



IKIGAI

THE BACK STORY

Personally it took me years to discover my own ikigai. I have always enjoyed writing, journaling and helping on a grander scale.

My block? It turned out to be a high school teacher berating me for misspelling a single word in a story I had written.

Fast forward decades, self-awareness became of the utmost importance after a series of emotional events. We all have them. Except many do not address them, stuff them in a pillow, sweep them under a rug. Place a band-aid over the emotions in the form of addiction. My personal trap was self-worth, confidence in myself. It takes courage to follow your calling, it takes strength to look within.

You have layers, you are not alone. It does feel that way however at times.

I invite you to rise up. DISCOVER what makes you smile, what brings you joy. What are you good at? What does the world need more of? In my opinion, people that have that entrepreneurial spirit, who are brave enough to follow their passion, are true leaders. Hobbyist or full time, self-employment whatever your goal is, do it. This leads to more contentment in your life. Better mental health, community building and all around more joy. Start with just 5 minutes a day and wonder "what if?". Then act on it. We, as a collective do our best to lead by example, instilling more inspiration for others to follow and make their own dreams a reality.



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DISCOVER **YOUR** TRUE IKIGAI.

**Rediscovering Your Childhood Joy: A Key
to Your True Calling**

When you were a kid, what made you happiest? What activity could you lose yourself in for hours, never worrying about time, success, or money—just pure enjoyment?

Those childhood passions hold valuable clues to what might truly fulfill you in life. Before careers, responsibilities, and societal expectations shaped your decisions, you naturally gravitated toward things that sparked joy. Whether it was painting, writing stories, building forts, caring for animals, or solving puzzles, those instincts were unfiltered and genuine.

Fast forward to today—do you still engage in those passions, or have they become distant memories?





If you're searching for purpose, reconnecting with the things you once loved can be a powerful guide. True fulfillment doesn't stem from chasing external success alone—it's found in living authentically, embracing what excites and energizes you.

Reflect on those childhood joys, and ask yourself: Can you incorporate them into your present life? Maybe you were meant to create, teach, explore, or innovate in ways that align with what made you happiest before expectations got in the way.

Your passions were always there, waiting for you to recognize them again. The key to discovering what you truly wish to be might just be hidden in the pure joy you once knew.



CHILDHOOD **PASSIONS** INTO PRACTICAL OPPORTUNITIES

Rediscovering what you loved as a child is just the beginning—now it's time to transform those passions into something tangible! Here's how you can turn childhood joy into real-world opportunities:

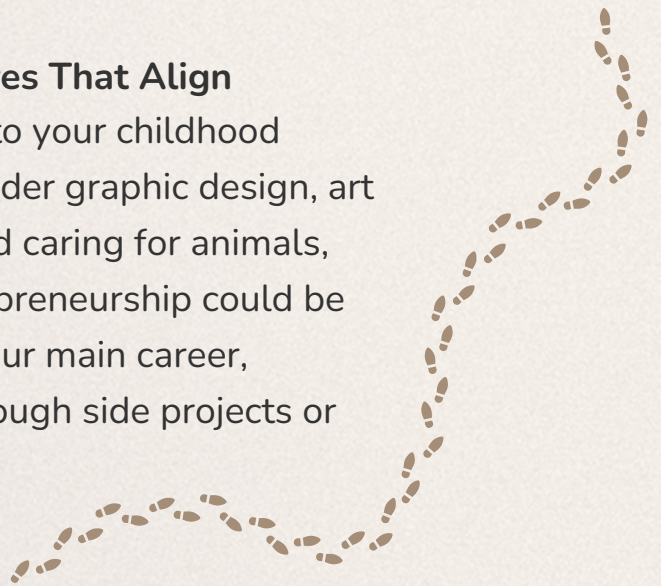


1. Identify Core Themes in Your Passion

Look beyond the specific activity and focus on the deeper skills involved. If you loved building forts, you may have a knack for architecture or design. If storytelling fascinated you, perhaps writing, film, or marketing is your path. Understanding the essence of what drew you to your passion helps shape how you apply it practically.

2. Explore Careers and Side Ventures That Align

Start researching industries related to your childhood passions. If you loved painting, consider graphic design, art therapy, or illustration. If you enjoyed caring for animals, veterinary work or pet-related entrepreneurship could be options. Even if it doesn't become your main career, integrating passion into your life through side projects or hobbies keeps it alive.



3. Experiment with Small Steps

Not every passion needs to lead to an immediate full-time pursuit. Try taking small, actionable steps—join local workshops, volunteer, or create content related to what excites you. These experiences will help you gauge interest and refine your skills without overwhelming pressure.

MOVE FORWARD



1. Monetize Your Passion Thoughtfully

If you want to turn passion into a business, start small. Can you teach others, sell handmade items, or offer freelance services? Many successful ventures begin as passion projects before evolving into sustainable careers. Make sure you balance business goals with enjoyment—if monetization drains the joy, reassess.

2. Stay Open to Evolution

Your childhood love of puzzles may not lead directly to a career in solving mazes—but could translate into strategic thinking roles, data analysis, or creative problem-solving professions. Passions evolve, and as long as you stay connected to the feeling it brings, opportunities will arise in ways you hadn't expected.

Thoughts

Your childhood joys weren't random—they were glimpses of what naturally excites and fulfills you. By revisiting them with intention, you may unlock not just inspiration, but practical ways to integrate them into your life today. Whether as a career, a hobby, or a personal pursuit, joy is always a guiding force worth following.

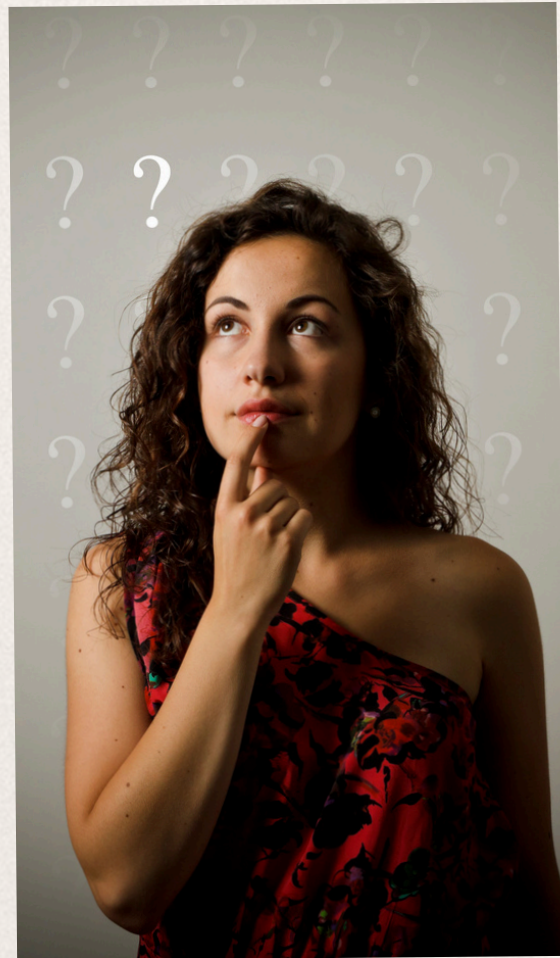
IDENTIFY AND REMOVE BLOCKS

Unlocking and discovering your Ikigai—your reason for being—often requires peeling away layers of doubt, fear, and limiting beliefs.

WHERE TO START???



These mental and emotional blocks can cloud your ability to recognize what truly fulfills you. Identifying and removing them is essential to embracing your path with clarity and purpose.



DO I NEED HELP???

ACTION STEPS

PART 1

STEP 1 - RECOGNIZE YOUR BLOCKS

Blocks often stem from external conditioning—societal expectations, self-doubt, or past experiences that shaped your beliefs. Common obstacles include:

- Fear of failure or judgment
- Limiting beliefs about success or worthiness
- Overcommitment to obligations that drain your energy
- Resistance to change or uncertainty

STEP 2 - QUESTION THE NARRATIVE

Ask yourself: Are these beliefs truly yours, or were they inherited from others? Challenge the thoughts that restrict you. Replace "I can't" with "What if I try?" and shift your mindset from limitation to possibility.

STEP 3 - RECONNECT WITH YOUR PASSIONS

Once you remove negative influences, revisit what brings you joy. Think back to childhood interests, hobbies, or moments when you felt most alive. These are clues to your Ikigai.

STRENGTH & STRATEGY



It takes a special kind of strength to recognize when it's time to seek support. Real courage isn't just about enduring life's challenges—it's about leaning into growth, trusting yourself, and allowing something new and powerful to emerge. If you're feeling the nudge that there's something more waiting for you, don't ignore it. Those gentle whispers from within—your intuition, your higher self, Spirit—are often the very signs guiding you toward your next breakthrough. When you take a bold step forward, even without having all the answers, the Universe responds. God, Spirit, The Divine—whatever name resonates with you—meets you right where you are.



The truth is, you were never meant to do this alone. Sometimes, the greatest act of self-love is reaching out and allowing someone to walk beside you on your journey—not to fix you, but to remind you of your own strength, your vision, and your deepest purpose.



If something in your heart is stirring, if you feel like something's holding you back, I invite you to honor that feeling. I work with individuals ready to say yes to themselves and step fully into their next chapter. My "What's Holding You Back?" program is designed to help you uncover what's been standing in your way—and move beyond it with clarity, courage, and grace.



Trust the nudge. The next step might just be the most empowering one you've taken in a long time.

TIME OUT - STOP HIDING



**How are you going to help those you
are meant too, if you are hiding
your skill set?**

You aren't. It's time to step up, make the
comfortable uncomfortable and expand.
The new freedom will feel exhilarating.
Remove the proverbial shackles.

This magazine is my own passion, to
write and share what I have learnt.
Will there be mistakes? Yes. Am I
worried? No. How do you or I for that
matter expect to grow without some
speedbumps in the road.

Give yourself permission to be
completely you. **STOP** hiding. Have the
compassion with yourself that you
show others. I guarantee you are
worthy of your own time, energy, and
monetary investment. You already give
to many, just don't forget to do the
same for yourself.

Connection is important, find what
you feel connected too. If you are
unsure then experiment. Try new
things. Drive a new route. Try a new
coffee shop. Something, anything.
Shift into who you truly are.

To support this publication, please share with others. Submit an article or product for review for future publications. (Trust me, I do plenty of my own discovering, you may find yourself here already).

We welcome donated dollars from those who have that philanthropic gene.

Get the word out. **Have a question? ASK.** Want to collaborate or work with me? Email me.

Questions?

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Namaste and blessings to you and your business