WORKSHEET

Applying Ichigo Ichie in Your Entrepreneurial Journey

by kalika

This worksheet is designed to help you incorporate the principles of Ichigo Ichie into your daily entrepreneurial practices. By taking a moment to reflect on and apply these principles, you can enhance your focus, build meaningful connections, and find greater satisfaction in your work.

Exercises

1. Mindful Engagement

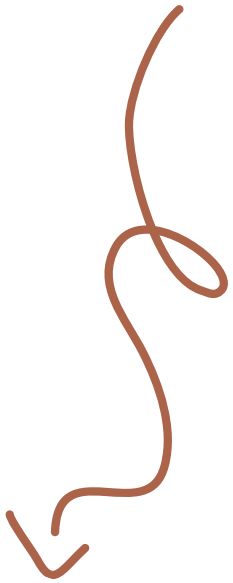
- List three upcoming meetings or events.
- For each, write down how you plan to be fully present and engaged.
- Reflect on any past meetings where you felt fully present. What was different?

2. Valuing the Present

- Identify three small victories or moments from the past week that you might have overlooked.
- Write a brief description of why each was significant.
- Set a goal to recognize and celebrate small victories in the coming week.

3. Building Meaningful Connections

- List three business relationships you value.
- For each, note down a recent interaction and how you can make future engagements more meaningful.
- Reflect on any relationship that may need more attention and plan an action to strengthen it.



Taking the time to reflect on and apply the principles of Ichigo Ichie can transform how you approach your work and interactions. By being mindful, valuing each moment, and fostering meaningful connections, you can enhance both your personal satisfaction and professional success.

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