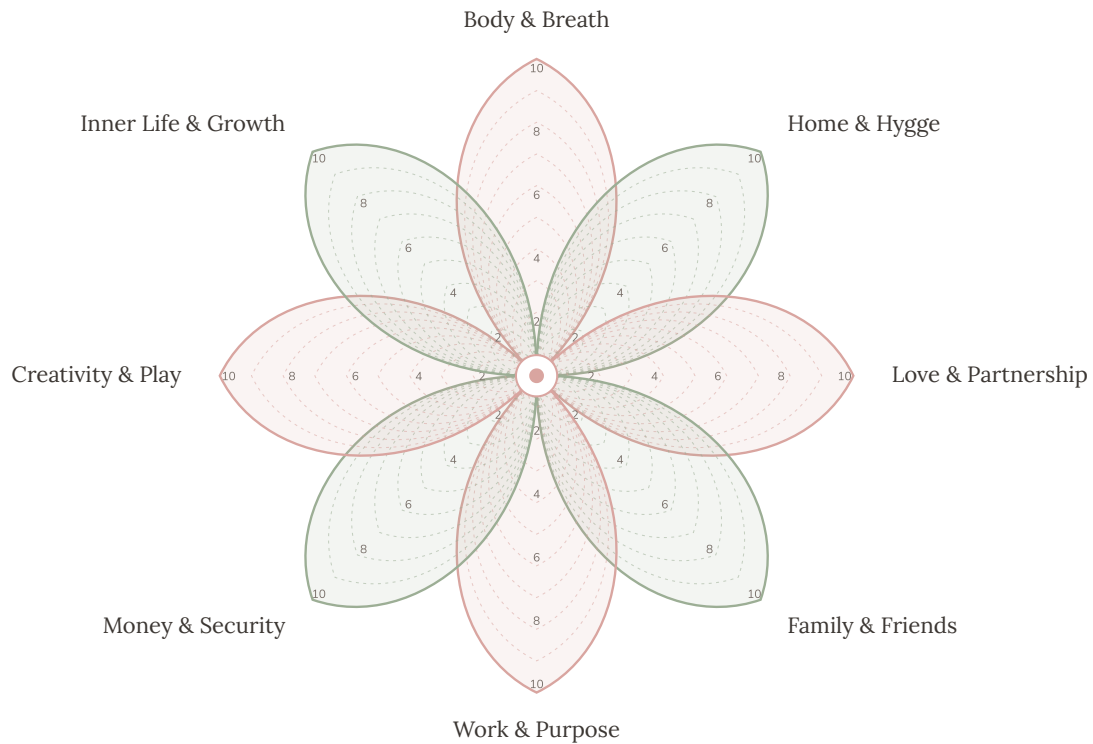


The Flower *of* Life

Each petal is an area of your life. Rate how full it feels right now from 1 (a closed bud) to 10 (full bloom), then shade the petal from the center out to that ring. There are no right answers, only an honest picture of today.



My fullest petal

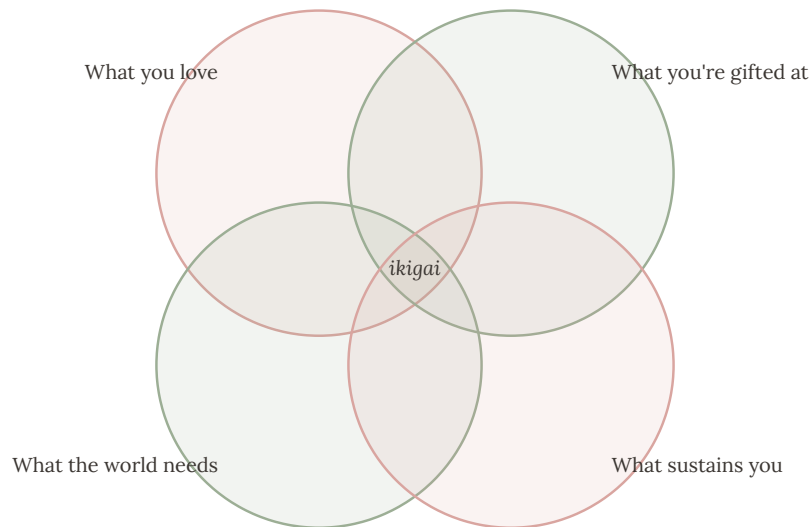
The petal asking for care

One small way I can tend it this week

Grow a petal *through* ikigai

Choose one petal you want to expand. Ikigai, the Japanese idea of a reason for being, lives where four circles meet. Write what this petal holds in each circle, then notice what sits in the overlap.

The petal I'm expanding



What I love here

What I'm gifted at

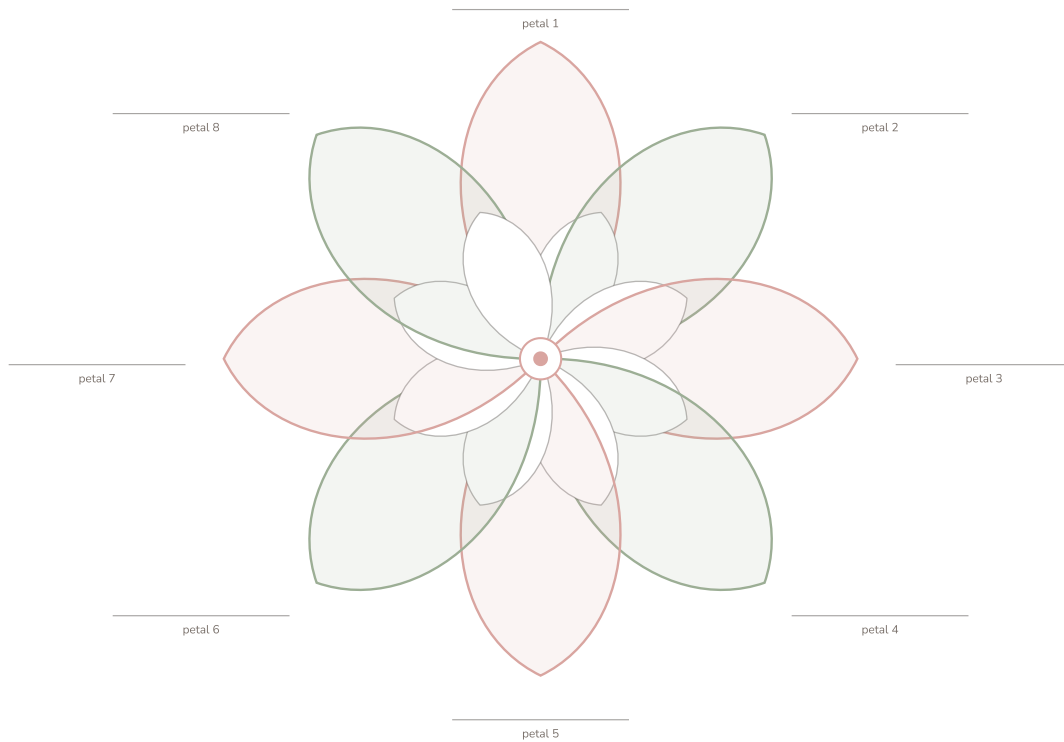
What the world needs

What sustains me

Where the circles meet, I find...

Name *your* petals

No two flowers are alike. Name the eight areas you choose to grow, in your own words. The inner layer of smaller petals is for what each area holds beneath the surface: a value, a longing, a gift.



This season I choose to expand

Why it matters to me

What it looks like in full bloom
