

# Career Clarity

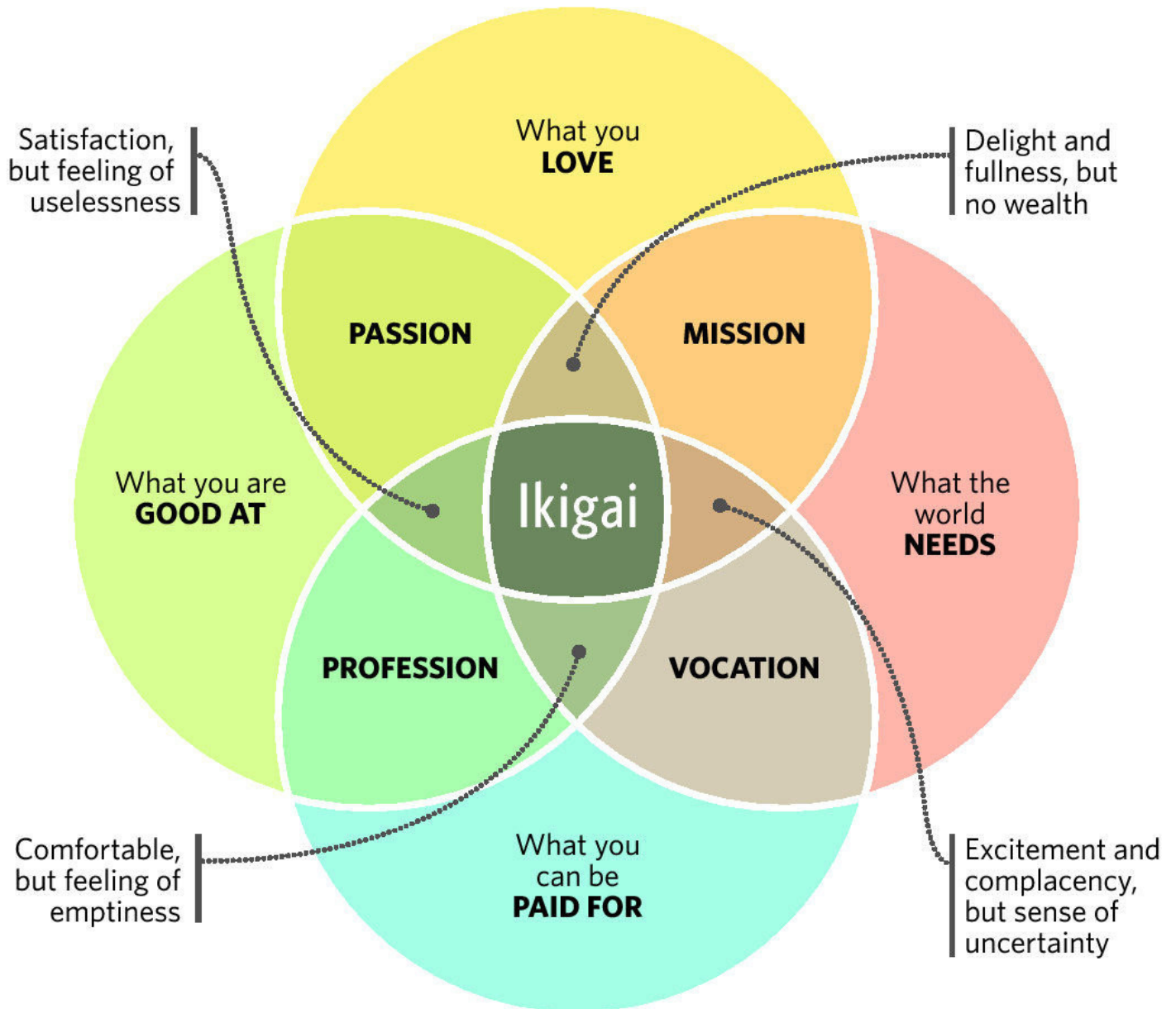
What's Your Career Sweet Spot



# Finding Your Sweet Spot

## Ikigai

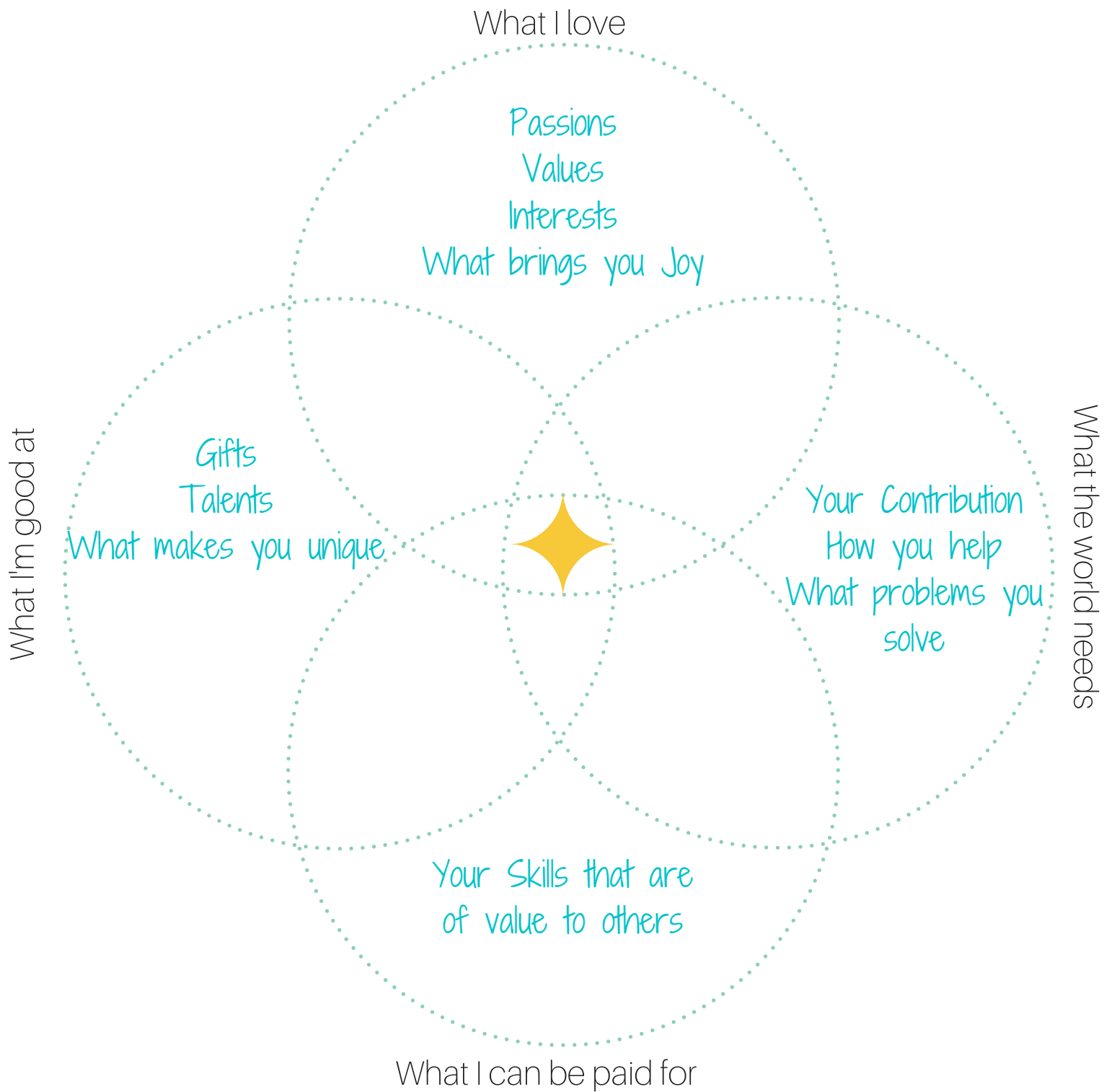
A JAPANESE CONCEPT MEANING "A REASON FOR BEING"

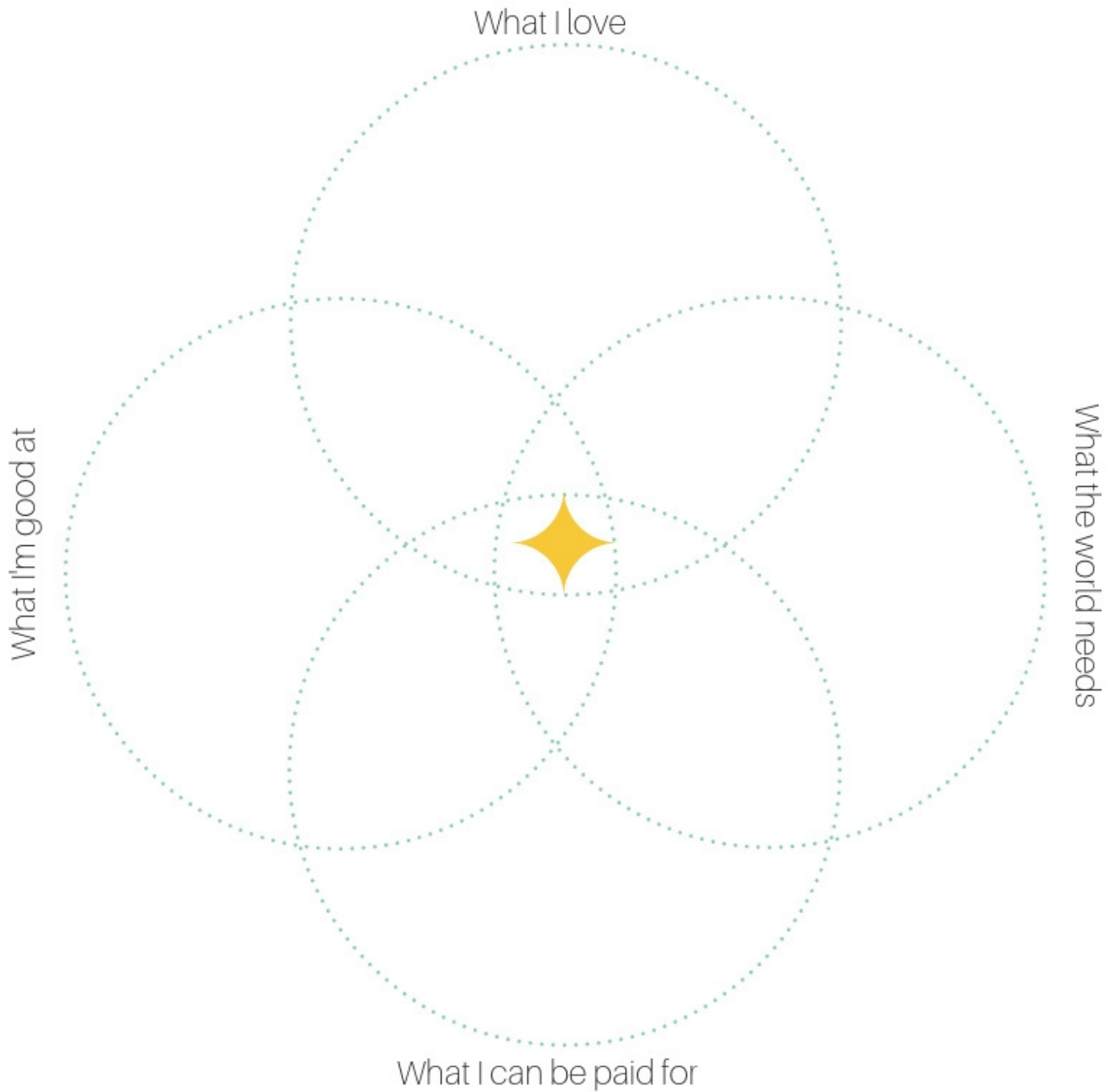


SOURCE: dreamstime

TORONTO STAR GRAPHIC

# Finding Your Sweet Spot





## Your Sweet Spot

1. What are your talents, gifts & strengths that you like to use?

- What strengths do you have that you enjoy using?
- What do your colleagues tell you that you are good at?
- Deconstruct your skillset, breakdown your job into individual skills.
- Include skills you use outside of work.

2. What are your passions, interests, values, what brings you joy?

- What activities make you happy?
- What do you love to do?
- What can you find yourself doing for hours on end and not be tired?
- What makes you come alive?
- What causes are you passionate about?

### 3. What does the world need (your world)?

- How can your unique strengths benefit others?
- What were you doing when you made an impact on someone else's life?
- How do you contribute?
- What problems do you solve?
- How are you of service to others?

### 4. What can you offer of value? Where do you add value? What will people pay for?

- What will benefit someone else?
- What problems can you solve?
- Which skills are of value, will people pay for?