

Small Actions. Meaningful Purpose.

Using Atomic Habits and Ikigai to build character and create a better future

A better future is built through the choices we make each day and the purpose that guides them. These two ideas can help you turn good intentions into positive action.

ATOMIC HABITS

SMALL CHOICES, LASTING CHANGE

The central idea is simple: small actions, repeated consistently, can shape who you become. Focus on becoming the kind of person who practises the character you value.

- Start small: choose one action you can repeat.
- Make it clear: decide when and where you will act.
- Make it achievable: remove barriers and prepare your environment.
- Reflect and improve: progress matters more than perfection.

IKIGAI

PURPOSE THAT GUIDES YOUR ACTIONS

Ikigai is a Japanese idea often understood as a reason for being - what gives your life meaning and encourages you to begin each day with purpose.

- What do I care about?
- What strengths and skills can I develop?
- How can I contribute to others and my community?
- What activity gives me energy, meaning or direction?

HOW THEY WORK TOGETHER

Ikigai helps you identify the future you want to help create. Atomic habits help you take small, dependable steps towards it. Purpose gives your actions direction; habits turn purpose into character.

ROUND SQUARE IDEALS IN DAILY ACTION

Internationalism

Listen with curiosity and learn from different perspectives.

Environmentalism

Make one sustainable choice and repeat it consistently.

Leadership

Take responsibility and help others succeed.

Democracy

Speak respectfully, participate fairly and include every voice.

Adventure

Try something challenging and respond with courage.

Service

Use your strengths to meet a genuine community need.

YOUR NEXT SMALL STEP

Choose one IDEAL. Write one small action you will practise this week, and explain who it will help.