



IKIGAI

CHANNEL YOUR ENERGY & FIND YOUR PURPOSE



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Ikigai is Japanese for "a reason for being" which can be translated as your purpose

The Ikigai exercise will help you channel your energy and find your purpose in life. This exercise is a journey; take your time, ask yourself some tough questions and answer them honestly.

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SUMMARY

Explore the four questions of Ikigai:

What are you good at?



We all have skills that make us unique, so what are yours? Are you good at processes, designing websites, speaking, cooking, inspiring others?

What do you love?



What makes you happy? What are the experiences you desire? Write down the things you love to do, see, study, learn from or just feel a deep appreciation for.

What does the world need?



This isn't the part where you run off and become a humanitarian – although, if that's your thing, go for it. What the world needs involves taking in what's going on in the world right now.

What can you be paid for?



This one requires a bit of deeper thinking. If you're a consultant, for example, something that's in demand could be a digital project manager or lead, or maybe a wedding planner.

SUMMARY

Explore the other elements of Ikigai:

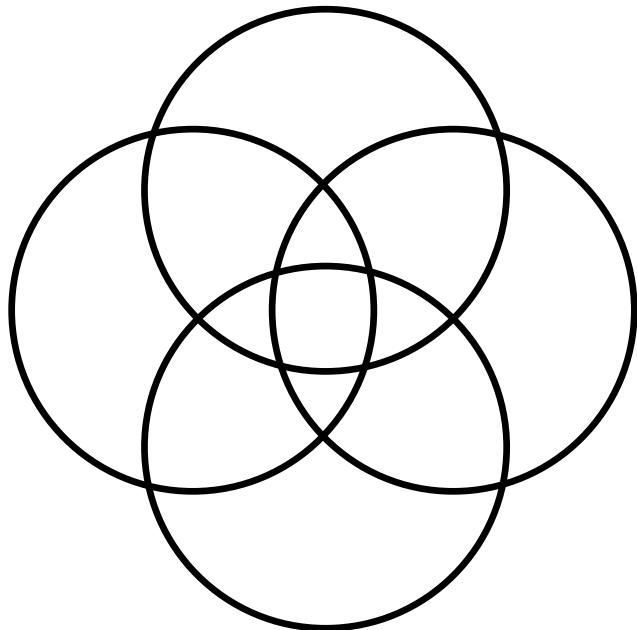
Passion: Things that you are good at and love to do are things you are passionate about.

Mission: Things that you love to do that are also what the world needs are your mission.

Vocation: Things that the world needs that you can also be paid for that are your vocation.

Profession: Things you can be paid for that are also what you're good at are your profession.

IKIGAI: Your Ikigai is what is the intersection of what you are good at, what the world needs, what you can be paid for, and what you love to do. Write this out as your purpose statement.



HOW TO FIND YOUR IKIGAI

Collect: Sit down, and for each of the four outer circles, come up with 3-5 words or short sentences. If you get stuck, ask yourself: What would somebody else answer about me? Or, simply ask someone that knows you well. Stick these on your canvas.

Connect: Then, go over the overlapping circles (5,6,7,8) that are still empty and try to see if you can combine words or sentences that you've identified from the outer circles into one statement. Of course, if you come up with new items, that's okay, just make sure that they are really what you feel and are comfortable with.

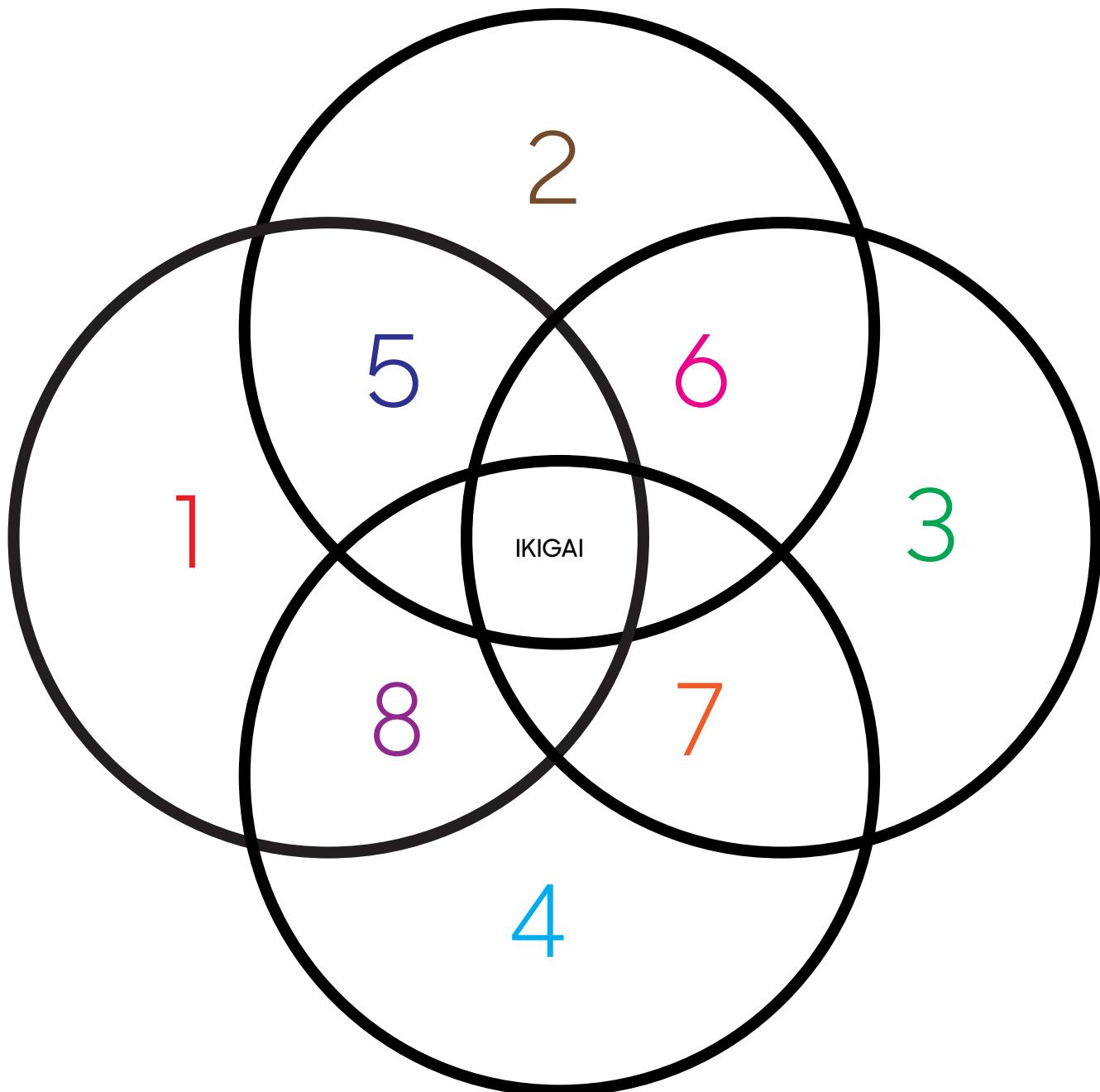
Ikigai: Connect all the words and statements into one purpose statement. If you didn't find it, try to talk to close friends and relatives about what they think you are good at, can make money with, etc.

Check: Check your Ikigai, first with yourself. Is this really something that feels right for all four aspects? Is there nothing else that could take its place? If you aren't completely sure, come back to it a few days later and repeat the exercise. Then, check it with close friends and relatives. Do they agree?

Reflect: Keep revisiting your Ikigai every 2-4 months. Notice what the changes are.

Time to find your IKIGAI

THE CANVAS



1. WHAT YOU ARE GOOD AT	5. PASSION
2. WHAT YOU LOVE	6. MISSION
3. WHAT THE WORLD NEEDS	7. VOCATION
4. WHAT YOU CAN BE PAID FOR	8. PROFESSION

For each section, fill in the circle with your traits.

EXAMPLES WORDS

1. What am I good at?

Writing, Drawing, Arts, Design, Creativity, Teamwork, Communication, Innovation, Logical thinking, Experimenting, Observing, Planning, Problem-solving, Organization, Listening, Research, Tech-savvy, Curiosity, Adaptability, Leadership

2. What do I love

Creativity, Innovation, Nature, Technology, Learning, Helping others, Adventure, Music, Art, Sports, Writing, Building, Teaching, Animals, Fashion, Science, Travel, Solving puzzles, Cooking, Photography

3. What does the world need:

Innovation, Sustainability, Equality, Education, Healthcare, Compassion, Creativity, Leaders, Problem-solvers, Community, Diversity, Justice, Communication, Wellness, Mentorship, Collaboration, Environmental protection, Food Security, Cultural understanding, Technology

4. What can I be paid for

Tutoring, Health Care, Coaching, Retail, Make up artist, Food service, Landscaping, Recreational Leadership, Barbering, Content creation, Blogging, Fitness training, Video editing, Delivery services, Social media management, Fashion merchandising, Car detailing, Graphic art, Hair stylist, Event Planning

5. Passion

Empowerment, Culture, Community, Activism, Leadership, Education, Entrepreneurship, Art, Music, Heritage, Resilience, Representation, Mentorship, Advocacy, History, Creativity, Innovation, Identity, Sports, Collaboration, Unity, Expression, Justice,

6. Mission

Advocacy, Justice, Unity, Resilience, Leadership, Change, Community, Representation, Equality, Inspiration, Heritage, Education, Strength, Legacy, Service, Growth, Progress, Mentorship, Opportunity

7. Vocation

Calling, Profession, Career, Passion, Purpose, Service, Skill, Craft, Dedication, Work, Trade, Occupation, Talent, Expertise, Lifework, Commitment, Contribution, Specialization, Mission, Fulfillment

8. Profession

General Professions: Entrepreneur, Advocate, Mentor, Educator, Community organizer, Social worker, Public health worker, Diversity consultant, Policy analyst, Activist

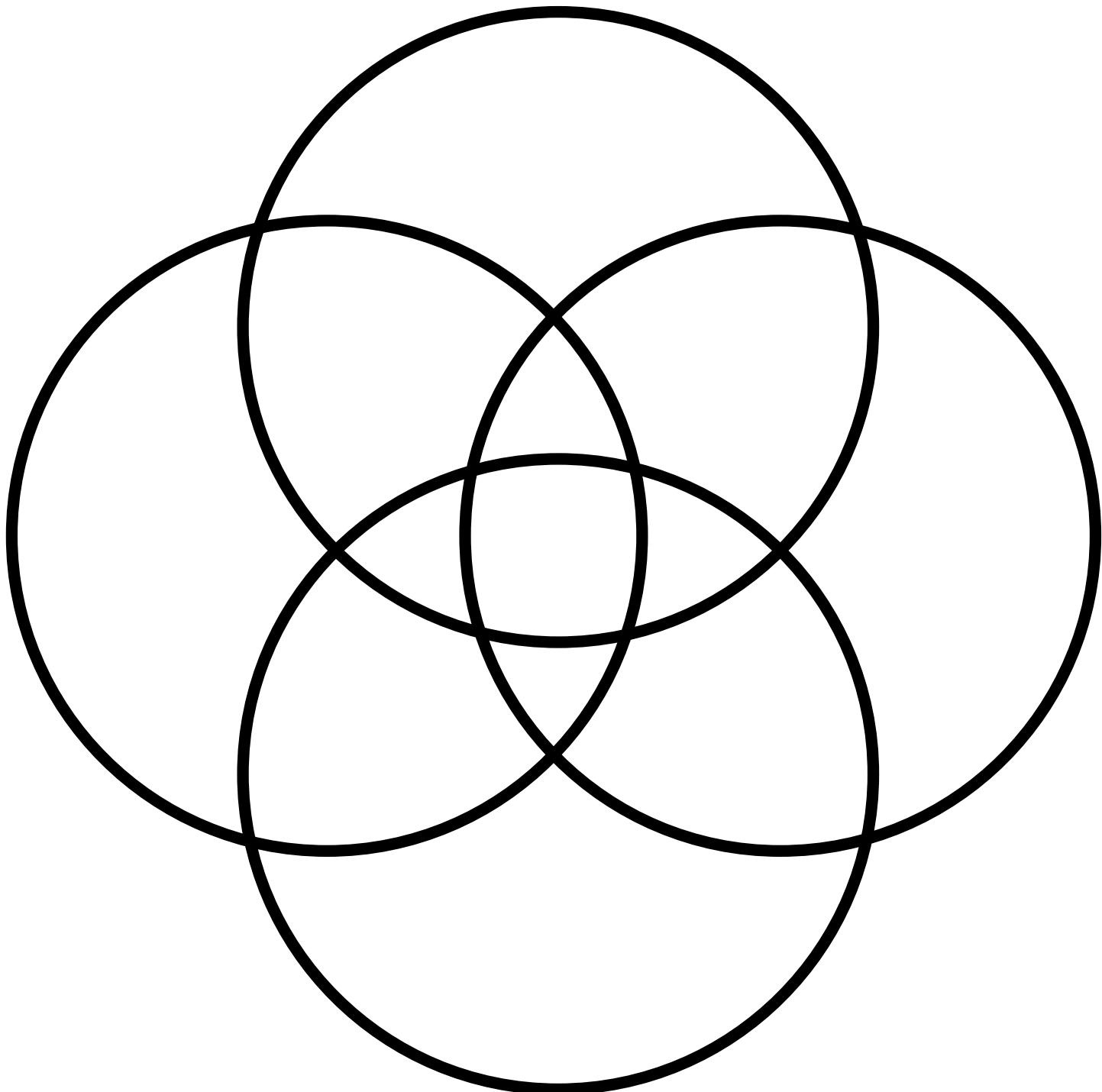
Sports: Sports coach, Athletic trainer, Sports agent, Sports broadcaster, Physical therapist, Strength coach, Referee, Sports psychologist

Hair and Beauty: Cosmetologist, Barber, Makeup artist, Hair stylist, Beauty entrepreneur, Nail technician, Salon owner, Esthetician

Music and Arts: Music producer, Songwriter, Performer, Art curator, Music educator, Dancer, Graphic designer, Filmmaker

Business: Business analyst, Marketing manager, Sales representative, Brand strategist, Financial advisor, E-commerce specialist, Operations manager, Human resources manager

FILL OUT YOUR IKIGAI



MY IKIGAI (PURPOSE)

SHARE YOUR IKIGAI WITH US

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