

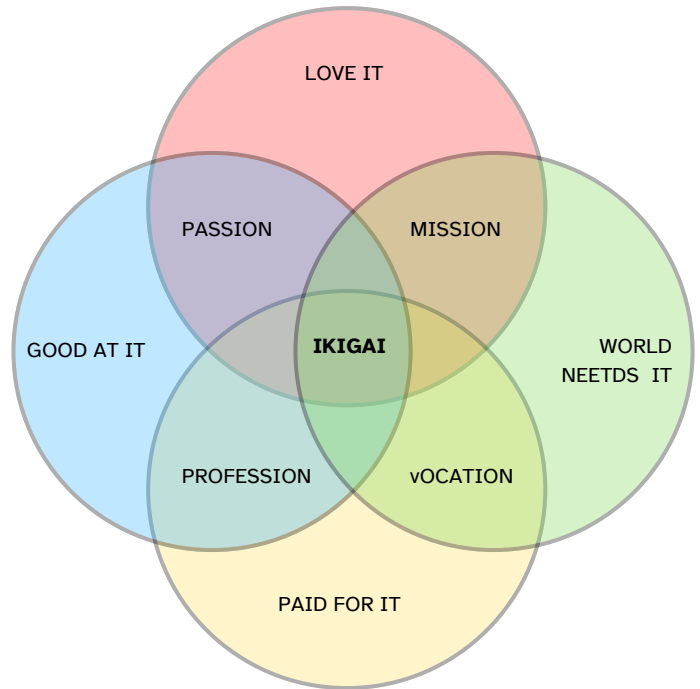
# IKIGAI

## Finding Purpose



Discover your life's purpose by exploring the Japanese concept of Ikigai. This worksheet helps you find the intersection of what you love, what you are good at, what the world needs, and what you can be paid for.

Ikigai (pronounced ick-e-guy) is a Japanese word that means 'reason for being' or why you jump out of bed in the morning. This resource describes the Ikigai Venn diagram. It helps you to explore what you love doing, what the world needs, what you can be paid for and what you are good at. This is great for maximising personal productivity and thinking about how to flourish in your workplace and career.



Skill	How Much do i love this skill	How good an I at this skill	How likely an I to get paid well for this skill	How much will this skill benefit the world?	Total Points



# Your Wisest Self

life reflection  
exercise



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Part of my identity	Rating (1-10)	Part of my identity	Rating (1-10)
What it means to me:		What it means to me:	

Part of my identity	Rating (1-10)	Part of my identity	Rating (1-10)
What it means to me:		What it means to me:	

Think about the most significant elements of your identity and create a title or nickname that captures them. For example, you might use something like "Adventurous Bookworm with a Passion for Cooking" or "Empathetic Teacher and Nature Enthusiast." Let your creativity shine and choose a title that truly represents who you are!

