



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 other people ask you to help them with?



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DO SOMETHING THE WORLD NEEDS

What / who inspires you?

What makes you angry or frustrated?

DO SOMETHING YOU CAN BE PAID FOR

What products or services could you sell?

What job could you do?