

## I AM

### MY TALENT

1 FEATURE

WHAT MAKES ME  
UNIQUE.  
WHAT MAKES  
ME, ME.  
MY NATURAL.

### MY PASSIONS

3-4 ITEMS

INTERESTS, ACTIONS,  
LIFESTYLE, HOBBIES,  
...

## I DO

### I CAN BE

4 ITEMS

SOFT SKILLS,  
NATURAL APTITUDES,  
TALENTS

### I CAN DO

4 ITEMS

HARD SKILLS,  
SPECIFIC ABILITIES,  
EXPERTISE



## I FEEL

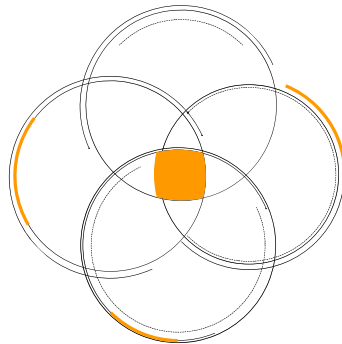
### MY NATURE

1 FEATURE

THE ORIGINAL  
REASON WHY  
I AM WHAT I AM  
(SINCE I WAS  
A CHILD)

### MY IKIGAI

1 ITEM



## I WILL ...

### I PLAN

2-3 ITEMS

MY PURPOSES,  
MY PLANS  
(REALIZABLE)

### I DREAM

1 ITEM

MY IDEAL  
WAY OF LIFE  
(DIFFICULT  
TO ACHIEVE)