



Discover Your IKIGAI with MINDFITCT 's NEW Program

Are you seeking clarity on who you are and what truly defines you? Do you want to align your passions, skills, and contributions to make a meaningful impact on the world? **MINDFITCT** presents a transformative program designed to help you find your IKIGAI, the essence of your being



Introduction: Who Are You?

- Explore the depths of your personality and discover what makes you unique.
- Engage in self-reflection sessions to uncover the core of your identity in self-reflection sessions.

1. Passion Unleashed: What you Love?

- Identify activities that bring you joy and enthusiasm.
- Participate in specially crafted outdoor sessions integrating elements of stretching, focused breathing, and meditation

2.Vocation Mastery: What You're Good At

- Recognize and enhance your skills, talents, and areas of excellence.
- Receive personalized guidance to unlock your full potential.

3.Mission to Impact: What the World Needs

- Delve into your potential contributions to the world.
- Engage in conversations with like-minded individuals on societal needs and positive impact

4. What you can be paid for (your profession):

- Finding things, you're good at or skills that people find valuable. It's like discovering what you enjoy doing and finding a way to make money from it. In our program, we'll help you explore these aspects and align them with your passions and what the world needs, so you can create a fulfilling and purposeful life.

Enhance Your Experience with Nordic Sticks:

- To optimize your outdoor sessions, we recommend to supply yourself with Nordic walking sticks (your own preference). The sticks will provide stability and support, enhancing your overall experience during our special outdoor sessions.
- We will start our sessions with beginners walk about 2-3 miles per session.

Program Details

- **Start Date:** January 21, 2024
- **Duration:** 12 Months, sign agreement and waiver (price per session \$20.00 for members, non-members \$30.00)
- **Session Format:** 60- minute outdoor special sessions
- **Monthly Commitment:** Active participation in the program and community discussions
- **Membership Benefits:** Exclusive access to monthly special sessions
- Opportunities to share and learn from the community
- A journey towards discovering and living your Ikigai

Community Involvement:

- **50% of your membership fee will be donated to a cause of your choice:**
- Foster Family Foundation
- Local Children's Hospital with special needs.

Join Us:

Connect with a community that values personal growth and social responsibility. To enroll or learn more, call us at 203-941-0031 or email tarokarate@gmail.com
Embark on 12-month journey to find your IKIGAI and make a positive impact on the world with MindFitCT unique program.

