Put Your Mask on First: Ikigai and Your Career

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when I grow up I want to be...
Topics

• Introduction to Ikigai
• Where are you now?
• Where do you want to go?
• How can you get there?
IKIGAI
The Japanese Secret to a Long and Happy Life

HÉCTOR GARCÍA AND FRANCESC MIRALLES
“Are you ready to live fully?”
Tools

- Assessment: Personal retreat
- Planning: 12 Week Year
- Implementation: Rituals
Conducting a Personal Retreat
Personal Retreat Questions

- Core values
  - What do you value? What is important to you?
  - What can't I tolerate?
  - What personal boundaries are non-negotiable?
Personal Retreat Questions

- Core values
  - To have a relationship with me, what must people know?
  - To understand me, others need to know...
  - What are some of the things you truly believe in, and are guidelines you live by?
Keep your promises
Be authentic
Maintain a growth mindset
Be kind and respect others
Strive for excellence
Be consistently good and eventually you will be rewarded
Personal Retreat Questions

• Review
  • What am I most proud of in the last year/quarter?
  • What roles do I have that are most important to me?
Personal Retreat Questions

• Looking forward
  • What commitments do I already have?
  • What should I start doing?
  • What should I keep doing?
  • What should I stop doing?
12 Week Year

• Pick 3 goals
• Pick action steps
• Monitor
Create a Ritual
Personal Rituals

- Pick a time to consistently work on your plan
- Block out an hour

- What incremental things can you do this week, every day?
Resources

- Designing Your Life by Bill Burnett and Dave Evans
- 12 Week Year by Brian Moran
- Asian Efficiency asianefficiency.com
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