

My Ikigai

DATE: _____

Ikigai (The Art of a Meaningful Life)

Uncover the intersection of your passions, talents, and purpose to create a fulfilling and meaningful life, while aligning your goals for personal and professional growth.



✨ What is Ikigai?

Ikigai is a Japanese word that means “your reason for being.” It’s about finding what makes you feel excited to get up each day – a mix of what you love, what you’re good at, what the world needs, and what you can be paid for.

✨ How to fill this out:

1. What You Love

Write down things that make you feel happy, energised, and alive.

(Example: dancing, helping others, creating art)

2. What You Are Good At

Write down your skills, talents, and strengths.

(Example: listening, writing, teaching, fixing things)

3. What The World Needs

Think about what people around you or in the world need more of.

(Example: kindness, understanding, teachers, better services)

4. What You Can Be Paid For

Write down things you could earn money doing.

(Example: coaching, hairdressing, teaching, graphic design)

Look at where these circles overlap. In the middle is your Ikigai – your reason for being.

It might not be clear straight away, but this is a starting point to explore what truly matters to you.

💛 Take your time. There are no right or wrong answers – just your truth.