

Discover your Ikigai

*your reason for being - your reason to get up in the morning
IKI meaning life*

KAI meaning the realization of hope & expectations

DO WHAT YOU ARE GOOD AT

Where are you viewed as an expert and people ask you to help?

What skills or talents come naturally to you?

DO WHAT YOU LOVE

What can you do for hours without worrying about the time?

What would you do even if you didn't get paid?

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DO WHAT YOU CAN BE PAID FOR

If you weren't working at your job, what would you be doing?

What job, position, or work responsibilities energize you?

DO WHAT THE WORLD NEEDS

What cause are you passionate about where the world is lacking?

What can you do that would bring meaning to others?

Discover your Ikigai

*Fill in your Ikigai based on your answers to the previous questions
and discover your Ikigai!*

WHAT YOU LOVE

WHAT YOU
ARE GOOD AT

WHAT THE
WORLD NEEDS

Passion

Mission

Ikigai

Profession

Vocation

WHAT YOU CAN
BE PAID FOR