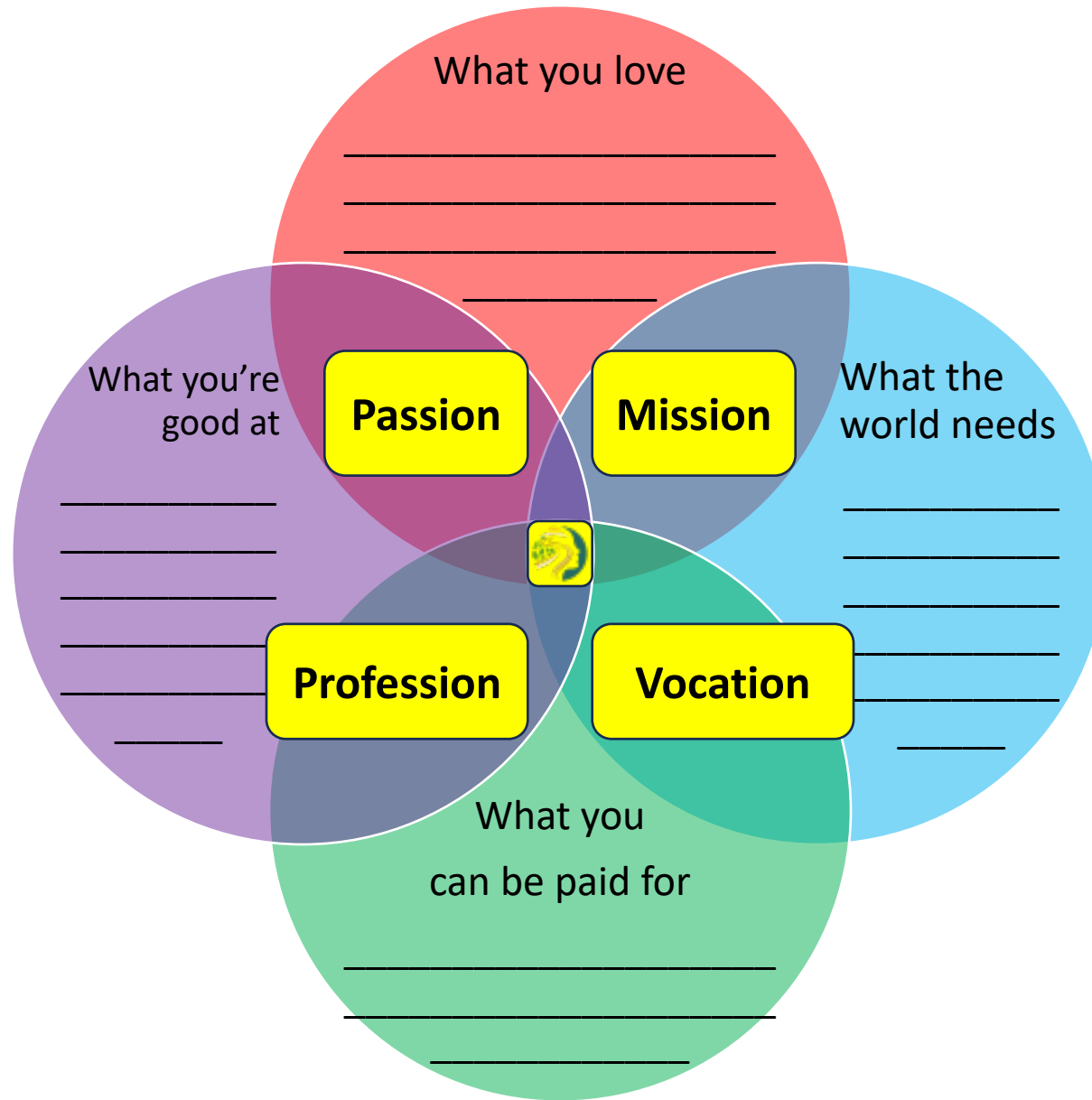




Good Journey
MENTAL HEALTH & WELLNESS





Daily Ikigai Schedule



AM: Write down your morning routine.



PM: Write down your evening routine.

- Ikigai Pillars
- Passion
 - Mission
 - Vocation
 - Profession

- Passion
- Mission
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Make sure you are checking off all 4 pillars each day for a happier life!