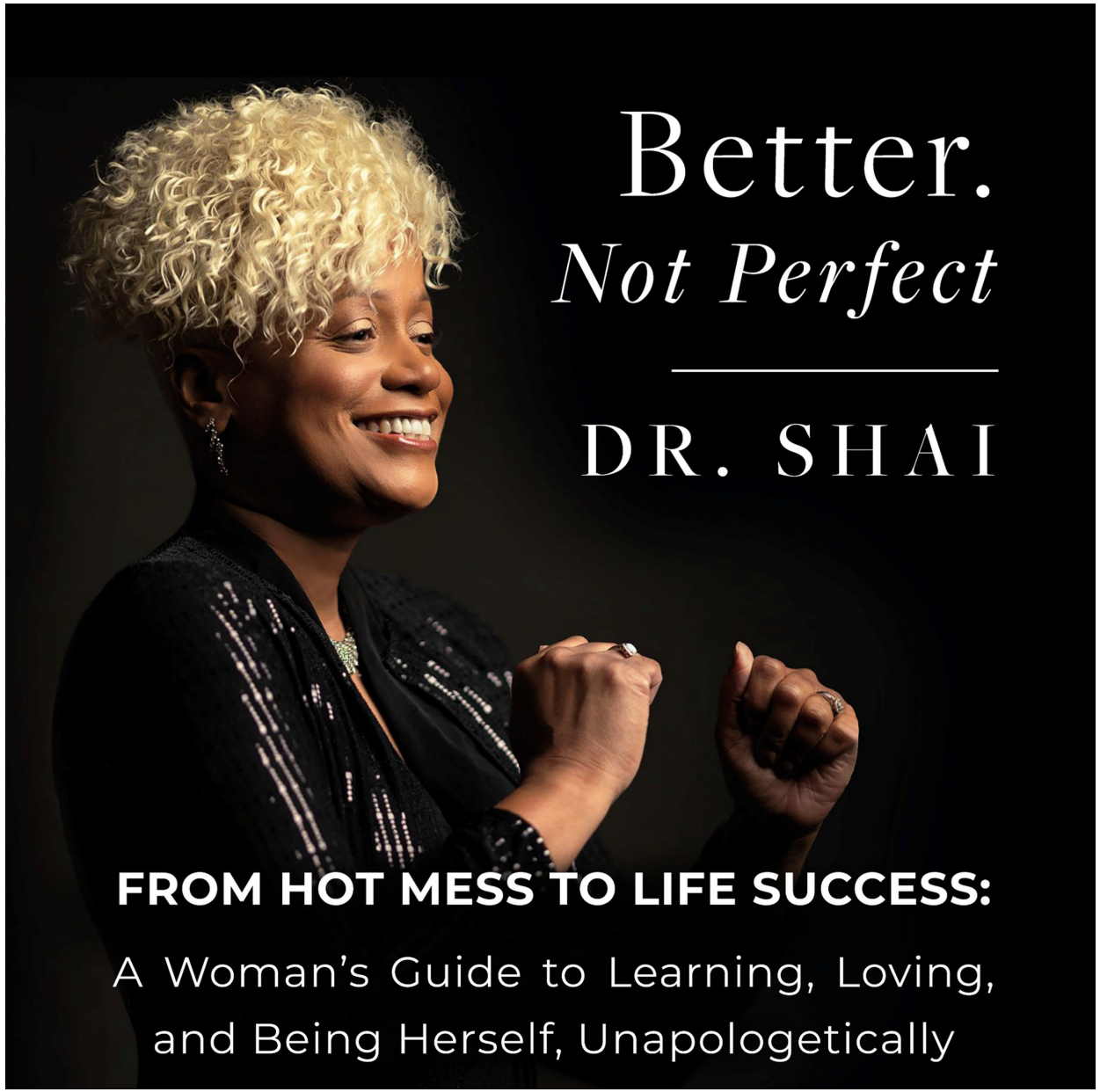
“**IN**”powered for Impact: Living Purposefully During Times of Uncertainty

Presented By: Dr. Shai L. Butler

Founder/CEO StratHERgies LLC

May 16, 2025

Power & Purpose: Why This Topic?



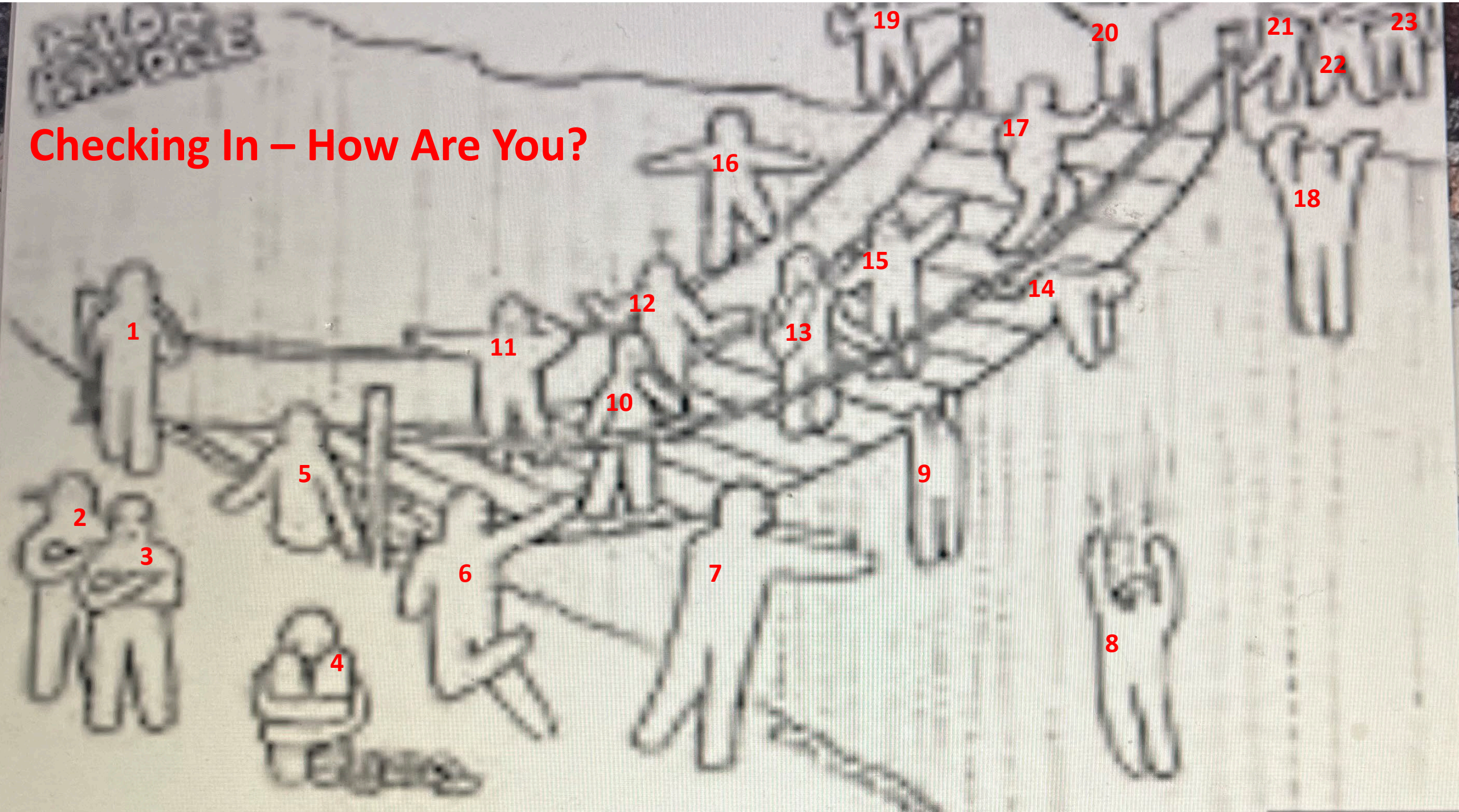
Foundational Questions

HOW ARE YOU?

WHO ARE YOU?

WHERE ARE YOU?

Checking In – How Are You?



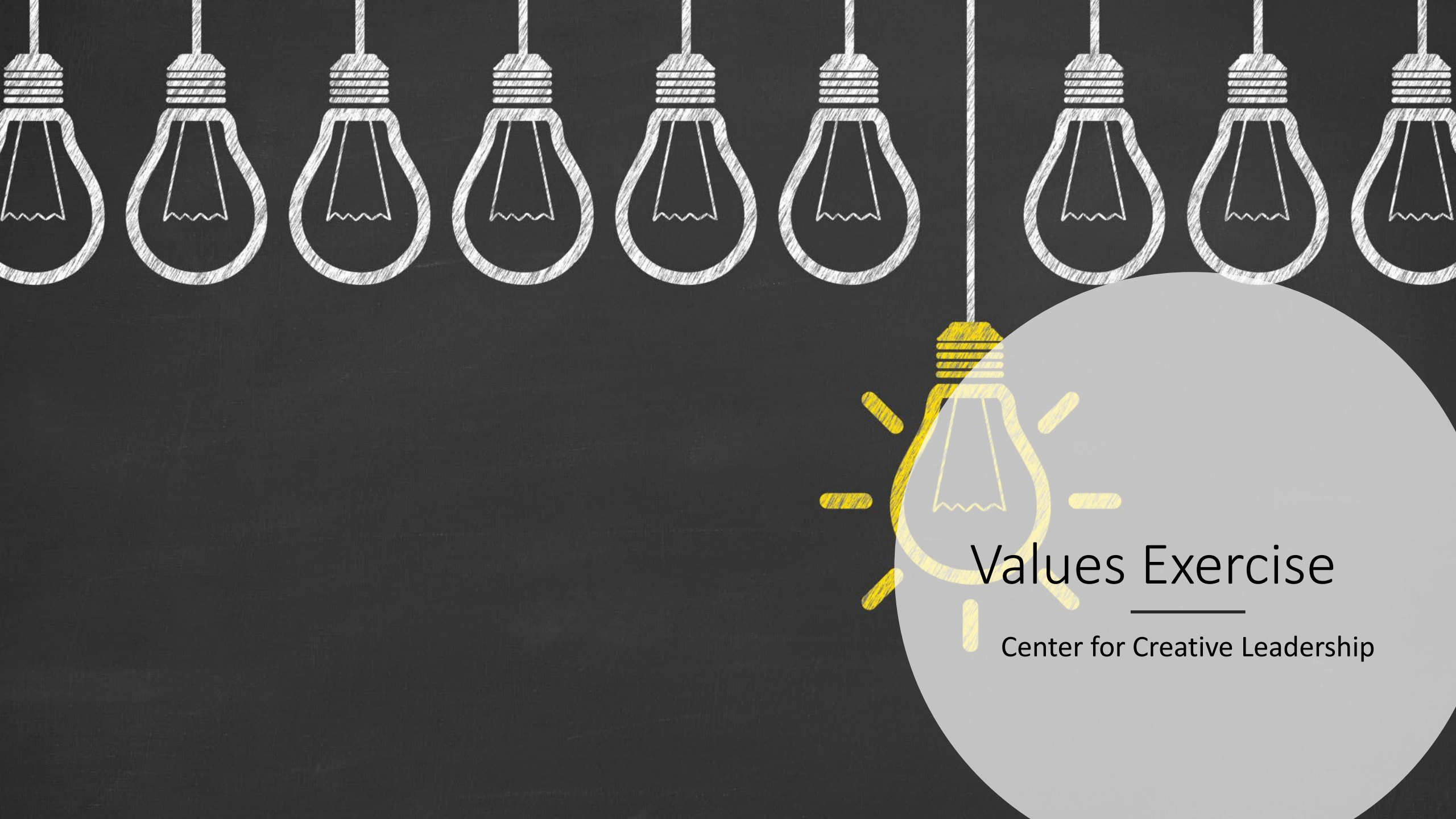
Who Are You?

Values

"A highly developed values system is like a compass. It serves as a guide to point you in the right direction when you are lost." — Idowu Koyenikan.

Values

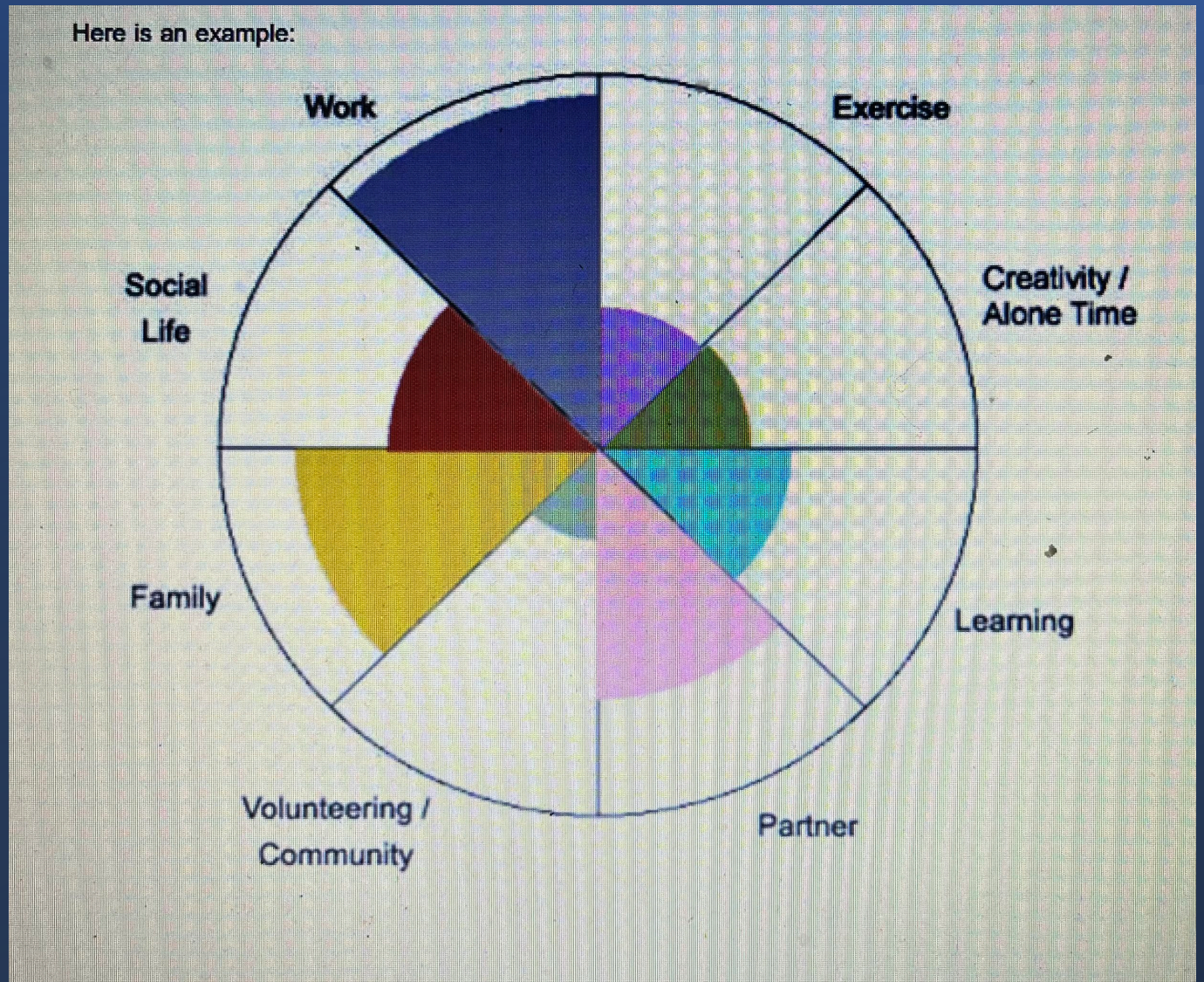
- *I Thought It Was Just Me (but it isn't): Making the Journey from "What Will People Think?" to "I Am Enough"* – Brené Brown. Much of our life is spent producing carefully edited versions of ourselves based on others' expectations. Brown encourages us to show ourselves compassion, accept our imperfections, and **live according to our values.**



Values Exercise

Center for Creative Leadership

Where Are You On The Wheel Of Life



Values Congruency

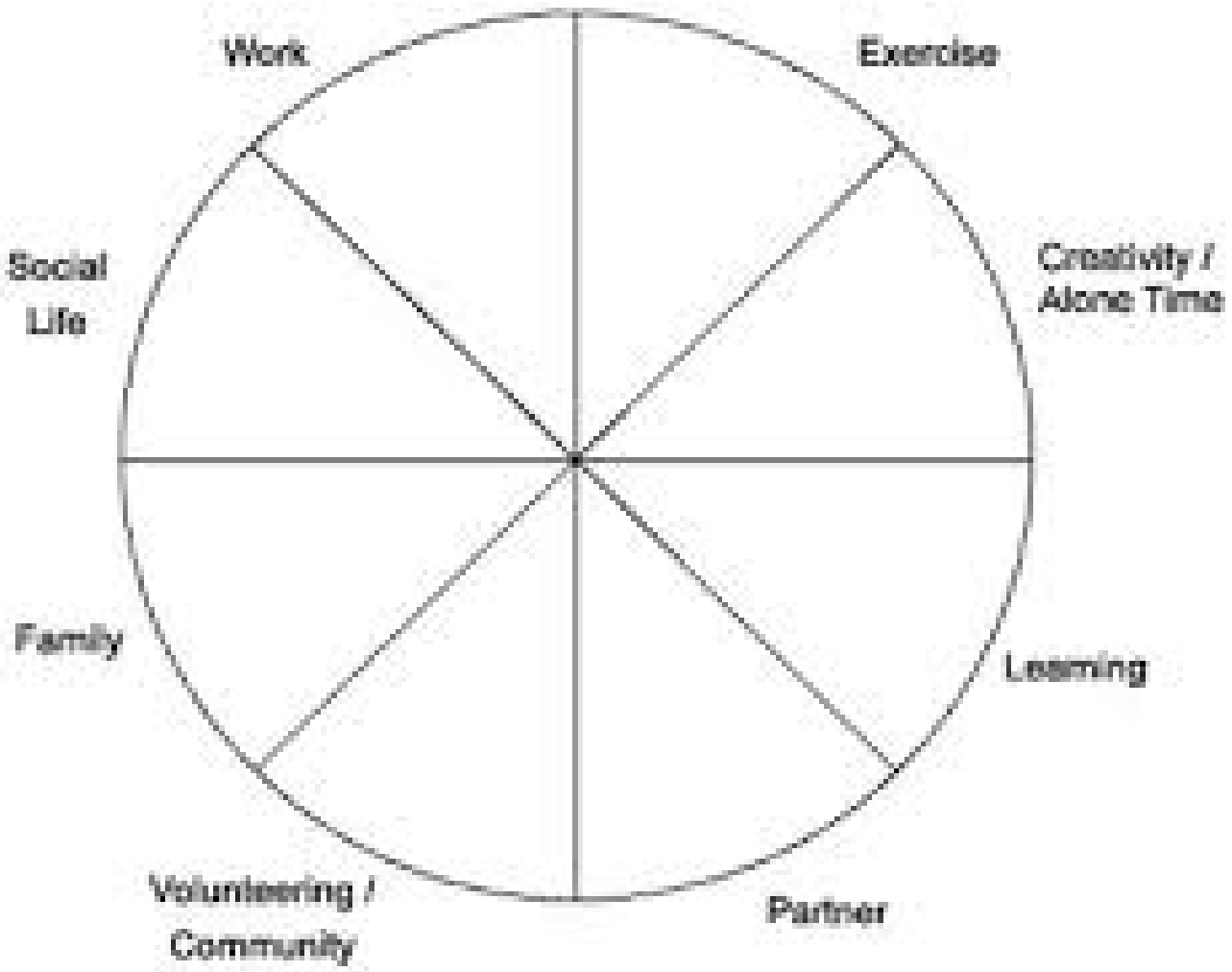
The Importance of Alignment

Presented by Dr. Shai Butler for NYSACEWN 2025

Revisiting Our Wheel Of Life

Value Expression

- Where do you see alignment?
- Where is there misalignment?



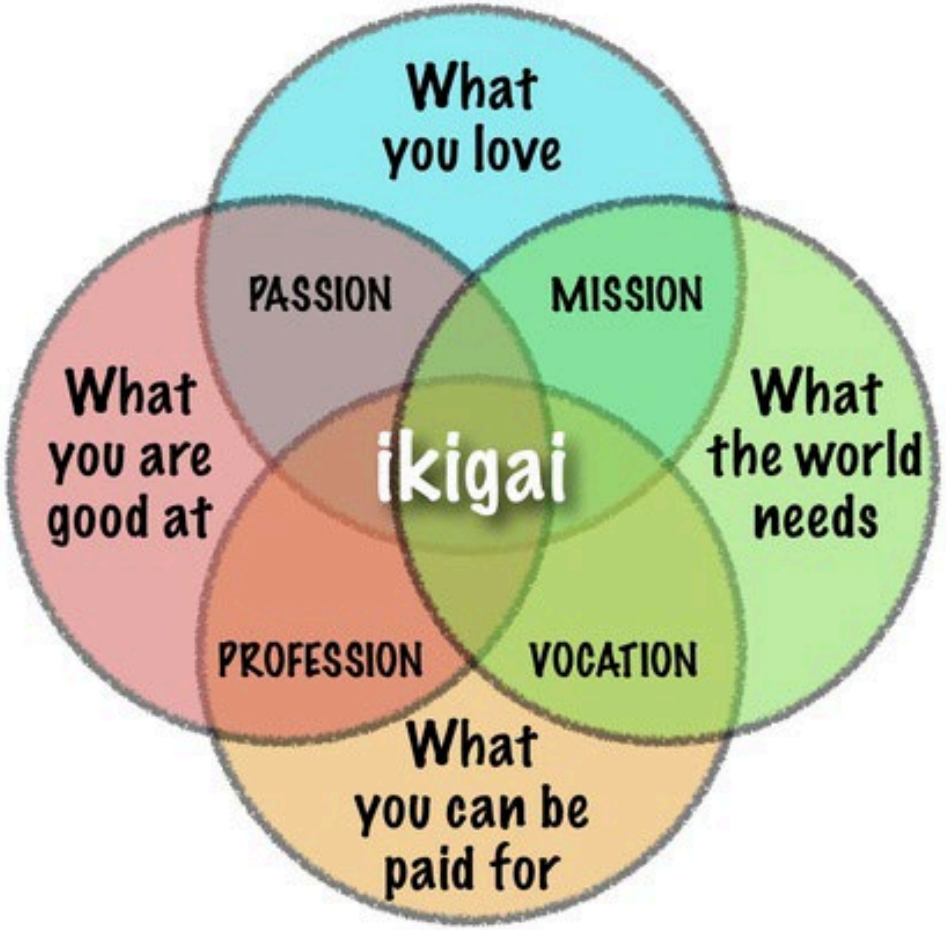
Power & The Pursuit of Purpose

Purpose

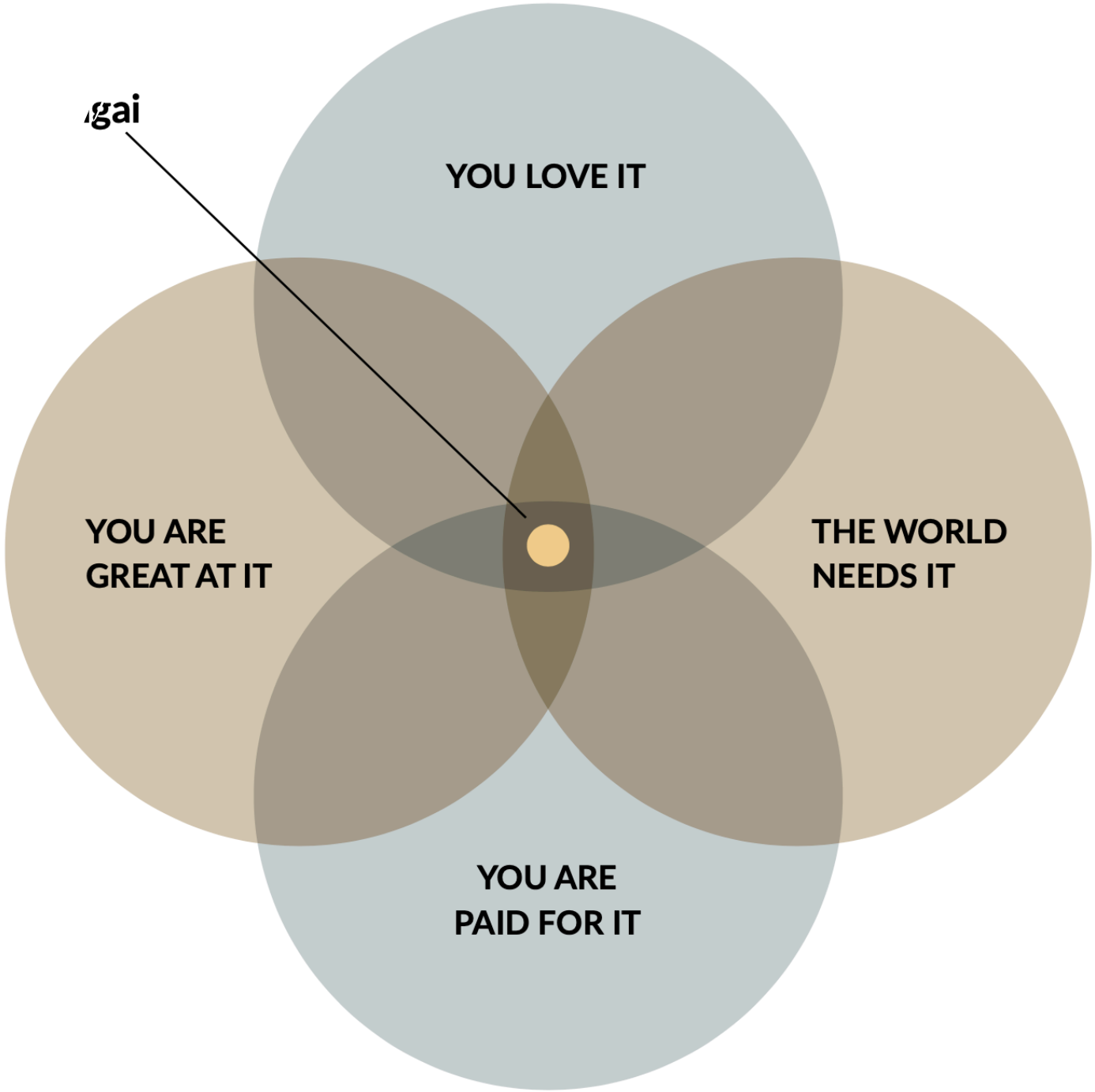
生き甲斐
ikigai

ikigai is the Japanese concept of **"a reason for being."** Everyone has an ikigai. To find it requires a journey of self discovery. But the search is worth it.

Your ikigai is the meaning to your life.



Create Your Own Ikigai



Finding Your Ikigai

Do *what you love*: (top circle)

- What did you enjoy doing as a child or in your early adult years?
- What do you do now in your spare time that makes you happy?

***Do something the world needs*: (right circle)**

- What and who inspires you?
- What makes you annoyed or frustrated?

Do *what you are good at*:

- Do you know your strengths and skills? What are they?
- What do people ask you to help them with?

***Do something you can be paid for*:**

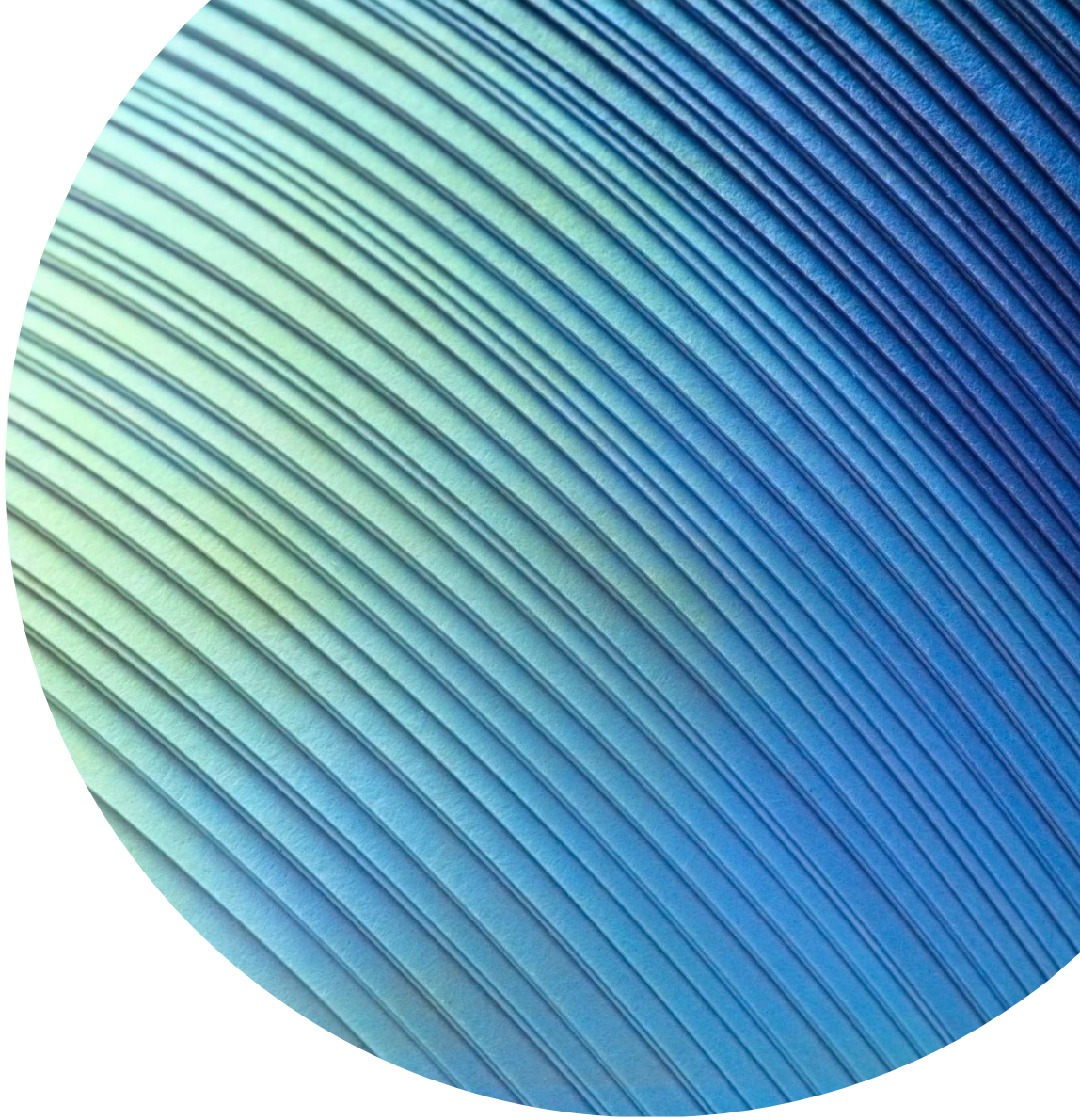
- What service or product could you sell (what would people pay you for)?
- What job could you do?

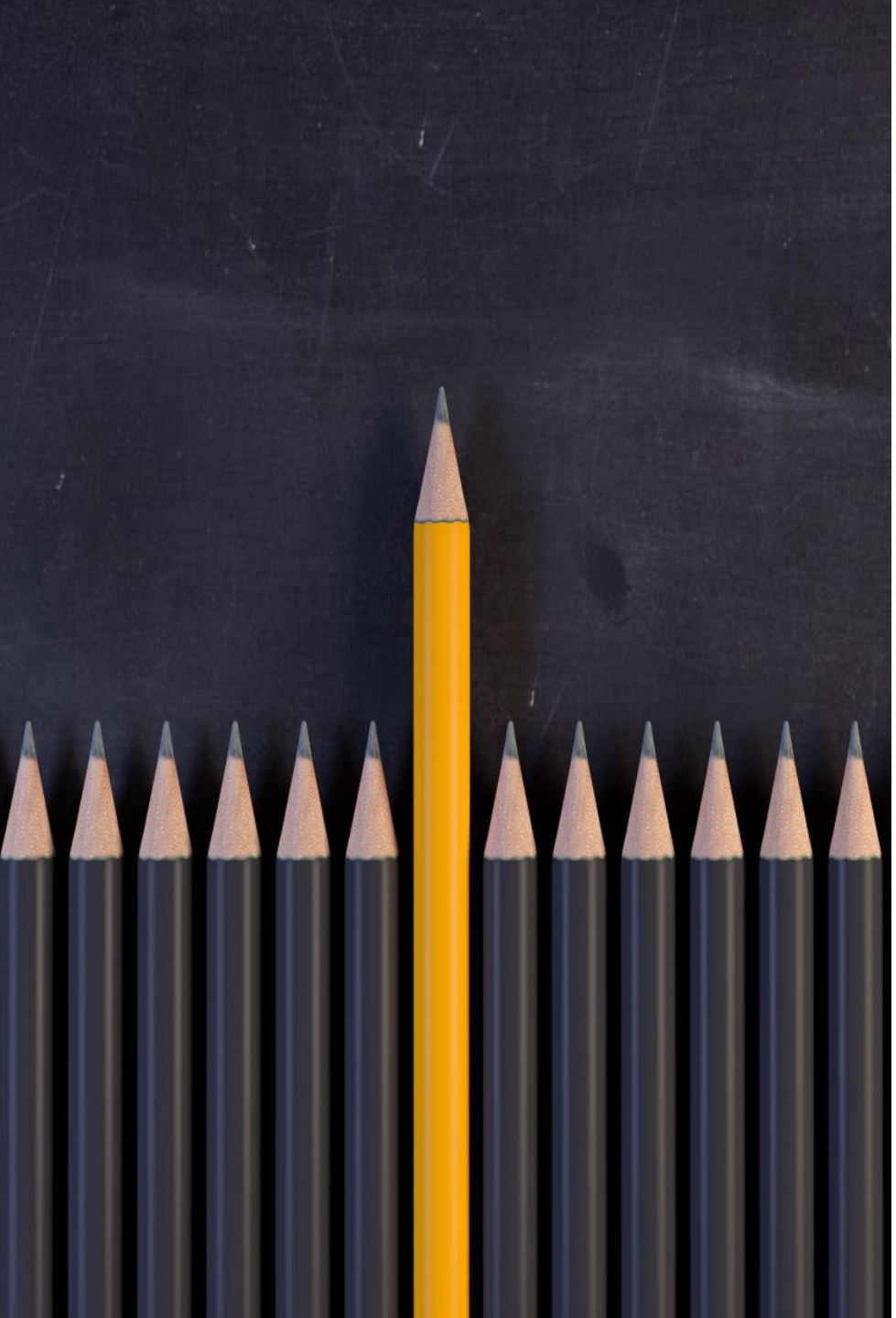
Purpose & Power Positioning: Setting Goals That Are Built Upon Your Values

Practice Planning

Select one domain from your Wheel of Life To Plan

- Work
- Family
- Volunteer
- Partner
- Social
- Learning
- Creativity
- Alone Time
- Wellness & Exercise





Practice Planning

- **Create One Goal**: What would I like to change in this domain?
- **One Action**: What one thing can I do this week to move towards this goal?
- **Fill In The Blank**: This time next year I will use my power to achieve _____

Questions?
And
Thank You!!!

Stay Connected

www.drshaibutler.com

drshaibutler@gmail.com