

Find Your Sweet Spot

These worksheets outline a process to help you find the work you were meant to do, the best way to use your gifts and talents - your sweet spot.

This is a simple methodology based on the Japanese concept called Ikigai (EEE-kee-guy) which loosely means "a reason for being".

Find Your Sweet Spot - The Process



These worksheets are intended to help you map out your skills to find the perfect combination of things you love, things you are great at, things you get paid for and the things the world needs...a Venn diagram of your all of your gifts and talents.

- At the cross section of YOU LOVE IT and YOU ARE GREAT AT IT is your passion.
- At the cross section of YOU ARE GREAT AT IT and YOU GET PAID FOR IT is your profession.
- The cross section of YOU GET PAID FOR IT and THE WORLD NEEDS IT is your vocation.
- The cross section of THE WORLD NEEDS IT and YOU LOVE IT is your mission.
- And finally, the place where all of these skills overlap is your Sweet spot.

Supplies needed:

- A section of wall, whiteboard or large sticky notes
- Markers appropriate for the above surface
- 3 x 3 inch sticky notes

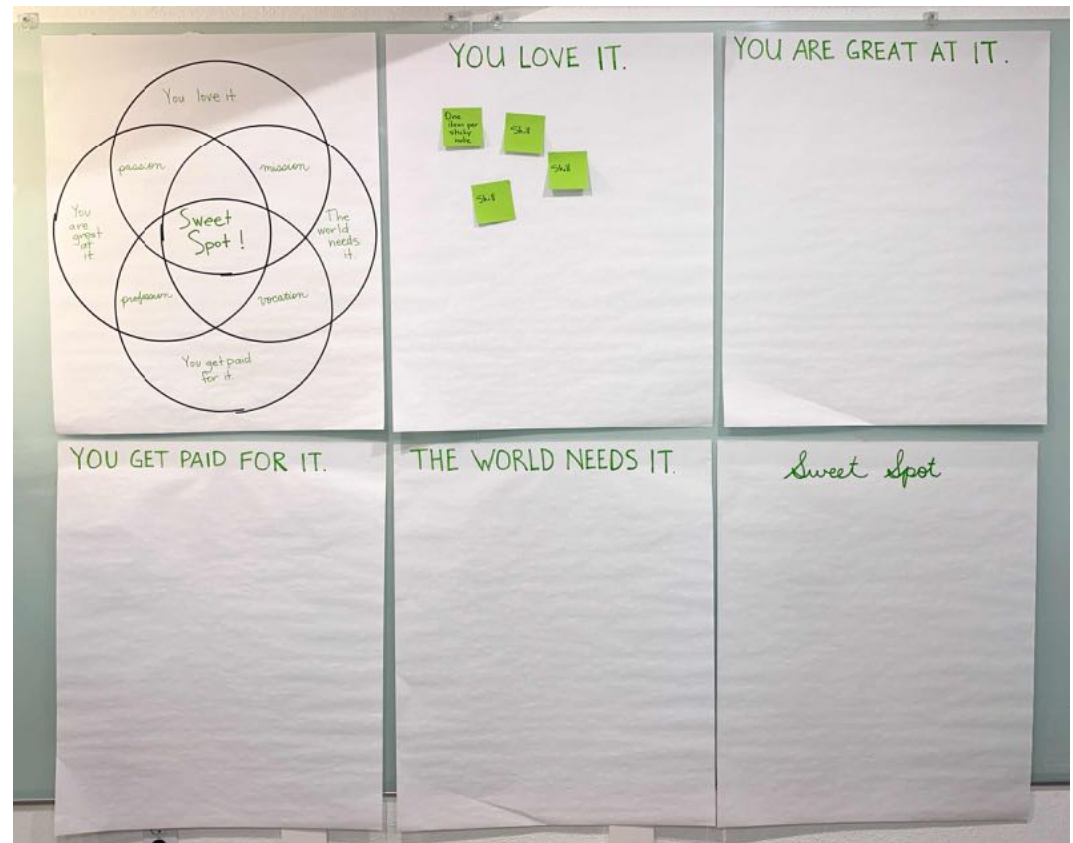
Here's how you're going to go through this process.

You'll want to create a space for your Sweet Spot Canvas.

Find a section of wall, whiteboard or large sticky notes.
You'll need space to capture content in four categories.
Plus a section for your final Sweet Spot skills.

For each category you'll be capturing your ideas, one idea per sticky note.

PRO TIP: You might consider doing this with some of your peers, friends or family. They might be able to add some insight to some of your blind spots. It could just round things out a bit.



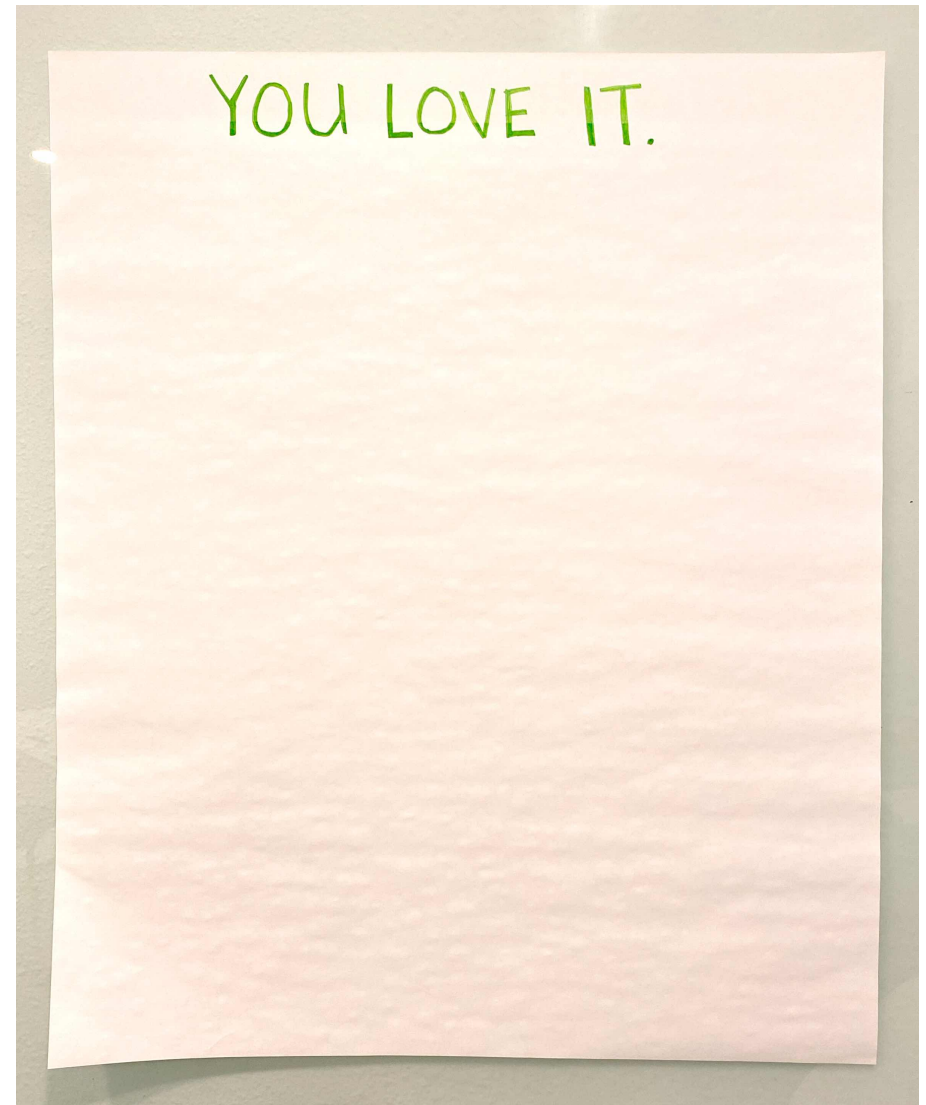
Find Your Sweet Spot - You Love It



Let's get started. The first thing you'll do is brainstorm all of the things you love to do.

- Ok, so at this point of the process you are going to think of everything you love to do.
- This isn't just things that are work related.
- What are your hobbies?
- What do you absolutely love to do?
- What are you drawn to?
- What brings you joy?

Grab a section of your wall, whiteboard or large sticky note and capture all of your ideas onto 3 x 3 inch sticky notes, one idea per sticky note.

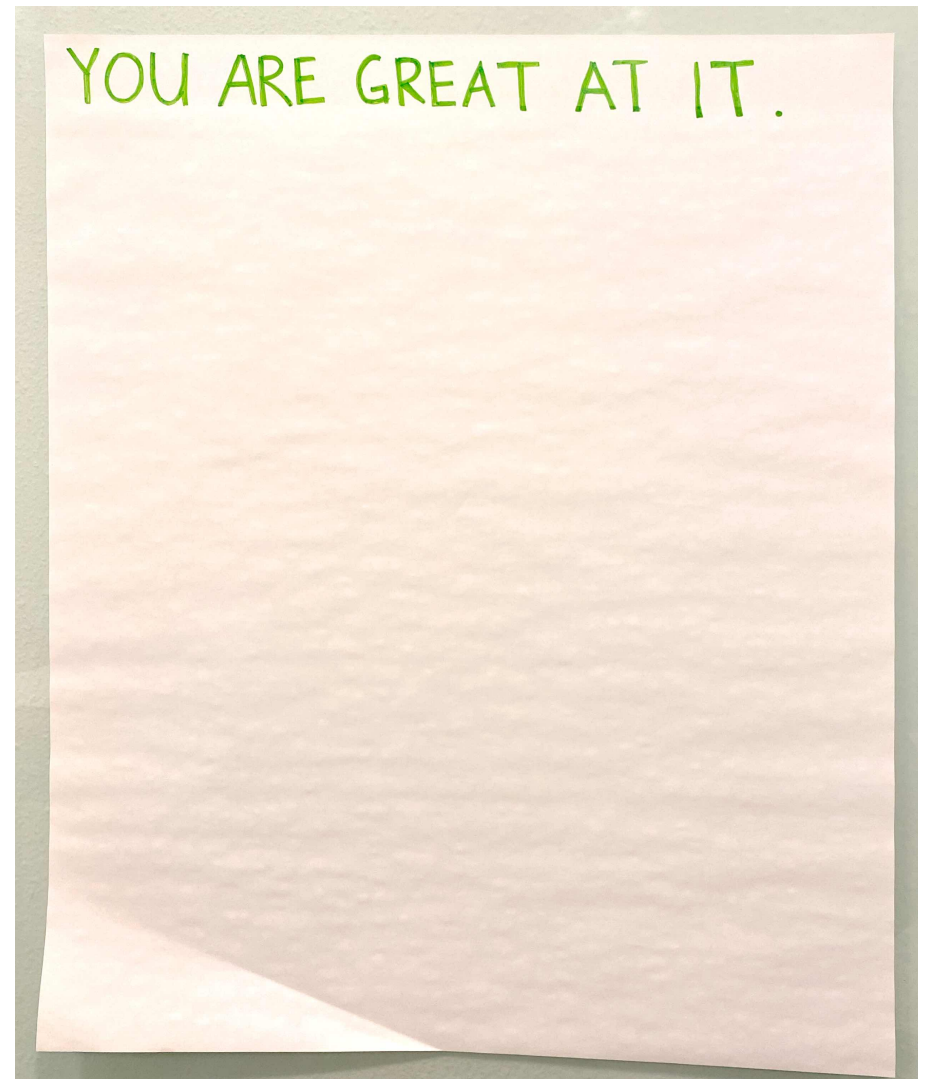


Find Your Sweet Spot - You Are Great At It



When you've exhausted all the things you can think of that you love, it's time to move on to the things you are great at.

- What are you known for?
- What do you feel like you are just a natural at?
- What type of advice are you asked?
- Think back to your childhood, school, on the playground or on the sports field. What subjects, games or sports did you excel at?
- Capture anything you feel you can do and can do well.

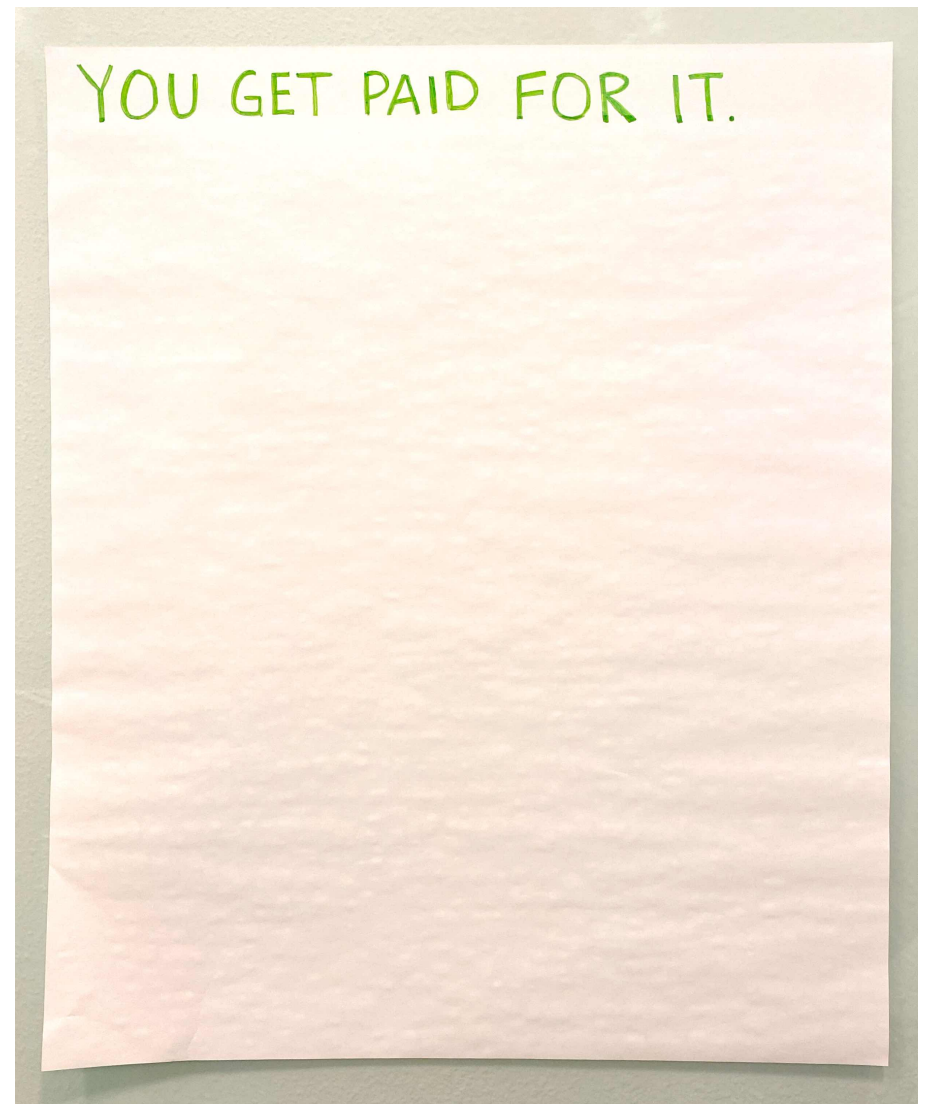


Find Your Sweet Spot - You Get Paid For It



Time to move onto brainstorming all the things you can get paid for. Be creative here.

- What can you get paid for?
- What have you been paid for in the past?
- What silly human trick will someone pay you for?
- Think about things that don't seem to fit into what you are usually known for.

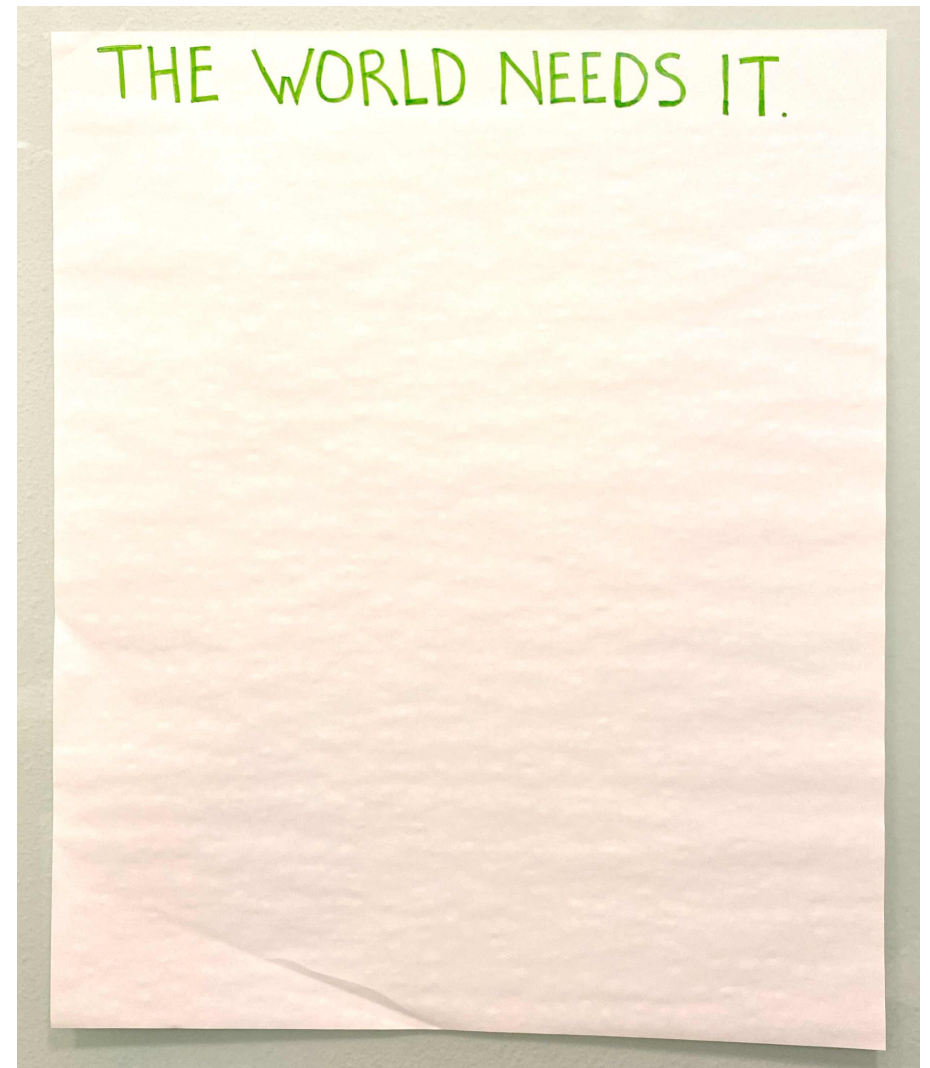


Find Your Sweet Spot - The World Needs It



Let's move on. This one is a heady one right now.

- What does the world need?
- What skill do you have that people really need?
- Think big, think micro, think everything in between.
- What can you do to help others?
- What do people need (good user experience, help with productivity, clarity?)
- If money was not an object what would you do to help the world right now?



Find Your Sweet Spot - Bringing It All Together



Now you are going to take a look at all of the categories you have brainstormed:

1. Things you love
2. Things you are great at
3. Things you can get paid for
4. Things the world needs

Look for the overlaps.

- Put (1) and (2) together to identify your passion
- Put (2) and (3) together for your profession
- Put (3) and (4) together for your vocation
- Put (4) and (1) together for your mission.

Take a step back. What are the things that show up in three sections? Any that are all four?

Bingo! That's your **SWEET SPOT**.

That's the place of clarity and shines the light on the work you are meant to do. This is the reason to get out bed in the morning.



Your Sweet Spot

When you have finished this exercise I'm hoping you will have harnessed all of your gifts and talents, so you can focus on the work that matters, YOUR SWEET SPOT.

