

# FINDING YOUR IKIGAI

## DO WHAT YOU LOVE

What did you love doing or thinking about when you were a child?

What activities do you do in your spare time that make you happy?

## DO WHAT YOU'RE GOOD AT

What are your skills and strengths?

What do people ask you help for?



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## DO SOMETHING THE WORLD NEEDS

What / who inspires you?

What makes you angry, frustrated?

## DO SOMETHING YOU CAN BE PAID FOR

What product or service could you sell?

What job could you do?



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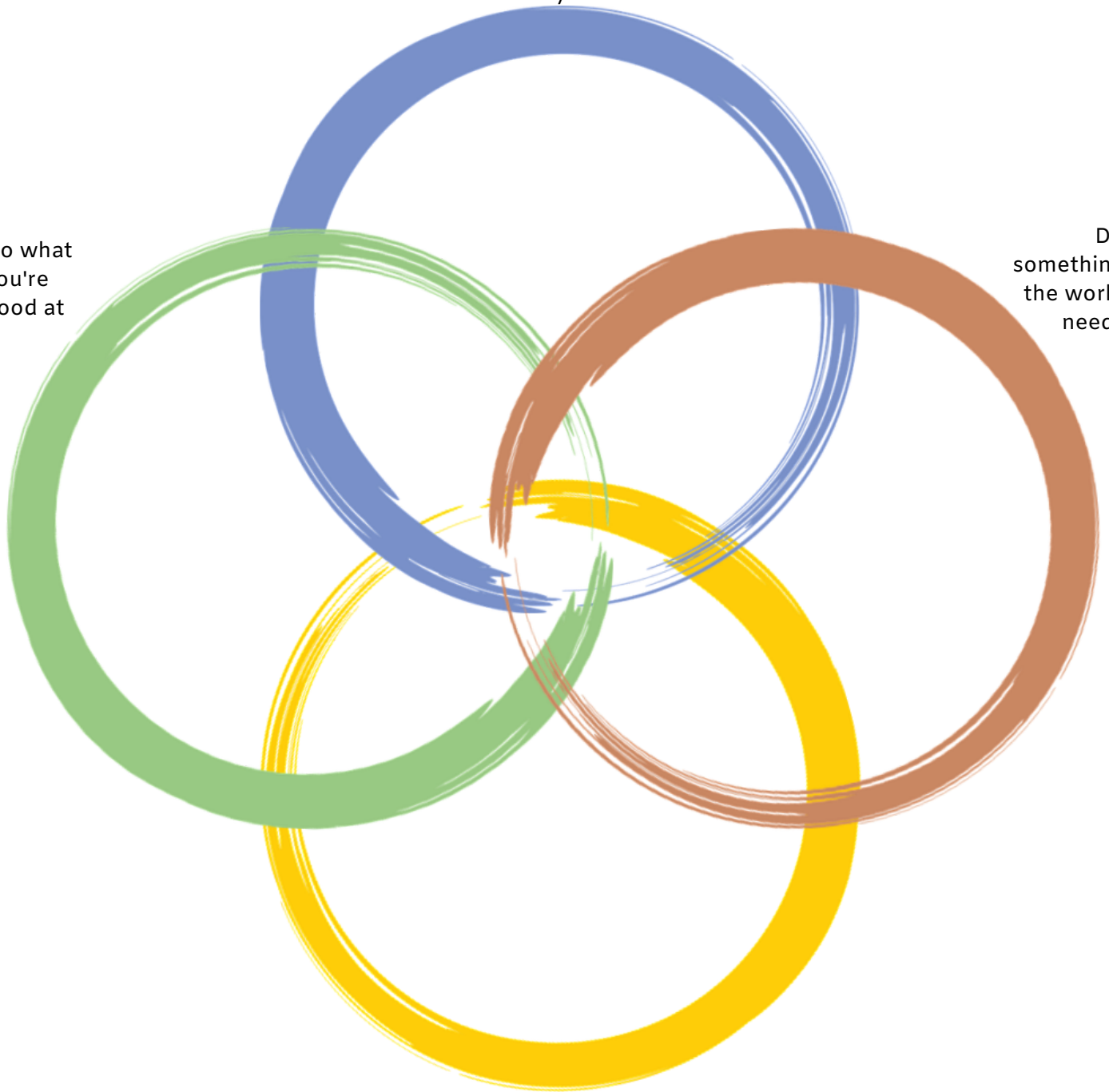
# YOUR IKIGAI MAP

Now fill in your Ikigai map based on your answers to the previous questions. You might think some things are "silly" - don't hold back, write everything down.

Do what you love

Do what  
you're  
good at

Do  
something  
the world  
needs



Do something you can be paid for



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