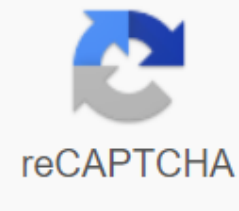




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Ikigai worksheet examples

First, you should know that the Venn diagram below doesn't accurately depict ikigai - it's just a Western misinterpretation. Ikigai are not a sweet spot where the elements of your working life all come together for you to find purpose and financial success. In fact, Ikigai is not necessarily related to economic status or financial success. Many Japanese find their ikigai outside of work, in their hobbies, relationships and lives by their values. Ikigai is personal; it reflects the inner self and allows you to express yourself for real. In addition, many Japanese find ikigai in more than one area of life. While there is actually no Ikiagi Framework, we can use the Venn chart framework to illustrate what ikigai means for Japanese. In sheets you will find more information about the ikigai concept, questions to contemplate and exercises to help you understand and find your own ikigai. Lately I've started to see a lot more podcasts, movies, YouTube channels and all meanwhile, dedicated to discovering our purpose in life. The Japanese concept of ikigai is one that constantly pops up, so I decided to study it in more detail. You've probably heard of the Danish concept of hygge, the Swedish lagom concept, and if you go back in the early 90's - it was all about the Chinese feng shui concept. Now it seems ikigai is the latest trend in the search for happiness. Don't have time to read? Watch a YouTube video instead! AND CLICK is here to get the Ikigai Exercise sheet. What is ikigai you ask? This roughly translates as the reason of being, and the concept is related to finding a sweet spot between your passion that you can get money for what the world needs and that you are also good at. Now I don't really believe anyone who says that if you're super passionate about something, that eventually it will just magically make you money. It's a great idea, but if what you're madly passionate about is carving sculptures of famous people out of oil - your passion can never make you a millionaire. Although, with the right marketing anything is possible, I think. I am seriously imagining oil sculptures to replace Madame Tussauds' wax museum in the future. Moving on... The fact is, you still have to put in the hard work to make the passion and profit work together. Below, I'm going to explain something very easy that you can do today with just a few sticky notes and a pen that will help you get the most out of life. This will help you map out your ikigai. Experts estimate that everyone has about 80,000 hours in their career. It's a load of time to spend in the wrong career. So if we can't just depend on our passions to learn the true purpose in life, then are we all just a little? Of course not. The easiest way I found to identify your ikigai is to get visual with it. Note: If you want a visual representation of this, you can either watch the above YouTube video or read on to see what my ikigai card looks like. How to discover your goal using the concept of ikigai Step 1: Grab sticky notes in 4 colors. Step 2: On one color write down what you are really passionate about or things you love, it can be everything from computers to playing with your dog - the better. Each new thing should go on a separate sticky note. Now stick them on the wall at the top. Accommodation is important. Step 3: On the second color, write what you are good at. Some of these things may overlap with previous sticky notes, and it's great to just write them again on the second color of the lipo. Now stick them on the wall just below and to the left of the previous notes. Again, each new thing should go on a separate sticky note. Step 4: On the third color, write down the things you can make money. It's specific to you and your skills. So in the previous category, you could say that you can put 40 almonds in your mouth, but if someone will pay you good money for this skill, it does not belong in this category. Stick them on the wall at the bottom. Step 5: The fourth color is reserved for the things the world needs. So write down any ways in which you could benefit the world and stick them on the wall on the right. Recall, here's an example of what you should already have: Note: the colors you used are probably different from mine, but this will help explain my personal ikigai card below. Hopefully now you will have some areas where all 4 colors overlap and this will help you determine your direction in life. This helps if you remove some of the sticky notes that don't recur elsewhere, so the only ones remaining will be things that appear in more than one category. This is what my ikigai card looks like. You can see there are some that overlap that I put in the middle. From this, you can see how my ikigai or reason for that (otherwise known as the sweet spot) is a combination of travel, design, training and pay up front. Delving into the meaning of ikigai There is a good reason why we placed sticky notes, particularly stains on the wall. If you look at the chart below, you will see the words passion, mission, vocation, and profession in overlapping points. What does that mean? Passion: What you love and what you are also good at. Mission: What the world needs and what you also love. Occupation: What you can be paid for as well as what the world needs. Occupation: What you are good at and also what you can be paid for. If you focus on overlapping points, you will find yourself much closer to what your ikigai, your true actually is. So, here are four questions that my school counselor should have actually asked me when I told her what I wanted to do with my life are you passionate about this? Are you good at it? Can you actually make good money from it? Does the world need it? Essentially this is what we just mapped out with sticky notes. If you haven't found your ikigai yet, don't worry. Not everyone has overlapping interests. This can help complete the exercise again now that you have a deeper understanding of the meaning behind it. Here are 5 additional tips for you if you need a few more directions when it comes to your ikigai and find your goal explore - get out into the world outside of your usual routine - if you don't change anything, nothing will change. Do things that frighten you at least once a week. Meet as many new people as you can to find out what is you love and what you do well. Get good at something that makes the world a better place. Find something that gives you a sense of achievement and meaning. Be flexible. Ten years ago, you were probably a completely different person. In 10 years you will be a completely different person again, so don't limit yourself to one passion. I hope this will help you find the right balance of passion, purpose and profit in your life! If you're interested in exploring this further, make sure to check out 8000hours.org for an awesome free resource that will help you find the right career for you. Let me know in the comments below what your own ikigai map looks like. Have you discovered something new that can help you find your target? Still not sure what you want to do with your life? Need clarity on how you can make a living by feeling fulfilled every day? Use the sheet below to discover your IKIGAI (don't worry if it sounds alien to you - it's all explained in a post) where your values, gifts, happiness, skills and passion all align and go BINGO! Each of us is born with unique gifts, skills and talents. I believe that we should use all these resources to do what we love, contribute to the world, help others and make a sustainable life by doing so. For a moment and let this opportunity dive in. Wouldn't this place be a happier place full of meaning and positivity? There is a sweet place where all these things intersect. And the Japanese really beacooootiful name for it. It's called IKIGAI. What makes you sleep every day with fire in your stomach? Why do you want to jump out of bed? IKIGAI is a Japanese concept, meaning the reason for being, very similar to the French phrase Raison d'Tre. Everyone, according to the Japanese, has IKIGAI.

Finding it requires a deep and often long search of yourself. You can also it's PURPOSE, MISSION, SWEET SPOT or even even G SPOT! Whatever the place works for you. ☺ is the place that you want to do with your life. It's quite a crossroads: What you're good at. What you love to do is your rarities, interests, passion. What the world needs. That's what you might get paid for. I get so excited just by typing this! Your job is to find out what can overlap, what is in the sweet spot for you. It's different for each of us and it's totally figuring out! To help you with this IKIGAI opening exercise, I created a free sheet (omg, I love the sheets! feels like school over and over again!) which you can download, print and get cracked on! Tips: The overlap may not be immediately obvious to you. If the sweet spot doesn't jump right at you don't worry. That doesn't mean you don't have one! You have to use your creativity. Dig deeper and expand the conclusions that you may have unconsciously placed on yourself. Here are a few tips to help you sashay along. You may be tempted to make money using the skill you have that you cannot fully enjoy. Simply put, there may be things you do well, but that doesn't mean you'll be happy to do it. For example, I'm good at math, but I absolutely detest it! As much as I hate cockroaches. So you have to give it up. No one wants cockroaches for a living. If you have a few sweet spots (lucky you!), and you can't decide what to go for. Ask yourself - Will it contribute to the world as you want? Will it actively change people's lives? Will it give you the kind of income for the lifestyle you aspire to have? All things being equal, if you have two sweet spots - one has the potential to make you more income than the other - then you should be honest with your expectations. Are you ready to customize your lifestyle to continue Sweet Spot 1 (even if it means earning less) because it illuminates you more than Sweet Spot 2, or the notion of eating noodle cups for the rest of your life just doesn't cut it no matter how much you love what you do, or how well you do it? There is no right or wrong way to slice this. The only way is your way, okay? And your way can do what you absolutely love for a standard of living that is acceptable and right for you. Because that's a lot, isn't it? Your Ikigai can change over time as you build clarity and develop self-awareness. Feel free to return to this exercise whenever you feel a sense of inn between your values and what you are doing. Have you seen people who do the same thing, but some are glowing and some are not? Some fill so much love and energy into what they do that the world can't help but feel brighter. For me, I Am I glowing like a megawatt light bulb? as I hammer on my keyboard working on this article. Start paying attention to the moments when you are at your best and when you are you Is it a time when you thrive and feel amazing? These are clues about what you should do with your life! The universe constantly gives us signs, so be on the look behind them. Good luck and let me know how you get on with the exercise! I wish you clarity, light and the purpose of a filled life. Life.

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