



# THRIVE WITH DRIVE

UNLOCK YOUR IKIGAI

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**CREATIVITY DOESN'T DIE,**

**IT JUST MANIFESTS INTO SOMETHING ELSE.**

This is a story of a dream come true.

Raised in New Jersey, I was one of the first kids in my class to fall in love with Sanrio and Hello Kitty. I had a best friend from Japan who introduced me to shumai for the first time. I loved anything from the Kabuki tradition. So in 2023, when I got invited to be part of the producing team for Crunchroll's Anime Awards, I was thrilled.

Everything about Japan was exactly what I had envisioned it to be. The incredible food, the beautiful culture, the gorgeous Shinto temples...

Oh! The temples....many years ago I had had a dream - one of those indelible dreams that stays with you even after you wake up - of being on a river, with a pagoda in the distance. A simple image, but one that thrilled me with its mystery and promise.

While in Japan, I decided to go on a night tour of Kyoto. I arrived via bullet train because I didn't want to miss one minute of being in this glorious city. I was loving the journey, chatting with my fellow travelers, and then we turned a corner... and I gasped: there it was! THE pagoda that had been in my dreams all of these years. The pagoda I had seen in the distance on a hill in my vision. I knew that this trip was more than just a work trip for me. This was a journey back to myself; to find out what was truly important to me.

I discovered the ancient Japanese concept of Ikigai, which is a way to ensure a joyful, purpose-filled life. Ikigai asks you to define what you love (your passion), what the world needs (your mission), what you are good at (your vocation), and what you can get paid for (your profession). This inquiry led me to become a Certified Ikigai Instructor, as well as into Life Purpose, Mindset, and Quantum Healing Coaching. I loved my career in Hollywood, but helping others find what their passion and purpose is my true North Star.

Perhaps you have asked yourself:  
What is my life purpose?  
What am I supposed to do to help others?  
How can I make a difference?

This brief introduction to Ikigai will help you align with your interests, talents, and values, and to find the work that makes you feel useful and necessary in the world.

Our aim is not perfection, but rather to engage in the process of life with focus and intent.

# THE WHEEL OF LIFE

## HOW TO USE THIS TOOL:

### 1. Define Areas of Life

Start by identifying the 8 most important areas of your life that you want to assess (or use the default labels already filled out). This could include things like family, career, health, finances, personal growth, and so on.

### 2. Rate Your Satisfaction

For each area, rate your current level of satisfaction on a scale from 1 to 10. With 1 representing not satisfied at all, and 10 representing completely satisfied.

### 3. Draw Your Wheel

Plot your satisfaction levels onto a circular diagram divided into segments (the Wheel of Life). Each segment represents one area of your life, and the size of the segment corresponds to your satisfaction level.

### 4. Analyze Your Wheel

Examine the completed Wheel of Life. If your wheel were a real wheel, would it be balanced or would it have a bumpy ride? The areas where the wheel is most out of balance are the areas where you are least satisfied and may want to focus on improving.

### 5. Set Goals

For the areas you've identified as needing improvement, set specific, achievable goals. What could you do to increase your satisfaction level in this area?

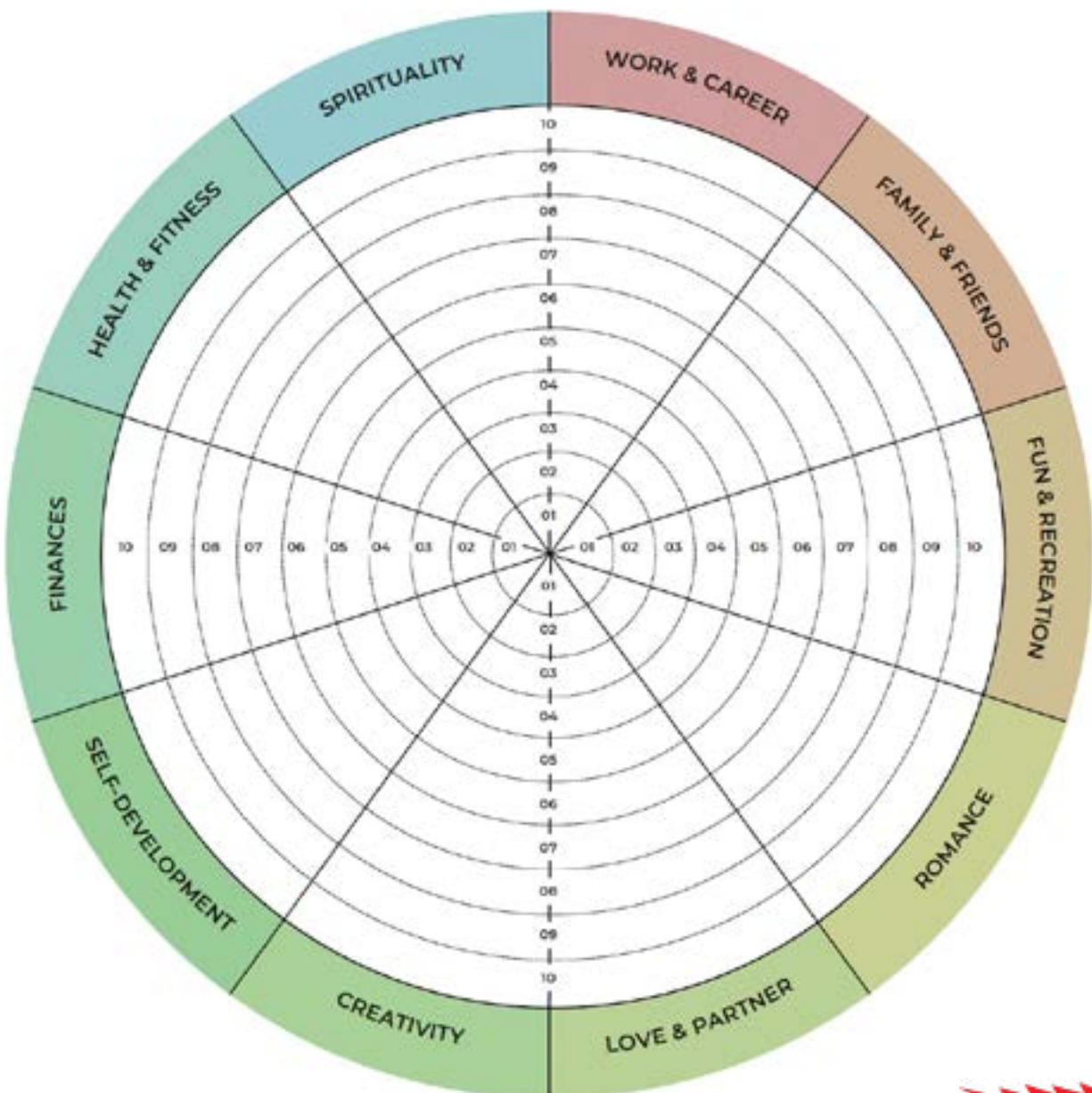
### 6. Review Regularly

Life changes and so do your priorities and satisfaction levels. Review your Wheel of Life regularly, adjusting your goals and actions as necessary to continually strive for a balanced, satisfying life.

# THE WHEEL OF LIFE

## INSTRUCTIONS:

1. Mark your score in each of the categories on the scale of 1 to 10.
2. Use the worksheet on the next page to analyze your wheel.



# THE WHEEL OF LIFE

**1. How do you feel about your results?**

**2. Is your wheel balanced or unbalanced?**

**3. What habits or routines could you change to improve your scores?**

**4. If you do not change anything, what are the long-term consequences?**

**5. How would these changes positively impact your life? (short and long term)**

# UNLOCK YOUR IKIGAI

**1. When do you feel most alive and inspired?**

**2. What talents and gifts could you be sharing?**

**3. What parts of you have you been holding back or hiding from the world?**

**4. How can you create more of what you love in your life right now?**

**5. Where in your life are you settling or compromising?**



**6. What small step can you take to start living your purpose?**

**7. What does your soul crave right now?**

**8. What would your ideal life look and feel like?**

**9. What's the boldest vision you have for yourself?**

**10. What kind of impact do you want to make?**



# 10 GOLDEN RULES TO STAYING CREATIVE

*From a Producer, DJ & Media Executive Turned Transformative Coach:*

- 1. TURN DOWN THE VOLUME!**  
Take risks and don't listen to outside noise. Trust your inner voice
- 2. STAY CONNECTED:**  
Never forget that you know more people than you realize. Embrace those relationships
- 3. TAP INTO YOUR INNER KID:**  
Get crafty, explore, stay curious & make it fun
- 4. INVEST IN YOURSELF:**  
Get the tools you need to succeed to hone your craft
- 5. DO A LITTLE BIT EVERY DAY,** even on down days in the field you love
- 6. VIBE WITH YOUR TRIBE:**  
Do you paint? DJ? Make films? Make sure you find your support systems wherever you travel
- 7. GET DIRTY:**  
Bake, dig in the crates, paint that picture, mold that clay...do something that takes you away into the flow of creativity
- 8. MICRO-LEARN THAT TOPIC:**  
Hate AI but need it? Want to become a cartoonist? There are a thousand classes out there. Find one that speaks to you!
- 9. GO GO GADGET GPS:**  
You have an inner GPS, use it! Never go against your first instincts. They are there to guide you on your path
- 10. HEART CHECK:**  
Do it because it makes you happy!



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