

Find your IKIGAI

Discover joy, fulfillment, and balance
in your daily routine of life



IKIGAI DEFINED

Ikigai is a Japanese concept that combines the words **iki** (to live) and **gai** (reason) to mean "a reason to live"



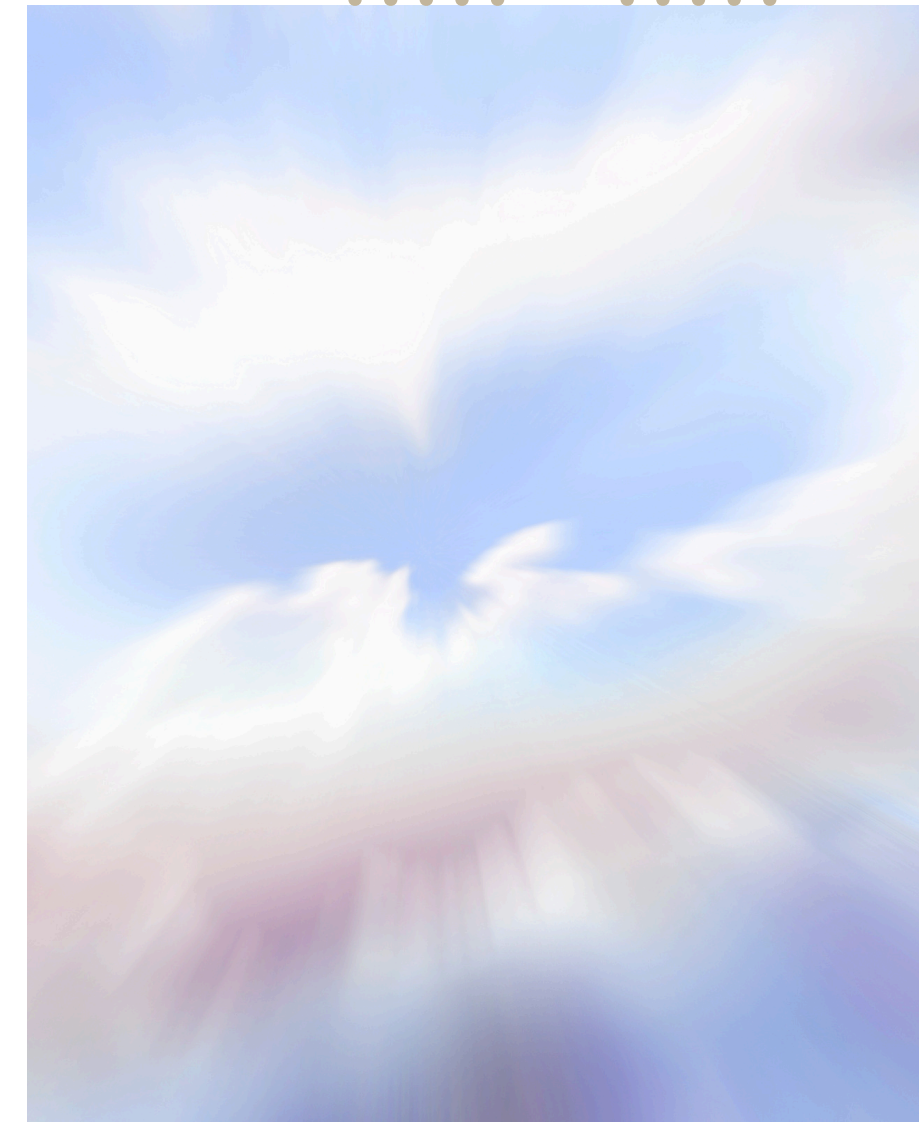
WHY SEARCH?



We all seek a lifestyle that strives to balance the spiritual with the practical.

Balance CAN be found at the intersection where your passions and talents converge with the things that the world needs and is willing to pay for.

In other words: Your Purpose!



4 QUESTIONS TO ASK



1. What do you love?
2. What are you good at?
3. What does the world need?
4. What can you be rewarded for?



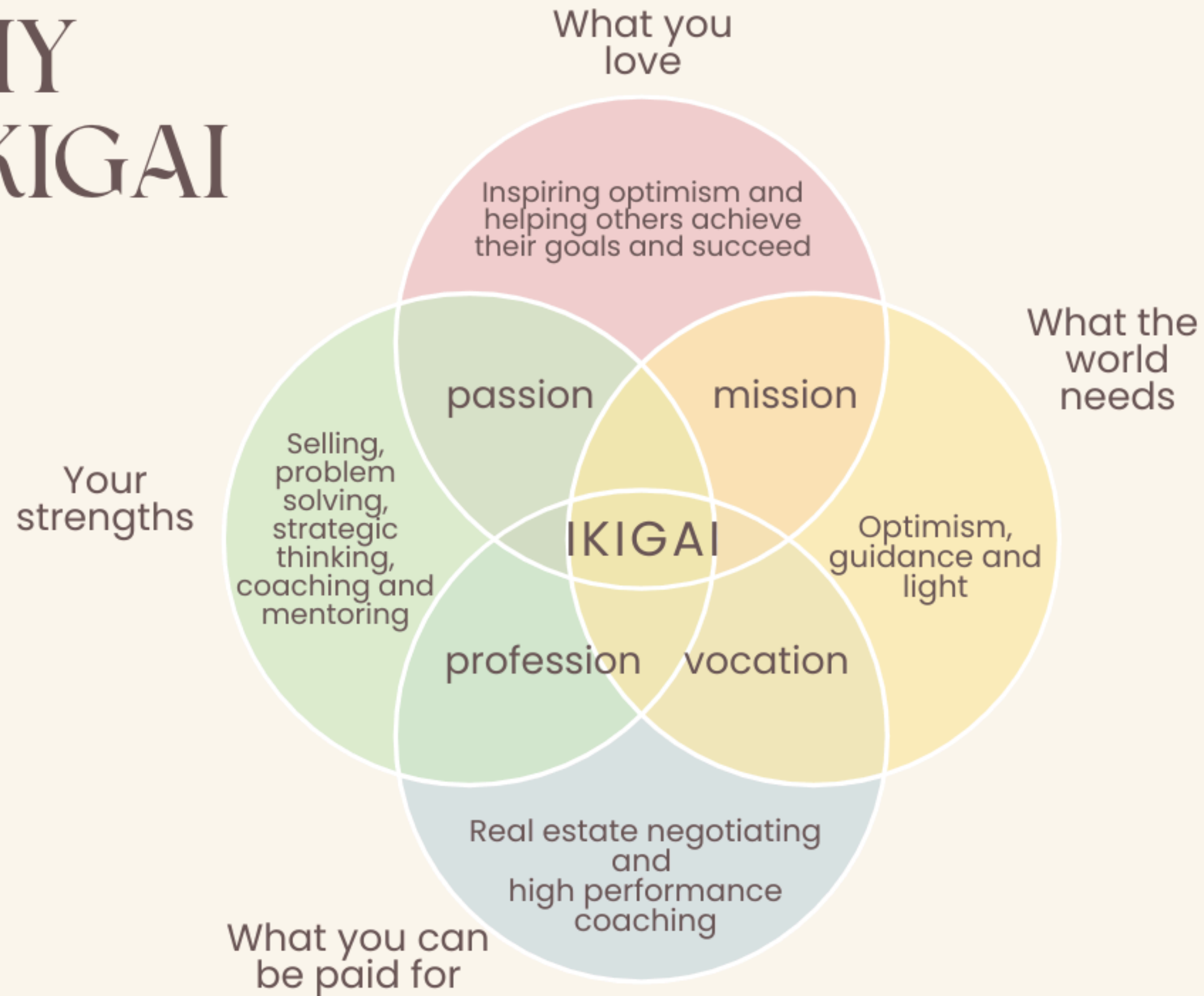
HOW TO FIND IKIGAI



[illegible]

	LOVE IT	GOOD AT IT	PAID FOR IT	WORLD NEEDS IT	
Skill Name	How much do I love this skill?	How good am I (or could be) at this skill?	How likely am I to get paid well for this skill?	How much will this skill benefit the world?	Total Points
<i>Video Editing</i>	<i>6</i>	<i>7</i>	<i>9</i>	<i>8</i>	<i>30</i>
Selling real estate	9	8	9	6	32
Mentoring and coaching	9	7	7	8	31
Hospice care	9	8	4	10	31
Working with others	9	9	0	10	27
Industry relations	8	7	3	6	24
Podcasting	8	7	3	8	26

MY IKIGAI





MY IKIGAI

My IKIGAI is using my skills in sales, coaching, and mentoring to help others achieve their goals and to inspire optimism, creating a brighter world .

This combines my passion for helping and inspiring others with my talents in selling, mentoring, and working with others. It addresses the need for guidance and optimism in people's lives. (And it will help me be supported in the material world.)

MY IKIGAI





PRACTICING IKIGAI EVERY DAY

DIG DEEP

Practicing ikigai involves a continual process of self-reflection, exploration, and alignment with your passions, skills, and what the world needs.

TAKE ACTION

Do things that make you feel good and continue to reflect on your journey and your gifts.

LIVE INTENTIONALLY

Embrace opportunities for personal growth, and contributing positively to the world in a way that aligns with your inner self.

DOWNLOAD
YOUR IKIGAI
WORKSHEET
AND GIFTS!



THANK YOU



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Beautiful Cape Cod



THE LISA
PARENTEAU
TEAM

