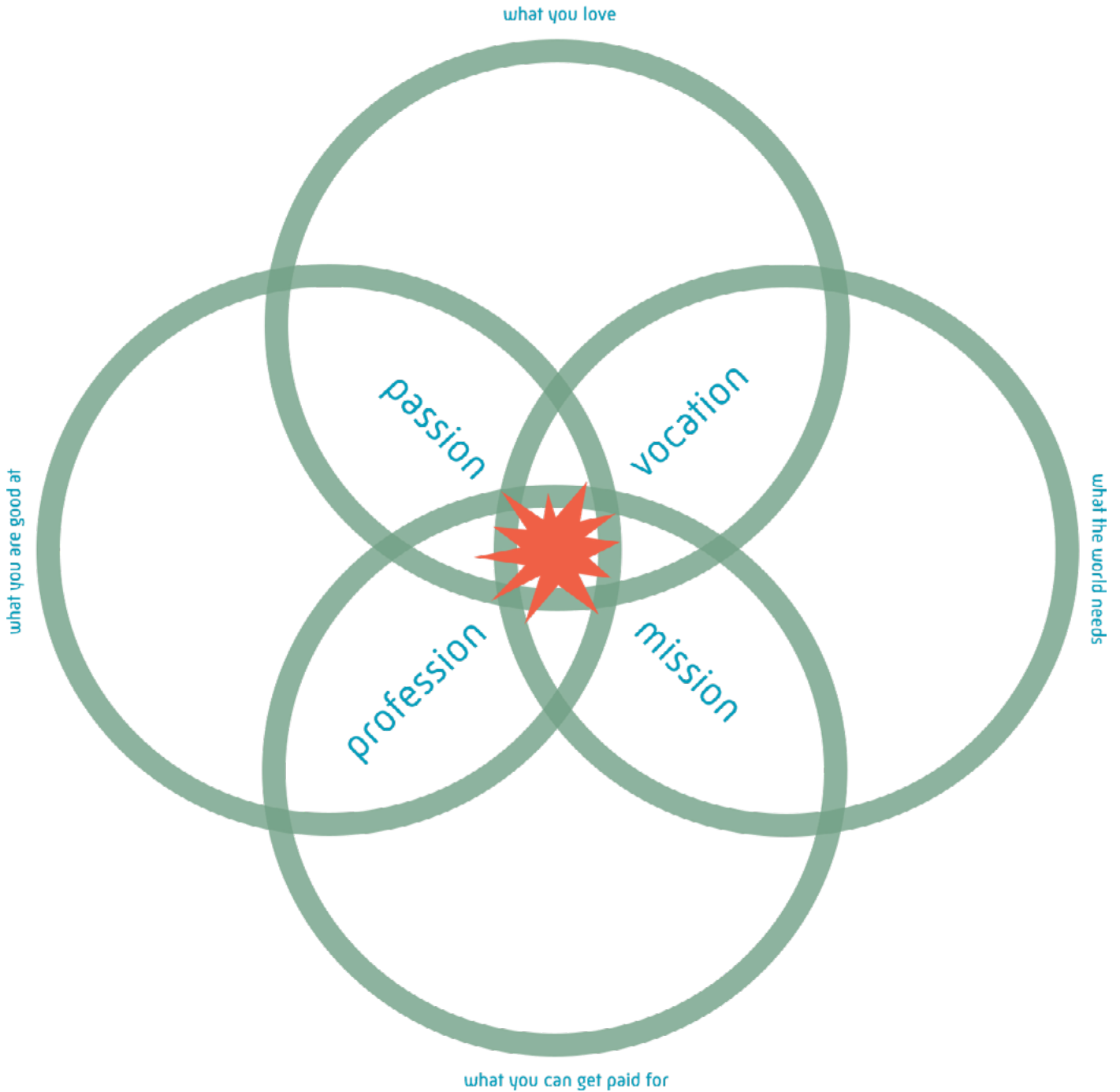


# My Ikigai



My Ikigai is :

Date :

*[Your ideas about your Ikigai might change in time. Not a problem, it is your Ikigai!  
Write the date so you can keep track of how things have changed.]*

Finding your Ikigai is a great exercise to align your purpose in life with your earnings. Read the explanation. Write your findings in the template. Discover your Ikigai. Write it on the first page and keep it in a safe place. Or, hang it on the wall.

### 1. What you love

Here you write down everything that makes you feel good, makes you happy. Just start writing as fast as you can. This will stop you from thinking too much. And that helps you writing from your heart. Don't think that you should not write something. Just write everything down that makes you happy. Maybe you feel happy when you make jam. Or when you drink coffee with friends. Is it useful for the world? No idea but if it makes you happy, write it down!

### 2. What the world needs

Only doing what makes us happy is fun for a short time. We live in a community and most people feel happy being useful in their community. So in this part you write down what others need. This maybe your family, your friends, people in your neighbourhood or your city or country. Even the world. It may be all people but also a group of people you feel connected with. For instance people who have a pet dog, young children, working mothers etc.

#### 1. What you love

*I feel happy when .....*

#### 2. What the world needs

*..... needs it that .....*

### 3. What you can get paid for

Part 1 and 2 together can make us feel happy and useful. But we also have to earn a living. You can make money in various ways. Some you are maybe doing already but others not yet. Write down what you currently earn money with. And also what you could earn money with in the future. That is part of your long term vision. For this part also goes, don't have an opinion about it, just write it all down.

### 4. What you are good at

This part is probably the most difficult one. Others often tell you what you are good at. Or you are to hard on yourself. Both reasons why you think you are not good at something. Try to shake it of (nobody is watching but you) and just write it down. Also good to write down is what you can get good at if you practice or study more. Write this down as well.

#### 3. What you can get paid for

*Now I make money with .....*

*In the future I would like to make money with .....*

#### 4. What you are good at

*Now I am good at .....*

*If I learn how to ..... I can , in the future, be good at .....*

Look at what you wrote and start selecting what you want to write in the Ikigai circles. Perhaps you can decide on some actions to move things forward. Start with just three actions or you might get lost. Do you feel trapped in life? Look at your Ikigai and see if you are on the right way. If not try to change something for the better. Moments of doubt, make things better!