

Finding Your Ikigai

Workbook

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What is Ikigai and how to find it

Ikigai is a Japanese term that is roughly translated like “life’s worth”, or “a reason for being”. Think of ikigai as your purpose, or sense of life worth living.

Ikigai is the method that intersects your passion, mission, occupation, and vocation.

One way to practice Ikigai is using personal statements, or guided prompts towards a goal.

There are few elements a statement should contain:

- Define a clear goal for yourself
- Why is this goal important to you?
- The actions you are ready to perform in order to obtain it
- The values you will hold on to
- Keep them clear and short
- Stay true to yourself
- Come back for a review.

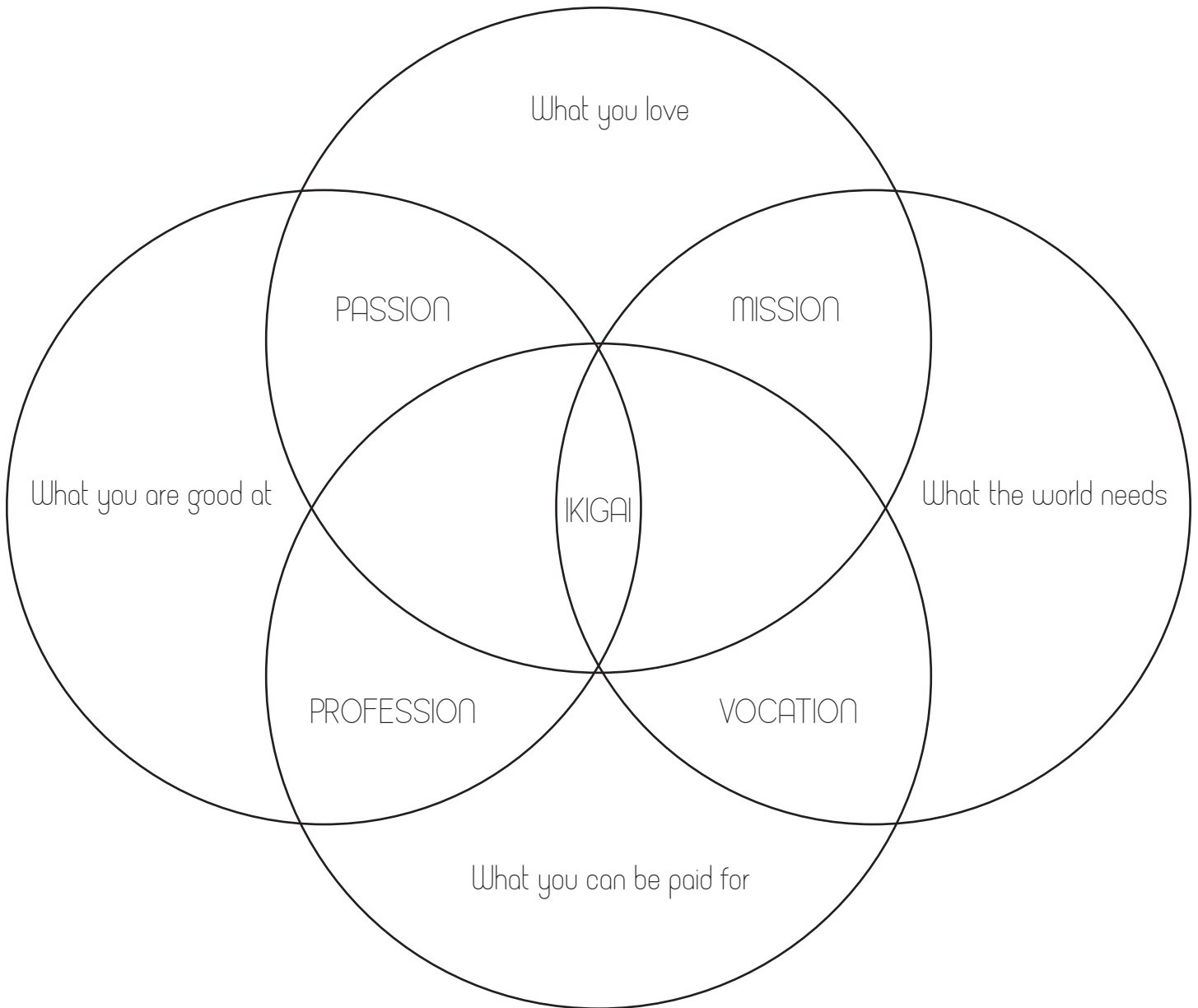
This workbook is made to help you on your way in discovering your Ikigai, following its four elements:

- Stating your mission, or doing what you love
- A vocation, what you have that the world needs
- Your profession, what you can do to get you money
- Your passion, or what you are good at doing without feeling extra effort.

The intersection of these four elements is your Ikigai.

On the next page there is a graphic representation of how it looks.

The Diagram



Find out what you love

Write down a list of activities that you love doing. Those are the type of activities that you could do all day long without feeling boredom.

Select one that you value above the others. Take your time in deciding.

I love ...

Find out what you are good at

Write down a list of activities that you can make without a big amount of effort.
Those are the type of activities you are talented in doing.

Select one that you value above the others. Take your time in deciding.

I am good at ...

Find out what you can get paid for

Write down a list of activities that you can make money with. Those are the type of activities you can do to get paid for by others.

Select one that you value above the others. Take your time in deciding.

I can get paid to do ...

Find out what the world needs from you

Write down a list of activities that you can do that could help the world. Those are the type of activities you can do that would solve someone's problem.

Select one that you value above the others. Take your time in deciding.

I can help the world/solve a problem by ...

Summarize what you have written so far

I love ...

I am good at ...

I can get paid to do ...

I can help the world/solve a problem by ...


Analyze

Write down a list of activities that converge within these four areas.

A large grid of dots for writing, consisting of 20 columns and 15 rows of small black dots.

Find your Ikigai

Select one of your activities that you consider your best choice.

A large grid of dots for writing, consisting of 20 columns and 20 rows of small black dots on a white background.

Your personal statement

Write down how you've made your choice and how is it important to you.

A large grid of dotted lines for writing.

Your action plan

Main focuses:

- ◆ -----
- ◆ -----
- ◆ -----
- ◆ -----
- ◆ -----
- ◆ -----
- ◆ -----
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- ◆ -----

Your Ikigai sources and feelings

The term "Ikigai" is usually used to indicate the source of value in one's life or the things that make one's life worth living. See the example below.

Ikigai source: My brother

Feelings: Unbreakable bond, happiness, love, excitement for his future, happy days together and memories we share...

Ikigai source: _____

Feelings: _____

Ikigai source: _____

Feelings: _____

Ikigai source: _____

Feelings: _____

Ikigai source: _____

Feelings: _____

Ikigai source: _____

Feelings: _____

Ikigai source: _____

Feelings: _____

Ikigai source: _____

Feelings: _____

Ikigai source: _____

Feelings: _____

Ikigai source: _____

Feelings: _____

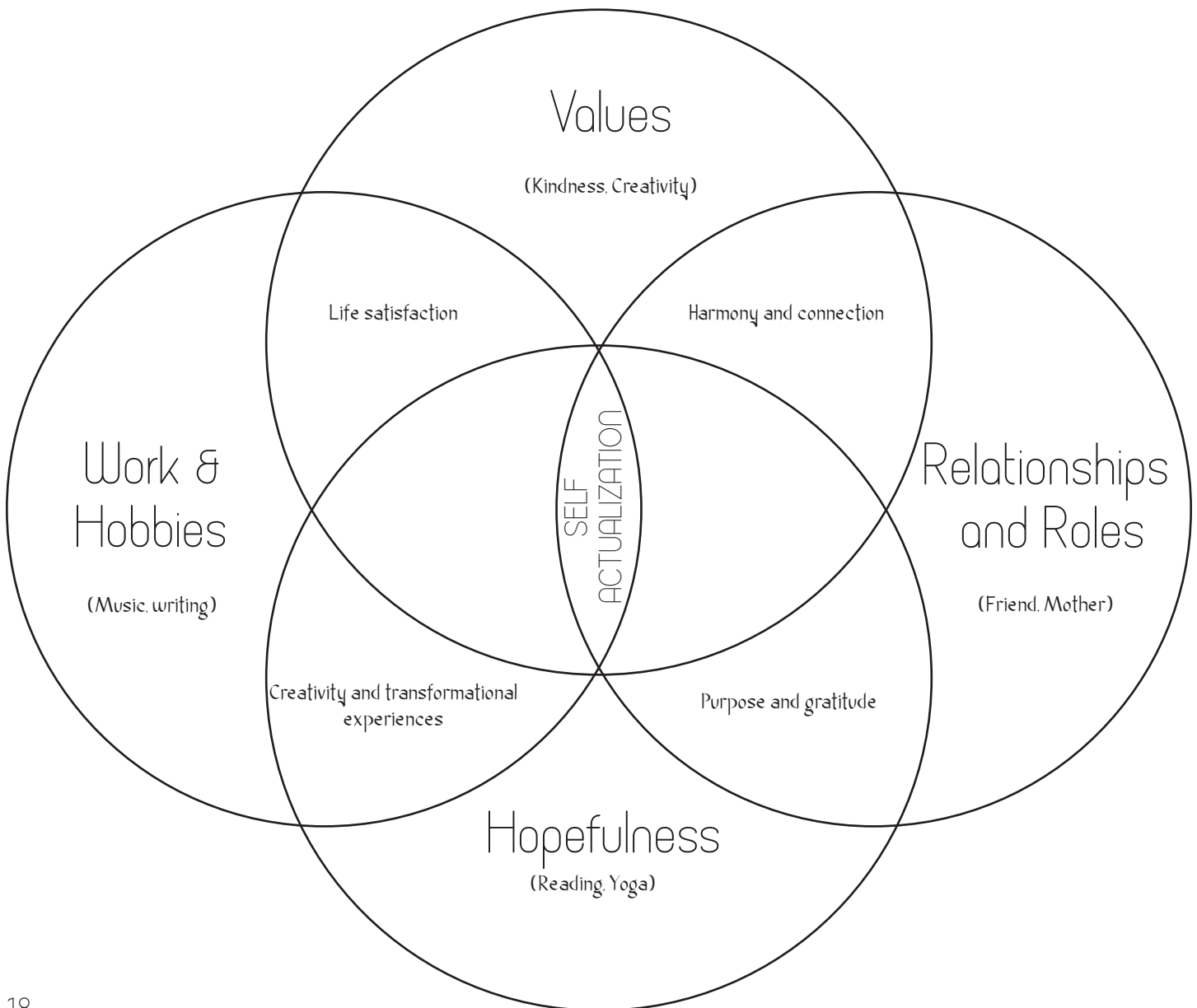
Ikigai source: _____

Feelings: _____

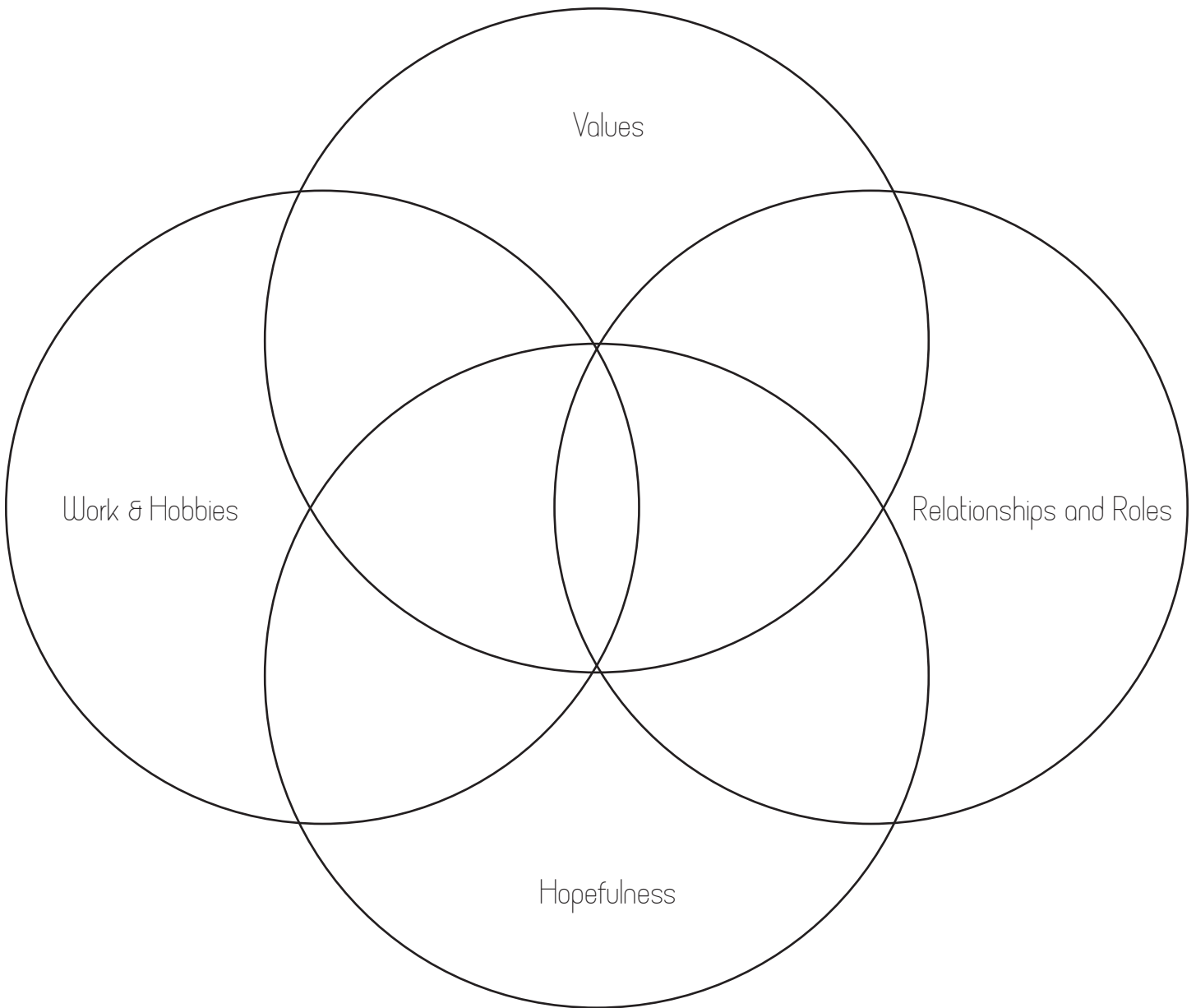
The Ikigai states

There are four states of Ikigai where we can experience the sensations of the Ikigai. Below you'll see the list and a chart with their settings.

- Life satisfaction
- Harmony and connection
- Purpose and gratitude
- Creativity and transformational experiences

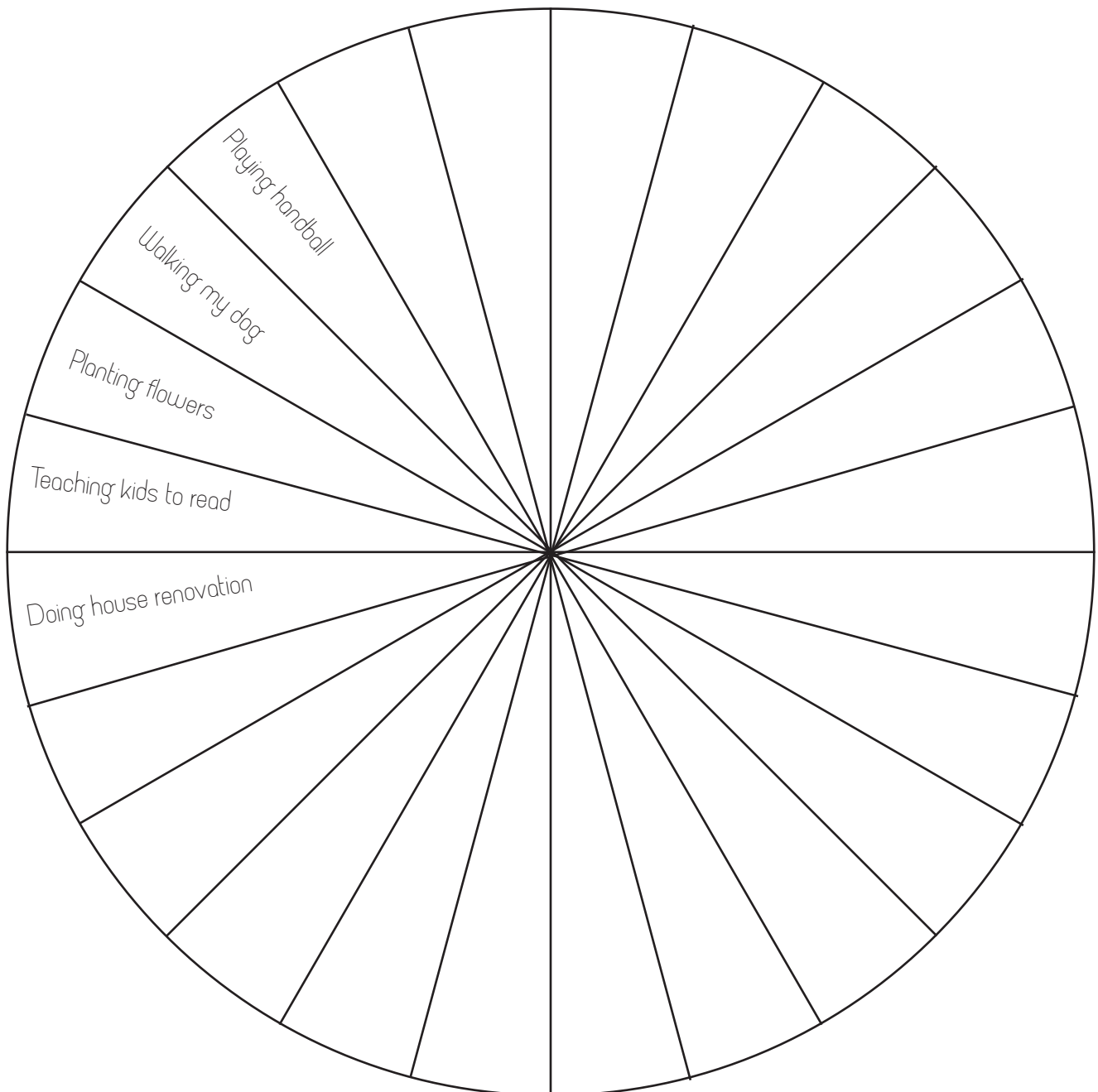


Make your chart

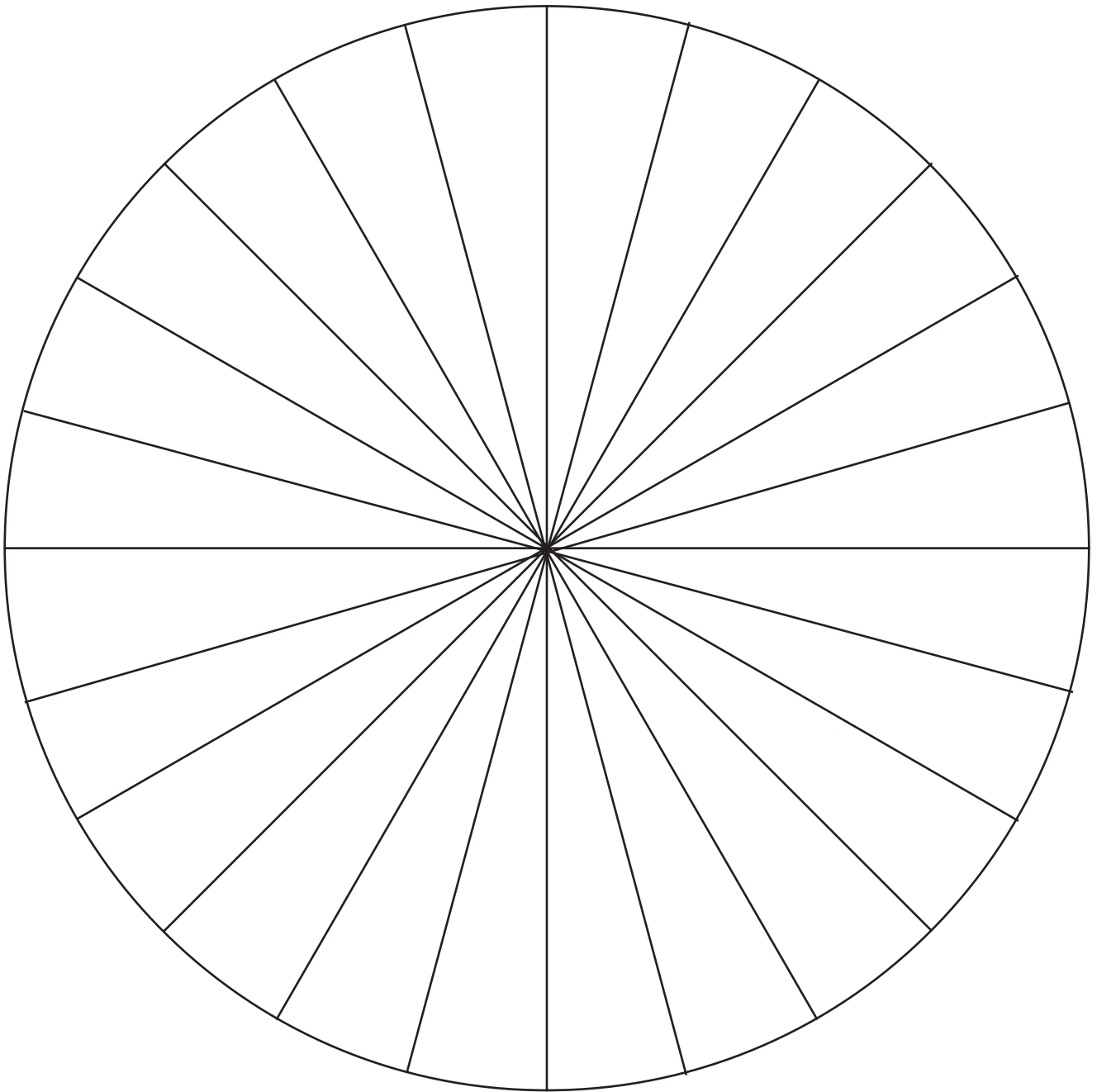


The Ikigai spectrum

The Ikigai spectrum is graphic representation of things in life that can bring you the Ikigai feeling, starting from the most minor, simple things.
See examples below.



Fill your own spectrum



Notes

A large grid of dots for taking notes, consisting of 20 columns and 20 rows of small black dots arranged in a regular pattern across the page.

