Click Here

What is my purpose in life? This is probably one of the biggest questions you can ask.And Im sure you must have thought about it at least once in your life.The term Ikigai (or ikegai for some) embodies this very concept.Ikigai is a Japanese word that translates to reason for being.From what I normally see, most people do work that they have to do, not what they want to do.Either they havent found their Ikigai yet or they havent even started looking.Well, I cant tell you how important it is to find your reason for waking up in the morning. Its one of the best ways to live a more fulfilling life and be truly happy.The important thing to remember is that everyones Ikigai is different.It depends on who you are as a person, your preferences, your values, and so on.What helps people find their Ikigai is exploring the four quadrants of things that you can do and then find common ground.Lets talk about these in more detail and fill in each quadrant or circle step by step.I am sure each one of you has a handful of things that you just love to do.There is no rhyme or reason for why you enjoy doing these things you just do!It can be something you discovered in your childhood or it can be something you found later on in life.The thing is, while choosing their career path or field of study, most people tend to choose what is convenient or what others are choosing.Have you ever seen this happening?I am sure you have.In fact, Im sure that some of you reading this might have done the same. This is especially the case when youre younger and you dont know any better.However, you can always make a conscious choice to turn your life around.If you want to find your purpose, you need to sit down and first list all the things that you really love.It could literally be anything. At this point, you just have to list out anything that comes to mind. Dont censor yourself, this a a brainstorming game.You need to be honest and non judgmental.Take your time too. You dont need to finish this list today. You can take a few days if you need to.If you have trouble figuring it out, ask yourself :What did I love when I was a child?,What had I aspired to become due to my love for it?What activities do you like to do during your free time that truly make you happy?If you need inspiration or the courage to pursue what you love, I would suggest watching videos of Steve Jobs. That guy was all about doing what he loved. His love for technology and art is the reason Apple even exists today. It is also the reason why Pixar is what it is today.Look, the concept is simple. When you do something that you love, you put your heart and soul into it. And that shows!I have always firmly believed that every single person on the planet has at least one thing that they are good at.In other words, everyone has their own unique talent or multiple talents.You might be able to sing well or dance well. Perhaps you are a natural at playing guitar. Or maybe you can make a killer painting that people cant take their eyes off of.But what I often see is that people dont take their talents seriously.They underestimate them and think of them as just something I can do. At most, they might showcase these talents at a party just for the sake of fun.Imagine if Celine Dion or Michael Jackson had done so. Imagine if Ronaldo had done so. Its time that you take your abilities seriously. You never know the kind of fire that can be ignited with just a small spark of inspiration.Thus, the second step to finding your Ikigai is to note down everything that you can do well.It can be something that you have a natural knack for, or it might be something that you learned from your training or experience.Ask yourself what your skills are or what assistance people seek from you generally?You can also ask your friends and family for more insights into your abilities. Dont underestimate anything.Simply write down whatever comes to mind.This is something that most people dont think about that much.I know, its not flattering to say but its the truth.When we think about building a career or choosing a line of study, we often get tunnel vision where we are only concerned about our own self. It seldom happens that we pay heed to the impact we will have on other people/our community.However, we live in an inter-connected world.The actions of one can affect the other directly or indirectly.For instance, you never know what your words of inspiration can do for someone. Maybe they could get motivated to finally start their business which ends up providing jobs to tens of people!Now imagine the effects that these people will have on their family and friends. Every person can initiate a snowball effect.This is why this quadrant is highly important in the concept of Ikigai.It makes you think about your actions in more detail and also allows you to examine how they will affect those around you. From this, you can start to understand whether you want to pursue something or not. It will help you filter some stuff out and add some new ones in.If you have trouble adding things to this quadrant, you can simply look around and ask yourself, What does the world need right now?More peace, more fun, anything?Maybe you want to see a change in the status quo in society. Or maybe something angers you and you just want to change it for the better. You might also have a vision of how something should be that can positively impact the community.List all these things. (once again, dont set any limitations. It is a free writing activity. No judgement here. Ever.)This is the final quadrant and might I add, one of the most important.We live in a world where you have to make money to survive.Even if you dont want to be ultra-rich, you need money to at least feed yourself, ensure a roof over your head and some clothes on your body. It also helps if you can grow some savings for the rainy days of life.And by the way, it is completely fine if being rich is something you desire. Many people love the art of making money and frankly, most people wont mind having a healthy stash of cash lying around for them to use for whatever they wanted.If you want the same, this could be your own unique Ikigai.Anyway, filling up items on this list can take a while.So it is completely fine to take some time and really think it through. After all, money-making ideas might be more difficult than figuring out what you love.You might have to think from many different angles and consider a plethora of facts and situations.One of the best ways to figure out things you can be paid for is by asking yourself, What work can I do? or What products or services can I sell?I am sure you can figure out something or the other that can make you some money. If you cant, its best to brainstorm with your family or friends. They could be great to bounce ideas off of.Now comes the final step to finding your Ikigai.Once you have all the four quadrants filled, you need to find common ground.See what things are common across your four lists.If you dont have something that is common, you can continue to add items to your four circles.The ones that are common to all 4 circles or quadrants can be your Ikigai, which is in the intersection area of all the 4 circles.It only makes sense, doesnt it?Another cool thing you will discover is that what abaut things that are in the intersection of only 2 circles.the things that overlap between what you love to do and what you can do well are perfect candidates to be your passion in life.the things that overlap between what you love to do and what the world needs could be your mission in life.the things that overlap between what the world needs and what you can be paid for can be your vocation in life.the things that overlap between what you can be paid for and what you are good at can be your profession in life.And what about the things that belong to 3 circles?if you ticked everything except the circle of what the world needs, you could feel useless..if you ticked everything except the circle of what you can be paid for, you could have issues with money in the long run.if you ticked everything except the circle of what you love, you could feel a bit emptyif you ticked verything except the circle of what you are good at, you could maybe feel a sense of uncertainty, a feel of frustration of not having the necessary skills.Lets take a simple example:For instance, you love playing the guitar. You are also great at it. With your music, you hope to provide entertainment to people in a world that is filled with stress. And, people are ready to pay you for your musical talent.In this case, playing guitar has checked all your four circles.This is what your Ikigai is and you should pursue it with all your might.of course lets be clear, it is not always as simple as that.Most of the time we are far from reaching our ikigai but at least with this ikigai diagram and this 5 step exercise, you can gradually find a better picture of your purpose in life and lead a happier life.We all have this one short life to live. Do you really want to waste it doing something that you dont even want to do?Dont your dreams and passions deserve a chance?Wouldnt you like to know your purpose in life?When you grow old, you will definitely look back at your life and everything you did.Now, whether it is pride or regret that you will feel, depends on what you do now!Estimated reading time: 10 minutesIn Japanese culture, there is this concept called ikigai, which loosely translates as the reason why you get up in the morning. Every person, it is believed, has an ikigai that they must search for. The search is long and deeply personal, but once your ikigai is found, it is what you devote your life to. It is your calling, your one true purpose.At first glance, you might think this is another one of those ideas that sounds nice, but isnt really true. And youd be right. Plus, this Venn diagram model of ikigai is a westernized misinterpretation of the actual Japanese concept.* But there are some very important lessons to be gleaned from the ikigai diagram, so lets not throw it out just yet.Basically, I see this concept as an unrealistic ideal. Its very rare to find a true ikigai a single activity that satisfies all the circles. And a person who really believes in ikigai might waste his whole life searching for it, wrongly thinking that if he cant find it, he cant live a meaningful, happy life.The truth is we dont need to find one thing. We can find deep satisfaction through several activities; we can approach this thing from multiple angles. Also, searching for your ikigai is the wrong approach, as Ill explain shortly.Those criticisms aside, I love this diagram:The ikigai Venn diagram provides a powerful framework for thinking about how to spend your time. The most important lessons are as follows:Dont neglect any of the circles.Aim for the intersections.BalanceLesson #1 is really about balance. Ignoring one or more of the circles is a recipe for dissatisfaction.If you focus only on one of the circles, your life will be way out of balance. The most classic example is a workaholic businessman who only works for money, never enjoys himself, never gets to use his signature strengths at work, and never contributes to his community. Such a person may appear outwardly successful, but will probably be deeply unhappy.And even if you satisfy three of the circles and ignore the fourth, youll still feel like somethings missing. Perhaps you have a career you love that youre quite good at, but your job doesnt provide anything the world truly needs. Volunteering or finding another way to give back would almost certainly fill a psychological void.Overlap is good.Lesson #2 is that youd be wise to aim for the intersections of the circles. Whenever possible, you should move closer to the center. Time spent at the intersections of these circles is time well spent.For example, if your job is also something youre also good at, youll find much more satisfaction at work. Or if you become more skilled at something you love to do, youll enjoy it even more. Or you can take something you do for fun, such as playing baseball, and use that as a way to contribute to your community, by, say, volunteering to coach your neighborhoods little league team. And if you have the choice between two jobs that both pay the bills, and one serves an important need while the other does not, you should probably choose the job that lets you help others on a daily basis.While few people find a true ikigai, most people discover a few things that are almost ikigai, things that are at the intersection of two or three circles. And these, I believe, are good enough.Three Classic MistakesThe ikigai diagram also reveals whats wrong with these three classic mistakes:Spending too much time on just one thing.Spending your time on too many things.Doing too little.Spending too much time on just one thing is risky. You could become amazingly skilled at that one thing, but youre putting all your eggs in one basket. If that one thing is pursuing the art form you love, you might never make a career out of it. Without a backup plan, you could easily wind up a starving artist. If that one thing is your favorite sport, you could become injured and unable to play. Without other ways of enjoying yourself, you could easily wind up depressed. You dont have to devote your life to just one thing, and its probably better not to.Furthermore, its needlessly limiting to believe that your life should have only one purpose. Youll probably find your life richer and more fulfilling if you devote yourself to multiple passions. And the world may be glad you did. Steve Martin is most well known for being a Hollywood actor, but he began his career as a standup comedian, and he now plays banjo as the leader of Steve Martin And The Steep Canyon Rangers. Or consider Bill Gates, who clearly found his ikigai in computer software development, but now, along with his wife Melinda, runs the worlds largest charity.On the other hand, spending your time on too many things means that youll spread yourself too thin to become highly skilled. You wont be amazing at anything; youll just be mediocre at many things. The Jack of all trades is a master of none, and he probably wont get paid very well for his work.But what about being a Renaissance man? Well, the often-idealized Renaissance men, such as Leonardo Da Vinci, became excellent at a handful of things. They had diverse interests, but they spent enough time on a few of them to be memorable. So you can do many things in your life, but remember that you only have time to become really good at a few things. Choose wisely.Lastly, we have doing too little, which is probably the worst of the three mistakes. This means failing to cultivate any hobbies or passions, doing the bare minimum to make a living, ignoring opportunities to help others, and not developing any new skills. At various times in my life depressed times I fell into this lifestyle. Now, if dissatisfaction results from ignoring any one of the circles, you can imagine the despondency that results from ignoring all four.The best way I know to get out of this sort of funk is to take action, thereby taking the reins of the feedback loop that controls your life. Furthermore, I would recommend starting with the circle on the right and asking, What does the world need? and then taking some small action to help. It has been said that its hard to be unhappy when youre being useful.On that note, if youre looking for a happier, more satisfying life, leisure is not the answer. In his book Flow: The Psychology of Optimal Experience, Mihaly Csikszentmihalyi describes how his research discovered the paradox of work:Thus we have a paradoxical situation: On the job people feel skillful and challenged, and therefore feel more happy, strong, creative, and satisfied. In their free time people feel that there is generally not much to do and their skills are not being used, and therefore they tend to feel more sad, weak, dull, and dissatisfied. Yet they would like to work less and spend more time in leisure.1Work your way to the center.Now to address the concept of searching for your ikigai. The western equivalent is finding your passion. Countless self-help gurus and well-meaning career advisors tell you to first discover and then follow your passion. This advice is wrong on three levels. First, it assumes that everyone has a true calling a single activity that will satisfy both their financial and psychological needs. Second, it assumes that everyone who discovers their passion will also have the freedom to pursue it. And third, it assumes that your true passion can be discovered through pure introspection.The reality is that, while theres a slim chance youll discover your ikigai while sitting and thinking about it, its much more common to develop your ikigai through hard work. And it might turn out to be something you can get paid for, but maybe not. If youd like to get paid for something, but the world doesnt want to pay you to do it, tough luck. Or if you could get paid for doing what you love, but you dont have the skills, then youll have to study and practice your way to employability; youll have to earn it. And in the meantime, youll need to earn a living through other means, so youll only be able to pursue your calling in your spare time.In other words, having a passionate goal isnt enough, but if you work hard enough, you might land your dream job. Steve Martin, after he became famous, was sometimes asked by aspiring comics for advice on how to launch their careers. Hoping for inside tips on how to find a good agent, they were instead told to hone their craft through hard work. Be so good they cant ignore you, he told them.2That Steve Martin story comes from Cal Newports excellent book, So Good They Cant Ignore You: Why Skills Trump Passion in the Quest for Work You Love. In it, he argues that we should discard the passion mindset for a craftsman mindset.2 This means we should dedicate ourselves to mastering a craft rather than seeking work were passionate about. Then, because we tend to enjoy doing things at which were very skilled, were likely to become passionate. If we focus on getting really good at our work, well be drawn toward the center of the ikigai diagram.(See also: 7 Problems With What Do You Want To Be When You Grow Up?)Heres my own story of working my way to the center:Im currently employed as an educator and a writer, and if you travel back in time to my late 20s, you would still find me teaching and writing but with one important difference: I wasnt getting paid. You see, Ive always liked to teach and write, but back then, I wasnt good enough to get paid for either. I was purely in the top circle of the diagram, doing what I loved.With consistent practice, I improved, and I came to enjoy both writing and teaching more than ever. I took a hobby, worked on becoming good at it, and turned it into a passion. I aimed for an intersection in the diagram and worked my way there.Continuing to teach and write as a passion, I gained confidence as a teacher and built a portfolio of high-quality writing. Together, these landed me the job I have now: academic coaching and writing the blog for Northwest Educational Services. I worked my way into the intersection between passion and profession.And, as it turned out, the world needed the work that I do: empowering students and parents with knowledge, skills, and healthy mindsets. Lo and behold, I found myself right in the middle of the diagram; I had an ikigai.In my 20s, I could have never envisioned the fulfilling career I now enjoy. It would have been impossible to end up where I am today by just sitting around and thinking about what my purpose was, waiting to discover it through introspection. With no clear goal in mind, I aimed for the intersections and worked my way toward the center. I worked my way to an ikigai.You dont have to settle for just one.One way the ikigai diagram can be misleading is that it seems like you only get to have one true calling, but this isnt the case.In my early 30s, I studied the science of behavioral change because, quite frankly, I needed to. I was a recovering addict with many bad habits. By adopting healthier mindsets and learning effective strategies, I steadily swapped out my bad habits for good ones and transformed my life. In other words, I became good at behavioral change. Then I started teaching these strategies in my weekly class, and I started teaching them to the students I was working with. People ate it up, and I loved the work. So I launched my habit coaching business and started getting paid to help adults change their lives. Voil! Another ikigai!Life is short, so you cant do everything, but you can pursue multiple passions that align with the worlds needs, and you can become so good at them that you get paid for your work.Lean into your strengths.The ikigai diagram also lines up with something many a great teacher has said: Its better to focus on using your strengths than to focus on correcting your weaknesses.All of the questions asked by the ikigai diagram are positive ones: What do I enjoy doing? What are my skills? Where can I find a financial opportunity? What can I offer the world?If your particular strengths cause you to answer two or more of those questions with the same answer, then youve found something worth focusing on. Heres a powerful exercise to help you decide what to do with your time:Write down 3-5 answers to each of the circle questions.Look for overlap activities that wound up on more than one list.Devote more time to those activities.Or, if youre unsure where to begin, start with learning. Take anything that you already do for fun, for work, or out of service to others, and learn more about it. Acquire skills, take classes, read books, and practice. Self-education will pull you toward the what are you good at? circle, thereby landing you at an intersection of two or more circles. Build up your strengths and youll have more options.(See also: Increase Happiness By Using Your Signature Strengths)Mind the foundation.Lastly, several important things are left out of the ikigai model.One is social relationships. The pursuit of a fulfilling, joyful life will always be incomplete if it doesnt include the cultivation of meaningful connections with other people.3 Dont get so wrapped up in the pursuit of ikigai that you neglect your friends and family.Likewise, you wont have the energy to work toward the center if you dont practice good self-care. Thats why I start every day with a routine of physical and psychological maintenance.Remember Maslows hierarchy of needs?J. Finkelstein. Maslows Hierarchy of Needs. Wikimedia Commons.The pursuit of ikigai is really about self-actualizing; its about the top of the pyramid. So if you want to satisfy your ikigai circles, youll first need to build a strong foundation, and that means establishing healthy habits. If thats something youre struggling with, click here to learn about habit coaching and schedule a free consult today.Realistic OptimismIts unrealistic for most people to find a true ikigai, and thats okay. We need to employ realistic optimism and approach this model from multiple angles. Rather than waiting around to hear a calling from the center, we need to work on multiple paths toward the center.And its okay if you never get there. As long as youre aiming for the intersections and not neglecting any of the four circles, youll be progressing toward greater fulfillment. *The true Japanese concept of ikigai is less about career and more about the way you live your daily life. Its less about what you do than how you do things. See Ikigai Is Not a Venn Diagram by Nicholas Kemp for details.1 Csikszentmihalyi, Mihaly. Flow: The Psychology of Optimal Experience. Harper & Row, 1990.2 Newport, Cal. So Good They Cant Ignore You: Why Skills Trump Passion in the Quest for Work You Love. Grand Central Publishing, 2012.3Newman, Kira M. Is Social Connection the Best Path to Happiness?Greater Good Magazine. June 27, 2018. Have you ever wondered what truly makes life worth living? Ikigai is a Japanese concept that translates to a reason for being. It's a powerful tool for self-discovery and personal growth. By exploring ikigai, you can uncover the unique intersection of what you love, what you're good at, what the world needs, and what you can be paid for. In this post, you'll find a curated collection of ikigai charts that are as varied as they are thought-provoking. Each one is a stepping stone to understanding your deepest values and aspirations. These resources are designed to guide you and inspire a journey toward a life filled with passion and purpose. Let these charts catalyze a transformation that echoes in every facet of your life. Lets dive in! Navigate the confluence of passion, profession, vocation, and mission with this ikigai worksheet from the FindJoyApp blog.]Its minimalist design provides a serene backdrop for self-exploration, leading you to personal fulfillment. Discover your life's purpose in this space designed for clarity and introspection. This guide offers a streamlined approach to aligning your passions with practicality. It's a reflective journey towards clarity and life direction. Unveil your personal roadmap to fulfillment with simplicity and focus! This comprehensive ikigai workbook might be just what you need to explore your highest potential. It includes a 10-page set designed for deep self-reflection, with a step-by-step guide to uncovering your unique reason for being and balancing personal aspirations with practical needs. Chart your path to a fulfilling life journey with its structured clarity and insightful prompts. Embark on a journey of self-discovery with this template. It simplifies the quest for your life's passion, skill, need, and value, consolidating it all into a personal map. With its reflective prompts and elegant design, you can find your center through this meditative pursuit. You might want to begin by aligning your passions and talents with this guide. It's a straightforward, concise tool to illuminate your unique life's calling, blending simplicity with depth. This worksheet is the first step towards a life lived with intention and joy. This workbook is a colorful, engaging way to define joy and purpose. You might want to distill your personal formula for happiness through this interactive exploration. This elegant ikigai chart invites you to pause and contemplate what brings true satisfaction and meaning to your life. The pastel hues and gentle overlapping categories of passion, profession, vocation, and mission encourage profound self-inquiry. Step into a world of self-discovery and start building a life that's not only successful, but also deeply fulfilling. Here's a visual guide for beginners to dive into the concept of ikigai. It illustrates Japan's holistic approach to a balanced life, navigating the intricate overlap of love, skill, need, and reward. Use this chart to explore this enriching philosophy and find your unique way to satisfaction. via Ikigai Tribe This striking Ikigai-Kan diagram is your compass to self-actualization, offering a unique perspective on personal growth. Its stark, bold lines invite you to explore the synergy between your abilities, desires, and societal contributions. As we've journeyed through this list of ikigai charts, each one has offered a unique lens through which to view your life's purpose. They serve as visual touchstones on the path to aligning your daily actions with your innermost desires. We hope you've found inspiration and direction in this collection, and perhaps even found a chart that resonates with your quest for fulfillment. May your days be richer and your purpose be clearer as you apply these insights to your life! And if you want more articles on finding your life purpose, be sure to read the following articles: Finally, if you want a simple way to reduce your stress and anxiety, then try writing these 35 mindfulness journaling prompts to live more in the present moment. Have you ever felt stuck, wondering how to bring together what you love, what youre good at, and what truly matters in life? Its not unusual to feel this way, especially when balancing school, work, or relationships. But what if I told you theres a simple way to figure it all out? The Japanese concept of Ikigai, often called your reason for being, helps you align your passions, skills, and purpose. Its more than just a interesting word used by many. Its a way to bring clarity and meaning to your everyday life. Using an Ikigai worksheet makes it easy to map out what drives you. Youll take a closer look at four simple questions:What do you love?What are you good at?What does the world need?What can you be paid for?By answering these, youll uncover a sweet spot where your passion meets your purposeand maybe even your paycheck!This guide will walk you through every step of filling out an Ikigai worksheet. Ill break things down into simple steps with real-life examples, helpful tips, and reflection questions. Whether youre looking for a fulfilling career, a side hustle, or just clarity about your lifes direction, this is a great place to start.At the end, dont forget to grab your free Ikigai worksheet to put everything into action. You can download it by inserting your name, email and clicking the blue button below. Its time to take that first step toward a life that feels balanced, joyful, and truly yours.Lets dive into a concept thats as simple as it is life-changing: Ikigai. The word itself comes from Japan and translates to reason for being. Imagine waking up every morning with a sense of excitement, knowing youre living a life filled with meaning and purpose. Thats what Ikigai is all about!At its heart, Ikigai brings together four key elements of your life:What you love (your passions).What youre good at (your talents).What the world needs (your impact).What you can be paid for (your livelihood).Think of it as a map where these four areas overlap, creating the sweet spot that guides you toward fulfillment.SAVE ME FOR LATER!In todays busy world, its easy to feel like youre juggling a million things without knowing if they truly matter. Ikigai offers a moment of pausea way to reflect on what makes your life meaningful so you can take action on what truly matters. Heres why its powerful:Clarity in Choices:Ikigai helps you figure out what to focus on and what to let go of. Instead of chasing every shiny opportunity, youll know exactly what aligns with your heart and values. Finding your ikigai will help you understand your priorities.Mental Well-Being:When you align your life with your Ikigai, you feel less stressed and more at peace. Its like a mental detox for all the chaos life throws at you.A Balanced Life:Ikigai isnt about working 24/7 or dropping everything to follow a passionits about balance. It shows how your passions, skills, and practical needs can coexist.To find your Ikigai, youll explore four areas. Heres a quick look:What You Love:This is the fun stuff. Think of the hobbies or activities that make you smile so much your cheeks hurt. Maybe its painting, hiking, or perfecting your playlist of dance-worthy tunes. It can also be the things that you loose track off while doing.What Youre Good At:Be honestwhat skills make you shine? If someone wakes you up in the middle of the night to do something that you are good at, what would it be? These could be anything from being a great listener to baking cookies so good they deserve their own TV show.What the World Needs:Heres where things get deep. What change would you love to see in the world? It could be helping others feel confident, spreading kindness, or even designing eco-friendly gadgets. It could also be among the things that trigger you the most such as social injustice.What You Can Be Paid For:This ones practical but necessary. Think about ways your skills or passions could bring in income. (Hint: If people keep asking you for advice or help in a certain area, you might have found your answer!)Picture a Venn diagram with four circles:One for what you love.One for what youre good at.One for what the world needs.And one for what you can be paid for.The overlapping center is your Ikigaiyour reason for being! (And yes, its totally worth doodling out a quick version of this on your worksheet.)Lets get started on this exciting journey together! Before diving into the Ikigai worksheet, its important to set yourself up for success. Think of this as creating the perfect environment for self-discoverybecause youre about to uncover something truly meaningful.Getting your worksheet is super simple! Just insert your name, email and click the blue button below to download it instantly:Print it out or use it digitallywhichever feels easier for you. Keep it handy because itll guide you step by step through this transformative process.You dont need much to get started, just:A pen or pencil: For jotting down your thoughts.A quiet space: Somewhere you can focus without interruptions.An open mind: Be ready to reflect deeply and dream big!Tip: If youre printing the worksheet, grab a notebook or extra paper for additional notes.To make the most of your Ikigai worksheet, creating the right headspace is key. Here are some tips to help you get into the zone:Eliminate Distractions:Turn off notifications, put your phone on silent, and let the people around you know you need some quiet time. This is your moment.Be Honest with Yourself:Dont worry about writing perfect answers. Just focus on what feels true to you. Even if its messy, its still progress!Focus on Exploration, Not Perfection:Think of this as a journey. There are no right or wrong answers. Its about uncovering what brings you joy and fulfillment, one step at a time.Incorporate Mindfulness or Prayer:If youre spiritual, take a moment to pray for clarity and guidance.Prefer mindfulness? Close your eyes, take a few deep breaths, and center yourself. Imagine your mind as an open book, ready to be written.Use Light Music: Instrumental playlists or nature sounds can help you relax and focus.Set a Timer: If you feel overwhelmed, work in 15-minute chunks. Take breaks as needed.Start Small: Answer one section at a time. If you get stuck, move on and come back later.Taking time to prepare ensures that youre fully present and ready to engage. Your Ikigai worksheet is more than just a toolits a gateway to understanding what makes you you. When you approach it with intention, youre already halfway to uncovering your purpose in life.So grab your worksheet, your pen, and some quiet time. Ready? Lets do this together!Finding what you love is the first step in discovering your Ikigai. This part of the process focuses on what brings you joy and makes your heart feel alive. Think of it as uncovering the core of your passions. When you do more of what you love, life feels more meaningful.What you love is your foundation. Its where joy and energy come from. When you know the activities and ideas that excite you, it becomes easier to build a fulfilling life. Without knowing your passions in life, life can feel routine or even draining.Think about this:Have you ever done something that made hours pass like minutes?Have you ever felt completely in the zone, enjoying every moment?These moments are clues about your passions.PIN ME FOR LATER!Start by answering these simple questions. Dont overthinkwrite whatever comes to mind:What activities make you lose track of time?Think about hobbies or tasks you can spend hours doing without feeling bored.Do you love painting, dancing, writing, or playing sports?Maybe its something quieter, like reading or organizing.What topics or causes light you up?These are the things you can talk about endlessly or feel deeply connected to.Is it helping others, environmental issues, or mental health?Maybe its learning new skills or exploring different cultures.What did you enjoy as a child?Childhood interests often reveal our natural passions before society shaped our choices.Did you love building things with blocks, drawing, or playing pretend?What did you dream of becoming when you grew up?Here are some real-life examples to help you brainstorm:Samantha: She realized she always lost track of time when baking. Today, shes turned her love of baking into a side business.Ryan: Hes always been drawn to helping others, especially in tough situations. Now, he works as a counselor, supporting people every day.Lila: As a kid, she loved drawing and creating stories. She didnt pursue art in school, but rediscovered it later. Now, she combines her love for creativity with teaching.These examples show how passions can evolve but often stay rooted in what we naturally enjoy.If youre feeling stuck, here are some ideas to get you started:Look back at your calendar. Which activities made you feel excited?Think about compliments youve received. People might see your passions before you do.Notice the books, podcasts, or shows you gravitate toward. They often reflect what excites you.Check your purchase history. What do you spend most of your money on?Understanding what you love sets the tone for the rest of the journey. Its your sparkthe part of you that brings light to everything else. When you align your life with what you love, you feel energized and motivated to keep moving forward.So, grab your pen, and take a few minutes to answer the questions above. This is your time to explore and reconnect with what truly makes you happy.Finding what youre good at can feel tricky, especially if youre not used to thinking about your strengths. But this step is all about recognizing the skills and talents that make you unique. Its not just about big achievementsits also the small things that come naturally to you.Lets clear up the confusion:Skills are abilities youve learned or practiced, like writing, problem-solving, or organizing.Passions are things you love doing, like painting, helping others, or cooking.Sometimes, your skills and passions overlap, but not always. For example, you might be great at numbers (a skill) but love working with animals (a passion). Both are valuable, and identifying them helps you build your Ikigai.To get started, ask yourself these simple but powerful questions:What do people compliment you on?Think about the things your friends, family, or coworkers say youre good at. Maybe they admire your ability to stay calm in stressful situations or how well you explain complicated ideas.What feels effortless but impactful?Are there tasks or activities that dont feel like hard work but create great results? For instance, maybe you organize events with ease, and everyone always has a good time.What strengths are you proud of?Reflect on the qualities or abilities that make you feel confident. It could be your creativity, ability to listen, or knack for solving problems.Soft skills are just as important as technical skills. Theyre the qualities that make you relatable and adaptable. Examples include:Empathy: Do you naturally understand how others feel?Creativity: Do you enjoy coming up with fresh ideas or finding unique solutions?Leadership: Do others look to you for guidance or advice?These talents might not seem like skills at first, but theyre crucial for connecting with others and achieving goals.Lets say:Youre always the go-to person for advice because youre a great listener (empathy).You can whip up a meal from leftovers without breaking a sweat (creativity).Youve got a natural gift for explaining tech to non-techies (communication).Even if these dont feel big, theyre part of what makes you shineand they belong on your Ikigai worksheet!Be honest with yourself. Focus on what you know youre good at, not what you wish you were good at.Ask others for feedback. Sometimes, friends and family see your strengths more clearly than you do.Write everything down. Even small skills countdont dismiss them!By identifying your strengths, youre one step closer to finding your Ikigai. Ready for the next part? Lets keep going!Have you ever wondered how your unique gifts could make a difference in the world? This step is all about connecting what you love and what youre good at with the needs around you. Its not just about finding your purpose but also creating a positive impact on your community and beyond.Discovering what the world needs helps you align your personal passions with societal value. It allows you to see how your abilities can solve real problems, bringing meaning and fulfillment to your life. And remember, what the world needs doesnt have to be something grand or overwhelmingit can be as simple as offering kindness in your daily interactions or sharing your knowledge to help others grow.To start exploring, take a moment to think about these questions:What problems do you feel called to solve?Think about the issues that stir something inside you. Pay close attention to your triggers. Is it mental health awareness? Climate change? Advocating for womens rights? Your emotions are often clues to where your impact lies.What needs do you see in your community?Look around you. Does your local community lack mentorship programs for young girls? Are there elderly neighbors who need assistance? Sometimes, the needs closest to us are the most impactful.How can your passions and skills help others?Think about the talents you already have. If youre good at art, could you teach kids to express themselves creatively? If youre a great listener, could you offer emotional support to a friend in need?Lets break this down with relatable examples:Jennas Story: Jenna loved baking and noticed many families in her neighborhood couldnt afford birthday cakes for their kids. She started a small initiative where she baked and donated cakes for free. It wasnt a global movement, but it made a world of difference to those families.Rahuls Passion for Technology: Rahul was skilled at coding but wanted his work to be more meaningful. He began volunteering with a non-profit, teaching underprivileged kids how to code. His efforts opened doors for those kids to dream of brighter futures.These stories show how everyday passions and skills can meet real-world needs.The beauty of this step is its cultural relevance. Needs vary across regions, cultures, and communities. For example:In rural areas, the need might be clean water or access to education.In urban settings, it could be mental health resources or mentorship for underserved youth.Your background and experiences shape how you see the worlds needs, and thats a strength!Once youve reflected, take these steps to move forward:List the causes or issues you care about most. Highlight the ones that truly resonate with your values.Start small. You dont have to solve everything at once. Focus on one action, like volunteering a few hours a week or donating to a cause you believe in.Collaborate. Join hands with others who share your vision. Together, your impact can grow exponentially.When you connect your passions and skills to what the world needs, you create something extraordinarya life thats both meaningful and impactful. Its not about being perfect but about showing up where youre needed most.Finding what you can be paid for is all about balancing your passions with practicality. Think of it as connecting your hearts desires with your bank accountbecause who said purpose and a paycheck cant go hand in hand? After all, bills need to be paid.Lets get real: everyone has skills, even if theyre hiding under a layer of imposter syndrome. Take a moment and ask yourself:What am I good at that people might actually pay for?Have I ever helped someone and thought, Wow, I could charge for this?Do I have hobbies or interests that could bring in extra cash?For example, maybe youre great at designing digital planners (hello, side hustle) or youve mastered baking gluten-free desserts that your friends rave about. These arent just hobbiestheyre golden opportunities.Now, heres the fun part: you dont have to reinvent the wheel. Take a look around and see what people are already paying for in your field or area of interest. Some ideas to spark inspiration:Freelance writing, social media management, or graphic design.Teaching a skill online, like yoga, painting, or even knitting.Creating and selling digital products, such as eBooks, courses, or templates.Monetizing your creativity on platforms like Etsy or Redbubble.Remember, the goal isnt to copy others but to carve out your unique spin on a proven idea. While at it, you might want to start your research by checking out my Purpose Discovery Workbook (shameless plug).God has gifted you with talents for a reason, and its okay to use them to provide for yourself and others. Proverbs 31:17-18 talks about a woman who works hard and sees her profits as good. Let that encourage you to view monetizing your skills as a way to honor your gifts.Love cooking? Start a food blog or teach virtual cooking classes. Obsessed with fitness? Try offering personal training or creating workout plans. Have a knack for organizing? People will pay you to declutter their spaces.The key is to think of ways to package what you love into something that solves a problem or adds value to someone elses life.Sarah loved photography. At first, it was just a weekend hobby. But one day, a friend asked her to shoot their wedding. Word spread, and soon Sarah was booking events and selling prints online. Now, she runs her own business, doing what she loves while paying the bills.You dont need a business degree or a million followers to start small. Just take the first step and see where it leads!Look for demand: What are people around you asking for?Test the waters: Offer your services to friends or family first to get feedback.Stay consistent: Building something meaningful takes time, so dont give up if it feels slow at first.At the end of the day, finding what you can be paid for isnt about chasing moneyits about aligning your purpose with the needs of others in a way that supports your life. And hey, who doesnt want a job that feels less like work and more like living your best life?Now comes the exciting partputting everything together! Youve explored what you love, what youre good at, what the world needs, and what you can be paid for. But how do these pieces fit? This is where your Ikigaiyour sweet spotreveals itself.PIN ME FOR LATER!Think of your Ikigai like a puzzle. Each of the four elements you explored is a piece. When they align, you get a complete picture of a meaningful, fulfilling life.Heres what happens when different sections overlap:Passion When you love something and are good at it (but it may not pay the bills).Mission When you love something and the world needs it (but youre unsure how to turn it into a career).Profession When youre good at something and can get paid for it (but it may not feel deeply fulfilling).Vocation When the world needs it and it pays well (but you may not love it).True Ikigai happens when all four overlapwhere your passions, skills, purpose, and financial opportunities come together.Look for Patterns Do you see common themes in your answers? Maybe you love storytelling, have a natural talent for writing, see a need for honest journalism, and notice that people pay for content creation. That could point you toward a fulfilling career in blogging, copywriting, or journalism.Follow the Energy What activities make you lose track of time? If coaching people gives you energy and youre good at guiding others, you might thrive in life coaching, mentorship, or teaching.Test & Explore Sometimes, you wont know your Ikigai until you try things out. Start a side project, volunteer, or take a course. Experience will help you refine your path.Align with Your Values Your Ikigai should resonate with what truly matters to you. If freedom is a core value, a remote-friendly career might be key. If connection is important, a community-focused role could be ideal.Be Open to Growth Ikigai isnt fixed; it evolves as you do. The things that bring you joy and purpose may shift over time. Stay flexible and allow yourself to adjust your path when needed.Aisha, the Creative Entrepreneur Aisha loved art, was great at digital design, noticed a gap in branding for small businesses, and found that people were willing to pay for custom designs. She started a freelance design business and now helps entrepreneurs bring their brands to life.David, the Purpose-Driven Teacher David had a passion for history, a talent for storytelling, saw a need for engaging education, and realized online courses were profitable. He launched a YouTube channel that teaches history in an engaging way, which led to course sales and a fulfilling career.Priya, the Holistic Healer Priya was passionate about holistic health, skilled in herbal medicine, saw a demand for natural wellness, and noticed people paid for coaching. She became a wellness coach, blending spirituality with science to help clients improve their health naturally.Review Your Worksheet Look at where your circles overlap. What themes do you notice?Choose One Small Step Pick one way to start testing your Ikigai (a project, course, or experiment).Embrace Imperfection Your Ikigai doesnt have to be perfect right away. Take action, refine, and grow into it.Your purpose is already within youyou just need to give it direction. Now, go find your sweet spot!Filling out an Ikigai worksheet can feel exciting at firstuntil you hit a roadblock. Maybe youre staring at a blank page, unsure of what to write. Maybe youre overthinking every answer. Or perhaps youre wondering, What if I dont have an Ikigai? (Spoiler: You do. Its just waiting to be uncovered!)Lets tackle the most common challenges so you can move forward with clarity and confidence.Sometimes, its hard to put your passions or strengths into words. If youre struggling to fill out a section, try these tips:Ask yourself different questions. Instead of What do I love? try What makes me lose track of time? or What activities make me feel the most alive?Think about your childhood. What did you enjoy as a kid? Sometimes, our early interests hold clues to our deeper passions.Get outside input. Ask a close friend or family member what they think youre great at. You might be surprised by their answers!Give yourself permission to pause. If youre stuck, take a break. Sometimes, stepping away helps ideas flow more naturally.Example: If youre unsure what youre good at, think about times when someone asked for your help. Do friends always come to you for advice? Maybe coaching or mentoring is a hidden strength!A big reason people struggle with Ikigai is the pressure to get it right. But heres the truth: Your Ikigai isnt set in stone. It will evolve as you grow.Treat it as an exploration, not a test. There are no wrong answersonly clues about what excites you.Start with what you know. Even if its just a tiny piece, write something down. You can refine it later.Embrace good enough answers. Dont worry if they arent perfect. Ikigai is about direction, not a final destination or competing with anyone. Example: Imagine you write down helping people but feel like its too vague. Thats okay! Over time, you might refine it to helping people build confidence through public speaking.Its easy to look at other people and think, Wow, they have it all figured out. Why dont I? But remember: Ikigai is personal. Your path is yours alone.Unfollow the noise. If social media is making you doubt yourself, take a break.Shift your focus inward. Instead of asking, What should I be doing? ask, What feels right for me?Celebrate your uniqueness. The world needs your gifts, not a copy of someone elses.Example: You might admire