

The Grind Podcast

Episode 2 – So, What Do You Want to Do With Your Life (Part 2)?

Launch Date: 10/12/2017



Episode Description: In Part 2, The Grind will continue to explore if one should have a life plan or live in the moment. The value in thinking through a life compass (direction), rather than a life map (plan) will be discussed as a way to think through your life's calling and passion.

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Episode Length: 25 minutes
Activity Length: 35 minutes

On The Grind: Create your “why” statement based on the TED talk below. Start with writing “I Believe” statements.

- This TED talk: [How Great Leaders Inspire Action](#)
- This article: [Ikigai: A Japanese Concept to Improve Work and Life](#)

Reflect: What did you enjoy doing as a child? What do you care about? What do you feel uncertain about?

Connect: Ask questions and post feedback about this episode here: [The Grind Podcast](#)

Resources: Check out these resources to go along with the episode:

- This article: [4 Practical Ways to Find Your Life's Passion and a Career You Love](#)
- What are the things you are curious about?

Featured Voices:



AMINA is a planner. She grew up as the only Somali in her elementary school in Dubai living a life rigidly planned for her by her father. The financial crisis upended that plan and landed her in Seattle in school with boys and white people for the first time.

Now she's a senior at the University of Washington and structures her time to the minute. For the first part of this season, we'll follow Amina as she strives to reach her career goal: medical school.

Amina Sheikh

About the Guest:



KAT Koh is a Career Coach and helps creative people get clear about their careers. Her coaching approach pulls from neuroscience, creativity studies, mindfulness, the balancing philosophies of Aryurevda/Yoga, and Design Thinking. Kat is based out San Francisco and services clients across the country.

Kat Koh