











# THE LIFE CANVAS

DATE:

VERSION:

|   |   |  |   |  |
|---|---|--|---|--|
| <p><b>Mental Roadblocks</b> </p> <p><i>What are your limiting beliefs?<br/>What is holding you back?</i></p>       | <p><b>Life Metrics</b> </p> <p><i>How will you measure your life?<br/>What does "success" look like?</i></p> | <p><b>Unique Gifts</b> </p> <p><i>List the talents (and skills) that make you unique.</i></p> | <p><b>Vision</b> </p> <p><i>In 1 sentence, write your big picture, ideal outcome for the world.</i></p>    | <p><b>Values</b> </p> <p><i>List the key guiding principles by which you live and work.</i></p> |
|   | <p><b>What You Love</b> </p> <p><i>List the top 2-5 things you love to do that you can do for free.</i></p>  |  | <p><b>Mission</b> </p> <p><i>In 1 sentence, write HOW and WHAT you will do to fulfill your vision.</i></p> |  |
| <p><b>What the World Needs</b> </p> <p><i>List the top-of-mind things you see most lacking in the world.</i></p> | <p><b>Ikigai</b> </p> <p><i>In 1 sentence, write down your "reason for being."</i></p>                   | <p><b>Income Streams</b> </p> <p><i>List your sources of income.</i></p>                    |   |  |



This work is licensed under the Creative Commons Attribution-Share Alike 4.0 International License.

Created by Songya Kesler, People Architect  
www.thekesler.com



# THE LIFE CANVAS

Creating a Life Strategy is no small feat, and **The Life Canvas** is just the beginning.

It asks some pretty big questions:

- Why do you exist?
- What are you good at?
- What holds you back?
- What is your vision for the world? Your vision for your life?
- What are the guiding principles by which you make decisions?
- What do you want?
- What makes you happy?
- How will you be remembered when you are gone?
- What is success? Failure?
- How will you know when you have succeeded?



You can start anywhere on the canvas, but **what do you do if you do not know the answer?**

This is why I created **Magnetic Leadership**.

It shows you how to use the tools and exercises to uncover the real answers. Once you master them yourself, you can teach others, too.

*Ikigai* on the left is one of many tools in the course.

Magnetic Leadership utilizes Business Strategy, Coaching, Design Thinking, and Meditation to develop self-awareness. You will learn how to be emotionally, mentally, and consciously strong enough to succeed, no matter what barriers you face.