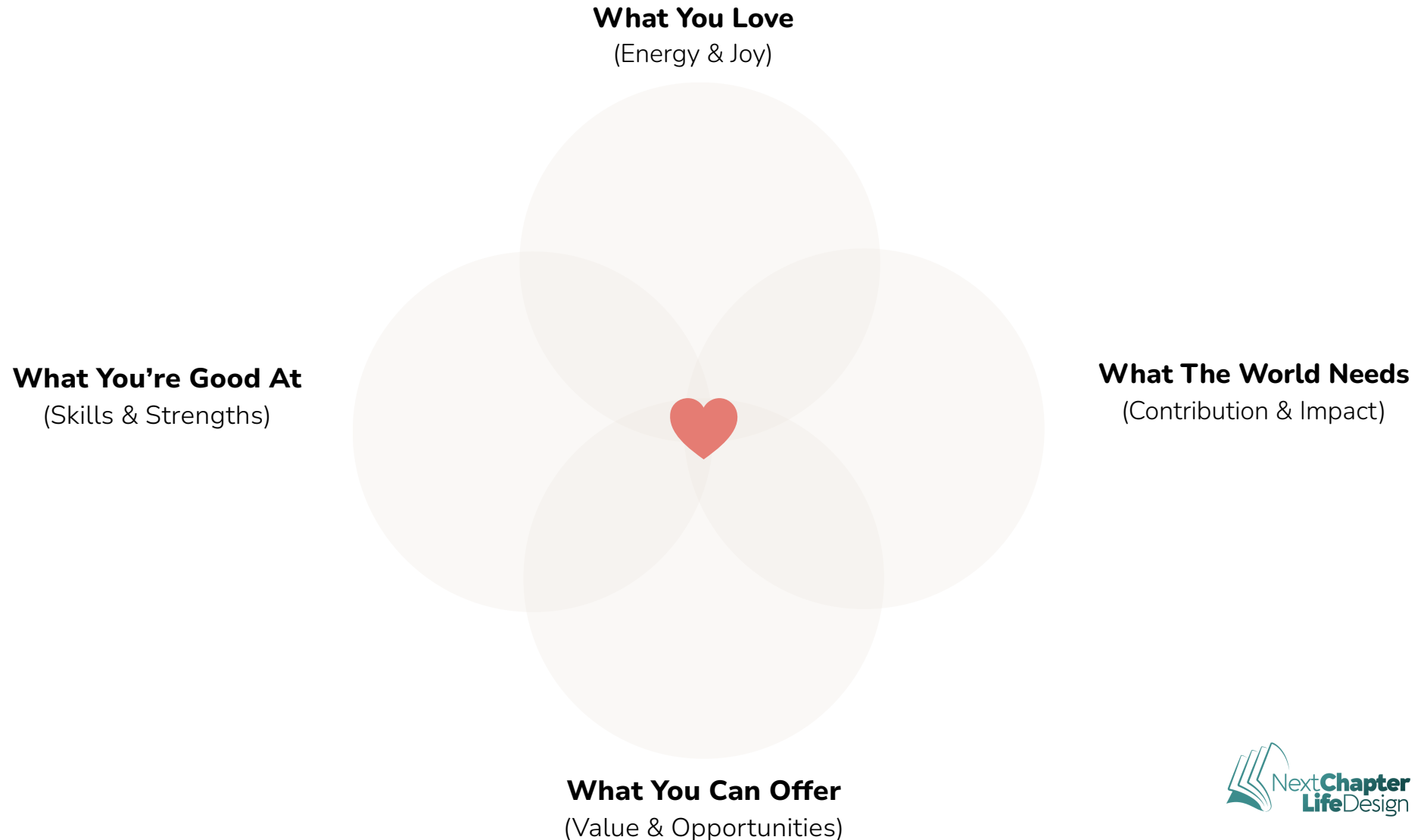


Life Design Sweet Spot™

How to Use This Framework (Quick Guide)

Add words or phrases in each circle, then notice where themes overlap.

The center shows your emerging sweet spot – your Ikigai – adapted from the Japanese concept of “reason for being.”



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What You Love

(Energy & Joy)

What You're Good At

(Skills & Strengths)

What The World Needs

(Contribution & Impact)



What You Can Offer

(Value & Opportunities)
