



ADIRA

Confident, Bold, Wise

EFFECTIVE GOAL SETTING

Introduction To Goal Setting

Session Objectives



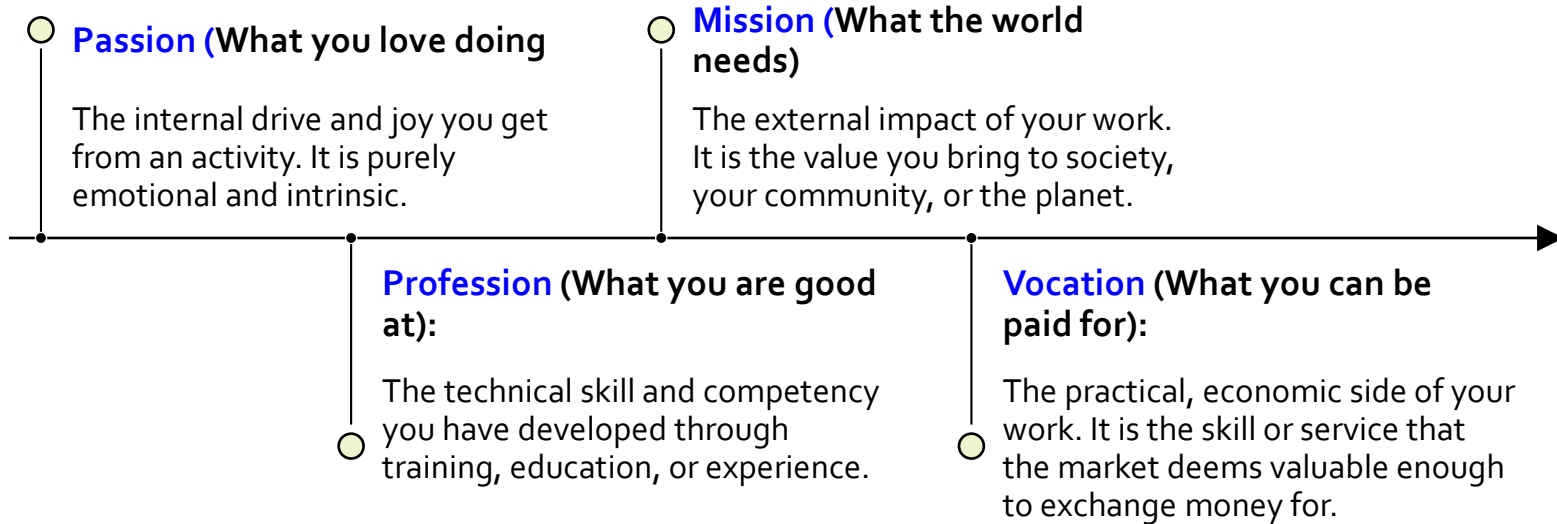
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1. Introduction To Goal Setting

Find Your Ikigai



Unpacking The Concept of IKIGAI- The Foundations



The Four "Trap" Zones (What happens when elements are missing)

1. Joy and fullness, but no wealth

The Overlap: Passion + Profession (What you love + What you're good at).

The Feeling: You are doing what you love and you are excellent at it, but **no one is paying you for it**. This leads to personal satisfaction, but financial instability. It is a fulfilling hobby, not a sustainable career.

2. Comfortable, but feeling of emptiness

The Overlap: Vocation + Profession (What you are paid for + What you are good at).

The Feeling: You have a stable, well-paying job that you are highly skilled at, but **you don't actually care about it**. You are comfortable financially, but you feel hollow, bored, or disconnected because it lacks meaning and passion.

The Four "Trap" Zones (What happens when elements are missing)

3. Excitement, but sense of uncertainty

The Overlap: Passion + Mission (What you love + What the world needs).

The Feeling: You are deeply excited about changing the world and helping others, but **you don't have the skills or the business model to make money from it**. You feel energetic but anxious because you don't know how to sustain yourself.

4. Satisfaction, but feeling of uselessness

The Overlap: Mission + Vocation (What the world needs + What you are paid for).

The Feeling: You are doing good work that society appreciates, and you are getting paid fairly, but **you are not personally skilled at it or passionate about it**. You feel like a cog in a machine—helpful, but personally unfulfilled and replaceable

The Ultimate Goal: Ikigai

- The large, bold word "**ikigai**" sits right in the center of these four overlapping zones.
- To achieve *Ikigai*, you must find the **sweet spot** where all four elements converge:
- You do **what you love** (Passion).
- You do **what you are good at** (Profession).
- You do **what the world needs** (Mission).
- You get **paid for it** (Vocation).
- When all four align, you experience purpose, financial security, fulfillment, and contribution to society all at once. The purpose of this diagram is to encourage you to identify which of the four "traps" you are currently in, so you can figure out which missing piece you need to work on next.





Once you have found your IKIGAI,
build your vision board to
represent who you are and what
you want to become

**BUILD
YOUR
VISION
BOARD**



hello@adira.life