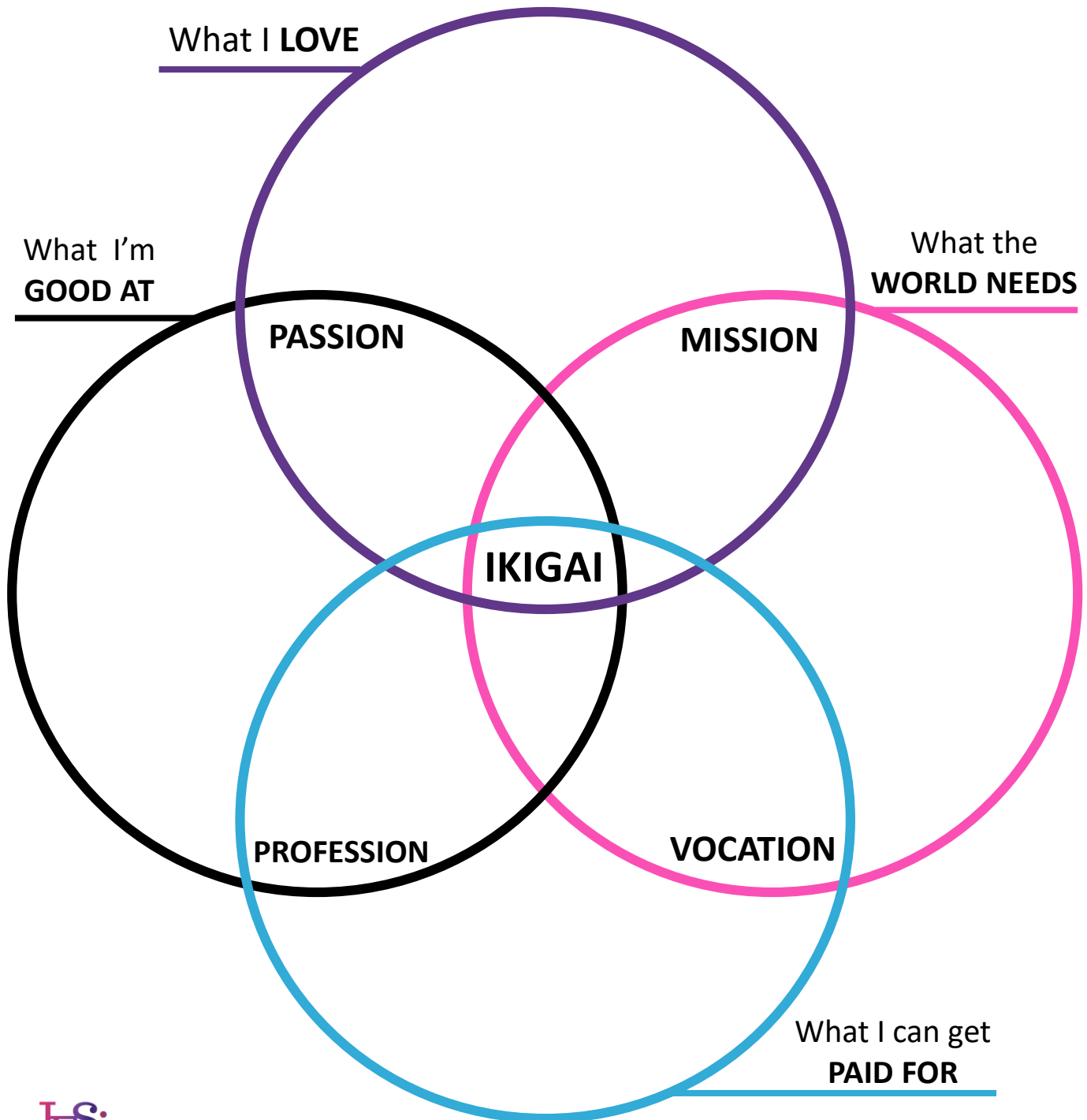


Finding Your Purpose through Ikigai

The Venn Diagram to end ALL Venn Diagrams

If you've Googled "How do I find my passion/purpose in life?" more than once in the last year, this worksheet is for you. The Japanese concept of Ikigai, or "reason for being", is one of my favorite visual ways to work this VERY BIG life question out.



What I love. . . Set a timer for 15 minutes and write out EVERYTHING. Every silly BIG, LITTLE, serious, fun, random idea your brain spits out at ya. No FILTER!!

What I'm good at. . . This is a good question to ask friends and family for feedback on. Sometimes we don't recognize our own talents. Don't be afraid to be a little braggadocious!

What the world needs. . . This can be BIG things like world peace to little things like a better door stopper (I dunno, just spit balling here). Just remember that the Squatty Potty exists so no idea is "bad"!

What I can get paid for. . . Remember that earning income can get creative!

VOCATION Ideas. . .

PROFESSION Ideas. . .

PASSION Ideas. . .

MISSION Ideas. . .

[illegible]

How can those responses tie together?

Was there anything that surprised you? Were there recurring elements to responses?

Going forward with this knowledge in mind, my next steps are. . .