

Ikigai – What you can be paid for - Visualization

Let's begin by opening ourselves to the possibilities of meaningful and joyful work.

Imagine yourself one year from now. You are engaged in work that energizes you and feels aligned with your values and creativity. You feel deeply connected to your purpose and compensated fairly for your unique gifts.

Where are you starting your day? What does your environment feel like—peaceful, vibrant, inspiring?

What kind of work are you doing? Does it involve creating, supporting others, teaching, making something beautiful or useful, organizing, guiding, performing, healing, or building?

Who are you serving? Are they clients, students, collaborators, a community, or an audience?

What does a joyful, sustainable workday look like for you? Are there spacious breaks, focused sessions, creative flow states? Do you work solo or as part of a team?

What strengths, talents, or passions are you using in this ideal day that maybe you've overlooked or underutilized until now?

How are you being paid? Money, appreciation, visibility, freedom, impact—what forms of compensation feel fulfilling?

What are you creating that feels meaningful? What kind of legacy or ripple effect is your work having?

Finally, notice how it feels in your body to imagine this life. What emotions are present—excitement, peace, gratitude, confidence?

(Journal, sketch, or simply reflect. Let this vision guide your intention as you move into your NeuroRain drawing.)

Compliments of:

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