

# Ikigai Worksheet

**RAMSAY**  
Consulting & Coaching LLC



Answer the questions without judgment. Just write down what pops into your head. Write about 8-14 answers for each question. Then compare and see if you can find commonalities. This will lead you to your Ikigai. It will give you a sense of direction and purpose in your life. Source; Little Book of Ikigai by Ken Mogi

When you look at what you love to do and you are particularly good at, this is usually your passion. If you can also get paid for that, that can then be your profession. Something that you love to do, and the world needs it, that translates to your mission. And finally, what the world needs and you can get paid for it, then that is your vocation.

**TRANSFORMATIONAL  
& GROUP COACHING**

**TRANSACTIONAL  
COACHING**

**LEADERSHIP  
DEVELOPMENT**

# Questionnaire



## 1. WHAT DO I LOVE TO DO?

---

---

---

---

---

---

---

---

## 2. WHAT AM I VERY GOOD AT?

---

---

---

---

---

---

---

---

## 3. WHAT CAN I BE PAID FOR?

---

---

---

---

---

---

---

---

## 4. WHAT DOES THE WORLD NEED?

---

---

---

---

---

---

---

---