

# Challenge

# #1

## Impact Mapping



# Directions

Fill in each segment of the Impact Map. This is inspired by the Japanese idea of 'ikigai' or 'reason for being.' The Japanese believe when you find the center of these four elements, you find your reason for being, the thing that you wake up excited about. The Japanese also believe that this 'ikigai' can evolve and grow as you advance in life. Your 'ikigai' can change as you level up in life.

1. What you love: Write down everything that makes you feel good or happy. Write quickly; don't overthink it. Only write down what you are passionate about.
2. What you are good at: Based on what you know about yourself and your strengths, write down the things that you are good at doing now and what you would like to be good at in the future (again, based on your talents and strengths—think of how you can optimize them and become a master of your skill—what would your ideal state look like?).
3. What the world needs: Feeling useful and valuable is important. Brainstorm what the world needs and how you can give back and contribute to a community. Think about what your friends, family, and the greater community need.
4. What you can be paid for: Getting financial gain from what we are good at will allow you to lead a well-balanced professional and personal life. Write down what makes you money currently, regardless if it makes you happy or not. "I currently make a living by \_\_\_\_\_." Then write down other possible sources of income "In the future, I would like to earn money by \_\_\_\_\_"

Play Connect four and find the red through line – the interconnection of all 4 quadrants. Your 'ikigai', reason for being and how you prefer to make an impact in this life will start to show itself.

# Thank you!



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