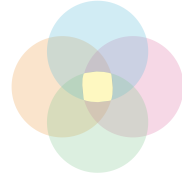


Discover Your Ikigai

A Journey to Your True Purpose



Self Leadership - Ikigai

Introduction to Ikigai

Are you seeking clarity about your future career and passions? Do you feel like there's something more you're meant to do, but you're not quite sure what it is? Introducing a variation of Ikigai – a Japanese concept that can guide you to find your true purpose and live a more fulfilling life.

Discovering your Ikigai is not just about identifying your passions and career path; it's a profound journey of self-leadership. Self-leadership is the practice of intentionally influencing your thoughts, behaviors, and actions towards achieving your goals and living a fulfilling life.

What is Ikigai?

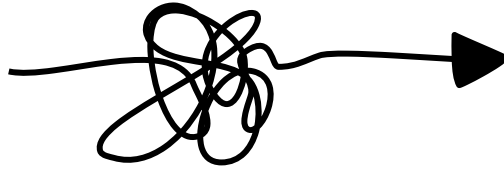


Ikigai (***pronounced ee-key-guy***) is a Japanese term that translates to “a reason for being.” It represents the intersection of four fundamental elements: what you love, what you are good at, what the world needs, and what you can be paid for. When these elements align, they create a sense of purpose and direction that brings joy, satisfaction, and meaning to life.

The Origins of Ikigai

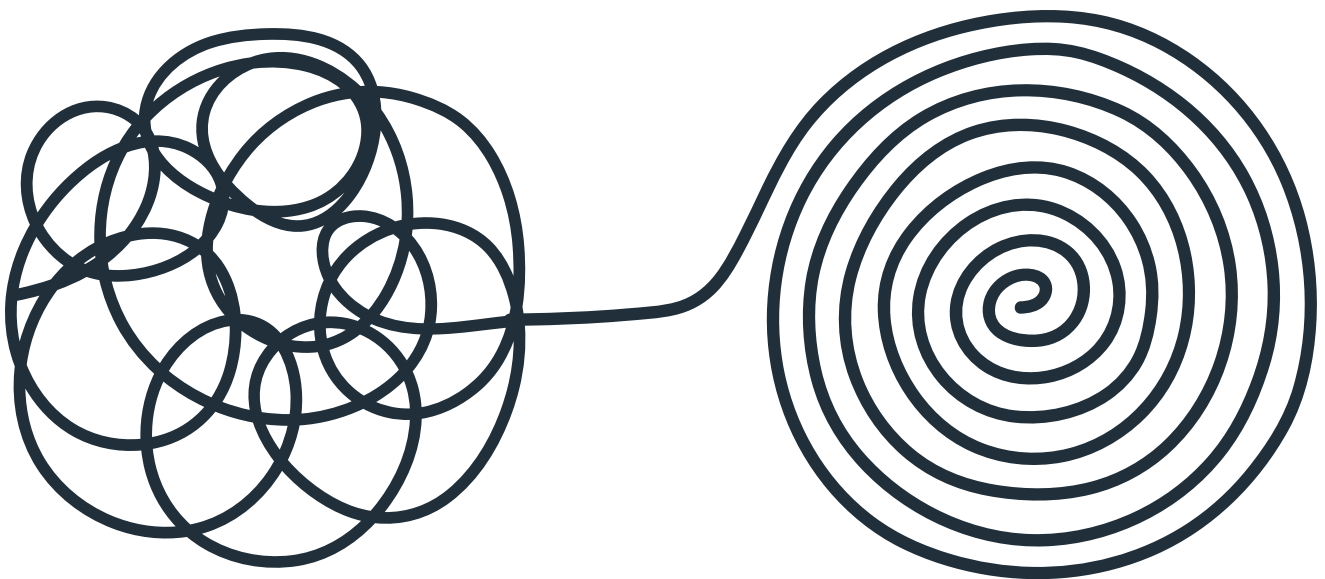
The concept of Ikigai has its roots in traditional Japanese culture, where it is seen as a crucial part of a fulfilling and meaningful life. In Okinawa, a region in Japan known for its high life expectancy, Ikigai is considered one of the secrets to longevity and happiness. It's not just about finding a career or job; it's about discovering what truly makes you happy and gives your life meaning.

How Can Ikigai Help You?



In today's fast-paced and often stressful world, many people find themselves disconnected from their true passions and purpose. Ikigai offers a holistic approach to self-discovery, helping you to:

- **Gain Clarity:** Understand what truly drives you and brings you joy.
- **Identify Strengths:** Recognize your unique skills and talents.
- **Find Meaning:** Connect with what the world needs and how you can contribute.
- **Achieve Fulfillment:** Align your passions and strengths with opportunities for earning a living.



The Four Elements of Ikigai

Let's dive deeper into the four key elements of Ikigai:

What You Love (Passion)

Description: "What You Love" focuses on your passions. These are the activities, hobbies, and interests that make you feel alive and excited. They bring joy, enthusiasm, and a sense of fulfillment. When you engage in these activities, you often lose track of time because you are fully immersed in the experience.

Why It Matters: Understanding what you love is crucial because it drives your motivation and energy. When you pursue what you love, you're more likely to feel satisfied and fulfilled in your personal and professional life. This element helps you connect with your inner desires and what truly makes you happy.

Questions to Ask Yourself:



- What activities make you lose track of time because you enjoy them so much?
- What hobbies or interests bring you the most joy and satisfaction?
- What topics do you love to learn about or discuss with others?
- When you were a child, what did you love to do for fun?
- What are the things that you do, not because you have to, but because you want to?

Note



What You Are Good At (Profession)

Description: "What You Are Good At" revolves around your skills, talents, and strengths. These are the abilities you excel in, often naturally. They can include both hard skills (like technical abilities or expertise in a certain field) and soft skills (like communication or leadership).

Why It Matters: Identifying what you are good at helps you understand your unique contributions to the world. Leveraging your strengths can lead to a sense of competence and achievement. It's also essential for finding roles or careers where you can excel and feel confident in your abilities.

Questions to Ask Yourself:



- What skills or talents do you excel at, and how did you develop them?
- What do others often seek your advice or help with?
- What accomplishments are you most proud of in your personal or professional life?
- In what activities or tasks do you feel most confident and capable?
- What positive feedback do you frequently receive from others?

Note



What the World Needs (Mission)

Description: "What the World Needs" is about understanding how you can make a positive impact on the world or your community. It involves recognizing the needs around you and finding ways to contribute meaningfully. This element taps into your sense of purpose and service to others.

Why It Matters: Contributing to the greater good provides a sense of fulfillment and purpose that goes beyond personal satisfaction. It connects you to something larger than yourself and allows you to make a difference. This element can guide you to roles and activities where your contributions are valued and needed.

Questions to Ask Yourself:



- What problems or issues in the world are you passionate about solving?
- How do you think you can make a positive impact on your community or society?
- What causes or movements resonate deeply with you?
- What changes would you like to see in the world, and how can you be a part of that change?
- In what ways do you feel called to serve others or contribute to the well-being of your community?

Note



What You Can Be Paid For (Vocation)

Description: "What You Can Be Paid For" focuses on identifying opportunities for earning a living that align with your skills, passions, and the needs of the world. It's about finding a career or vocation that not only provides financial stability but also fulfills you personally and professionally.

Why It Matters: Financial stability is a critical component of well-being. When you find work that pays you for what you love and are good at, and that meets the needs of the world, you create a sustainable and fulfilling career. This element ensures that your pursuits are viable and can support your lifestyle.

Questions to Ask Yourself:



- What services or products can you offer that people would pay for?
- What job roles or career paths align with your skills and interests?
- What industries or sectors have you been successful in or are interested in exploring?
- How can you monetize your passions and skills in a way that also serves a need?
- What opportunities exist in the market that match your unique strengths and passions?

Note



Self-Reflection and Discovery

Now it's time to bring everything together with a personal inventory and mapping your Ikigai. Follow these steps to dive deep into each element and discover your true purpose.

Personal Inventory

What You Love (Passion)

1. Reflect on activities that make you lose track of time because you enjoy them so much. List these activities.
2. Think about hobbies or interests that bring you the most joy and satisfaction. Write them down.
3. Consider topics you love to learn about or discuss with others. Note them.
4. Recall what you loved to do for fun as a child. List these activities.
5. Identify things you do not because you have to, but because you want to. Write them down.

What You Are Good At (Profession)

1. List the skills or talents you excel at and how you developed them.
2. Note what others often seek your advice or help with.
3. Write down accomplishments you are most proud of in your personal or professional life.
4. Identify activities or tasks where you feel most confident and capable.
5. List the positive feedback you frequently receive from others.

What the World Needs (Mission)

1. Identify problems or issues in the world you are passionate about solving.
2. Think about how you can make a positive impact on your community or society. List these ideas.
3. Note causes or movements that resonate deeply with you.
4. Write down changes you'd like to see in the world and how you can be part of that change.
5. Identify ways you feel called to serve others or contribute to the well-being of your community.

What You Can Be Paid For (Vocation)

1. List services or products you can offer that people would pay for.
2. Identify job roles or career paths that align with your skills and interests.
3. Note industries or sectors where you've been successful or are interested in exploring.
4. Think about how you can monetize your passions and skills in a way that also serves a need. Write these ideas down.
5. Identify market opportunities that match your unique strengths and passions.

Note



Mapping Ikigai

Visualize the Diagram:

1. Use the blank Ikigai diagram (a Venn diagram with four overlapping circles).
2. Label each circle with one of the four elements: Passion, Profession, Mission, and Vocation.



Place Your Answers in the Diagram:

1. Start placing your answers from the personal inventory into the corresponding circles on the diagram.
2. Use key words or phrases that capture your responses for each element.

Identify Intersections:

1. Look for where your answers intersect. Find common themes or connections between what you love, what you are good at, what the world needs, and what you can be paid for.
2. Reflect on the significance of these intersections and how they might point towards your Ikigai.

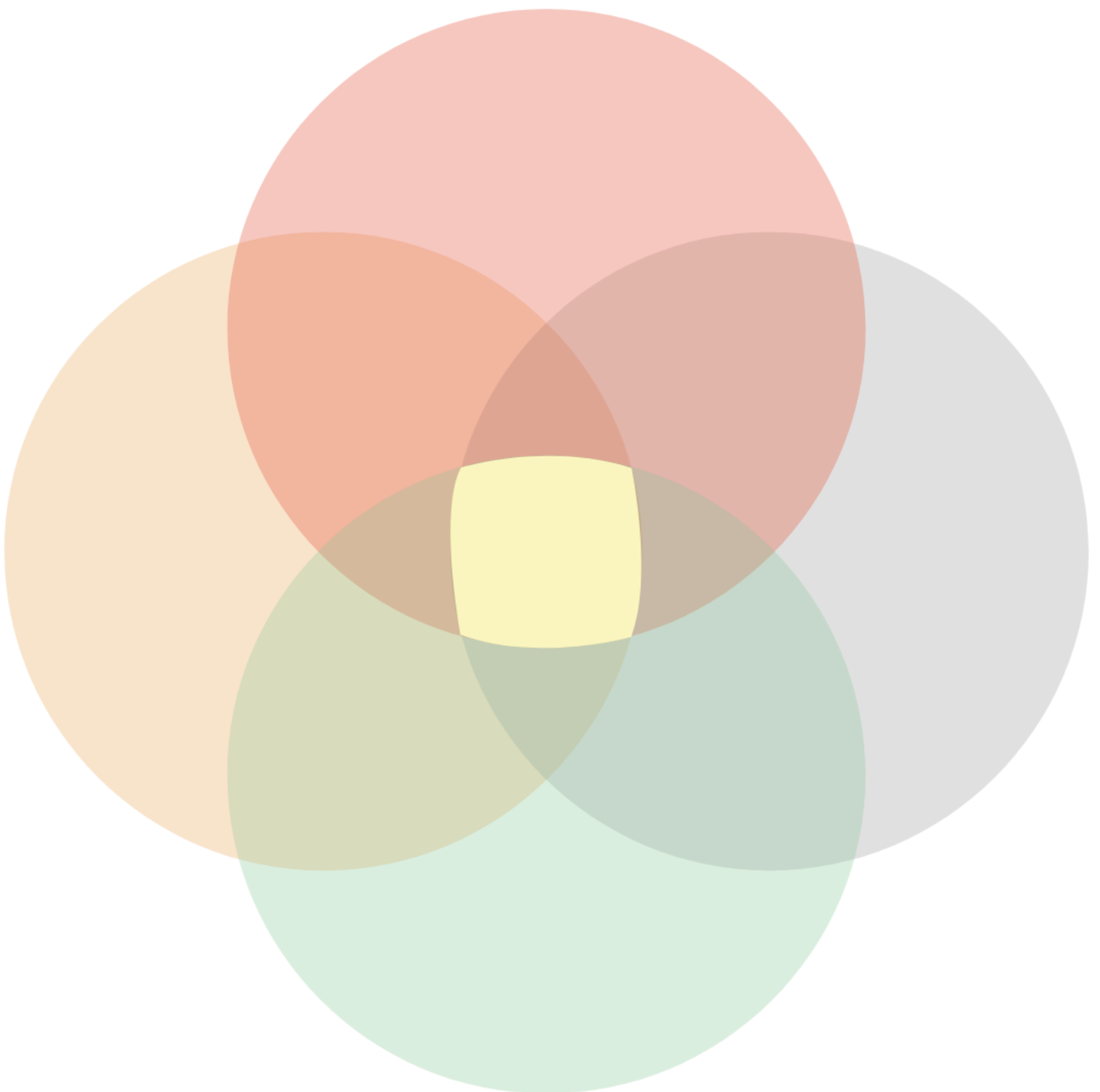
Reflect on Insights:

1. Reflect on the insights gained from this exercise. Consider how these intersections align with your current career and life goals.
2. Think about any new ideas or directions that emerge from the mapping process.

Next Steps:

1. Develop an action plan based on your Ikigai insights. This might include setting specific goals, exploring new career opportunities, or taking steps to align your life more closely with your Ikigai.
2. Establish a schedule for regular self-check-ins to review your progress and make any necessary adjustments to your plan.

By following this step-by-step guide, you'll gain a comprehensive understanding of your passions, strengths, and potential career paths. This journey will ultimately guide you toward discovering your Ikigai and living a more fulfilling and purpose-driven life.



Success

Are You Ready to Discover Your True Purpose?



You've taken the first step towards finding your Ikigai and uncovering what brings you joy, fulfillment, and meaning in life. But the journey doesn't stop here. To truly align your passions, skills, and opportunities, personalized guidance can make all the difference.

Click [here](#) to schedule your free consultation now!

Schedule a free consultation today and start your journey with personalized coaching support. Let's work together to discover your Ikigai and unlock your full potential.

Arjuna George



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