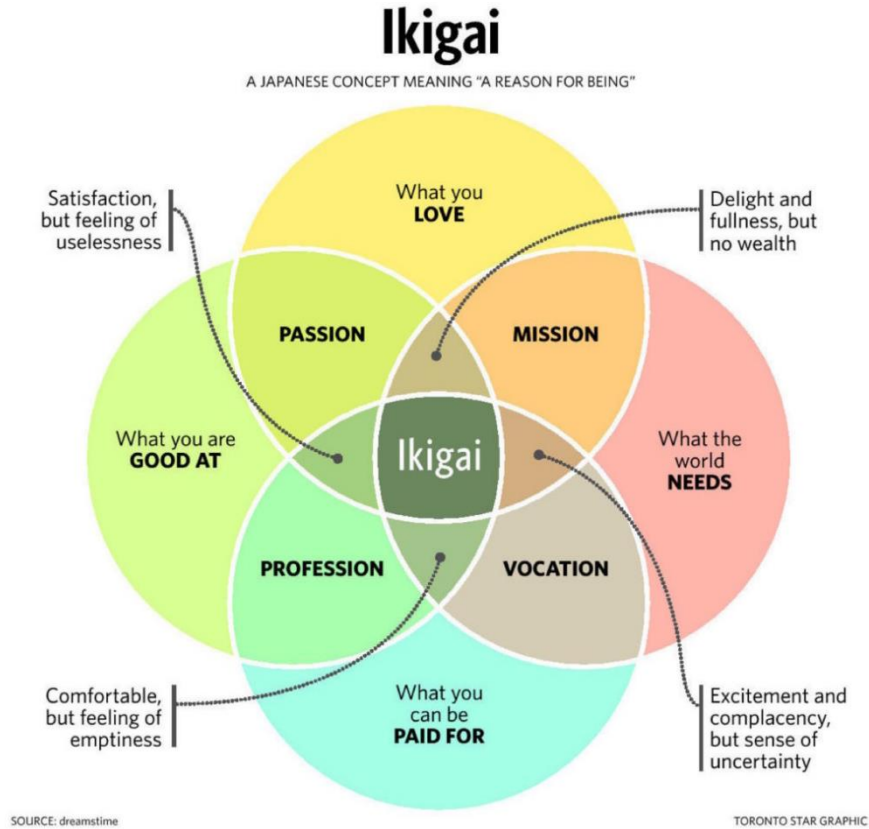


## Ikigai Worksheet

The Japanese believe that Ikigai is “your reason for being”. They use the following Venn Diagram to illustrate what Ikigai looks like



**To find out your own personal ‘Ikigai’ complete the activity below:**

**Step 1:** For each of the boxes below write anything that comes to mind

What I love	What I am good at	What the world needs	What I can be paid for

**Step 2:** For each of the next boxes, cross reference the two listed categories from step 1 and write down any similar ideas or themes. If you are having any difficulties finding similarities, you may need to spend more time brainstorming in step 1.

Passion (What I love + what I am good at)	Mission (What I love + what the world needs)	Profession (What I am good at + what I can get paid for)	Vocation (what the world needs + what I can get paid for)

**Step 3:** To find your Ikigai cross reference the four categories from step 2 and write down any similar themes and ideas

Ikigai