

Finding your
Ikiigai
WORKBOOK

What is Ikigai?

Ikigai is a Japanese concept which is often described as the secret to a happy life or something that brings pleasure or fulfillment.

10 rules of Ikigai

1 Stay active; don't retire

Staying involved in activities you're passionate about is essential for a fulfilling life. It is crucial to remain engaged and connected to the world around you even after retirement.

2 Take it slow

Life can be hectic and stressful at times, but it's essential to slow down and enjoy the journey. Take the time to stop and appreciate the world around you, even if it's just for a moment. Remember, life's beauty can often be found in the small moments that accumulate to create a lifetime of memories.

3 Don't overeat

Maintaining good health and longevity involves avoiding overeating. A good rule of thumb is to eat until you are about 80% full, leaving a bit of room in your stomach.

4 Surround yourself with good friends

Friends have the power to uplift your spirits, and also provide a fantastic support system throughout life's various stages.

5 Exercise regularly

There are so many benefits to being physically healthy, so it's a great goal to strive for year after year. In addition to keeping your body functioning in tip-top shape, exercise also releases hormones that make you feel happy.

6 Smile

In addition to making you feel good, smiling can also make you appear more friendly to others. When it feels hard to smile, try and remember everything you have to feel grateful for in life.

7 Reconnect with nature

Time outdoors is time well spent. Whether you live in the city or the countryside, try to find ways to spend more time in nature.

8 Give thanks

There are so many benefits to practising gratitude! In addition to cultivating a more positive mindset, regular gratitude can contribute to greater happiness.

9 Live in the moment

Staying present is a major key to feeling fulfilled and happy in daily life. Try your best to soak up each day for what it is, taking the good and bad as they come without rumination or anxiety.

10 Follow your Ikigai

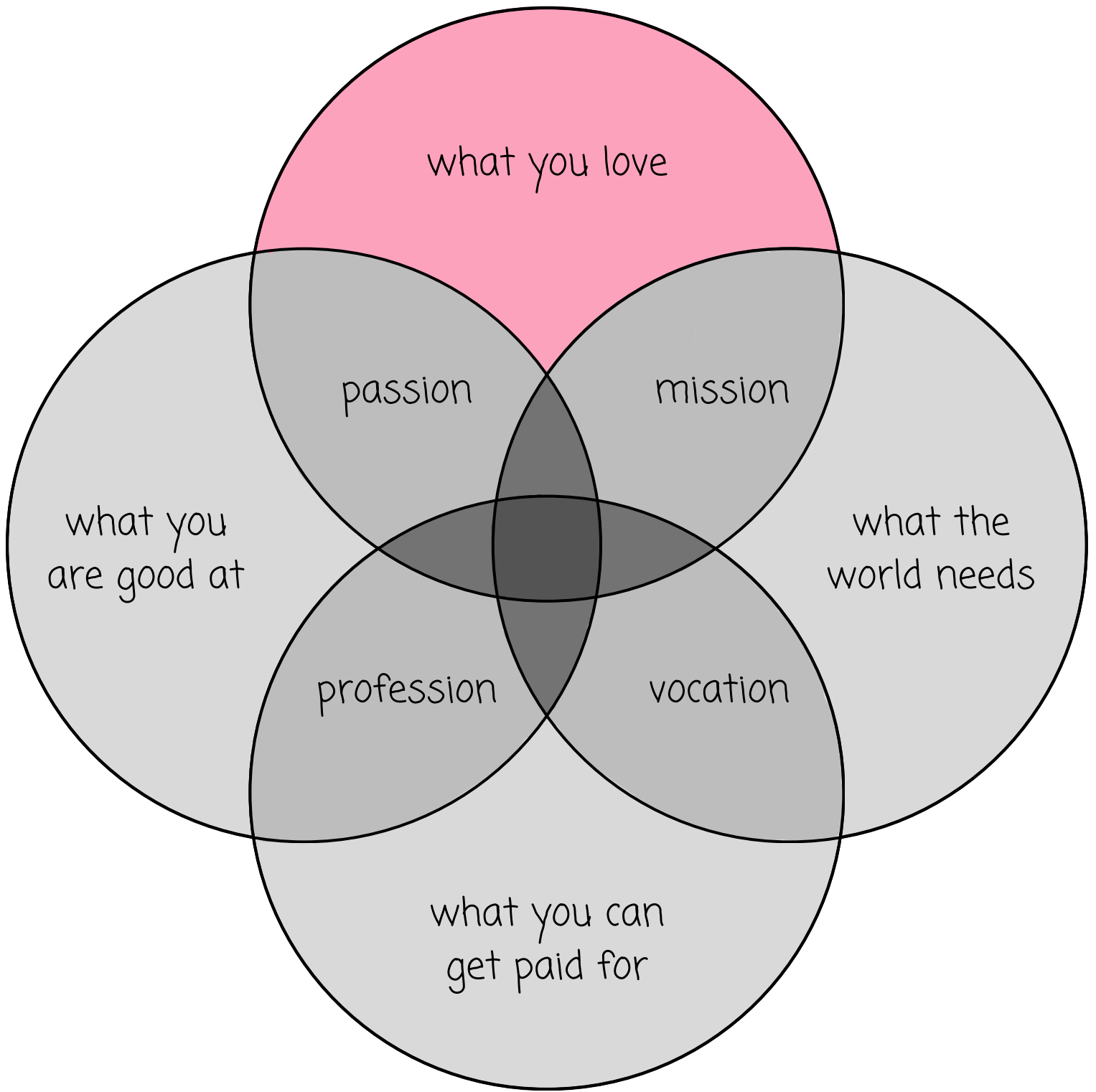
Each of us harbours an inner passion that propels us forward. It's important to discover your ikigai, and once you do, strive to live by it.



Career

Ikigai has been commonly represented in a Venn diagram to help find your purpose in the context of work.





What do you LOVE?

















Write down the things you love to do, see, study, learn, or something you appreciate greatly:

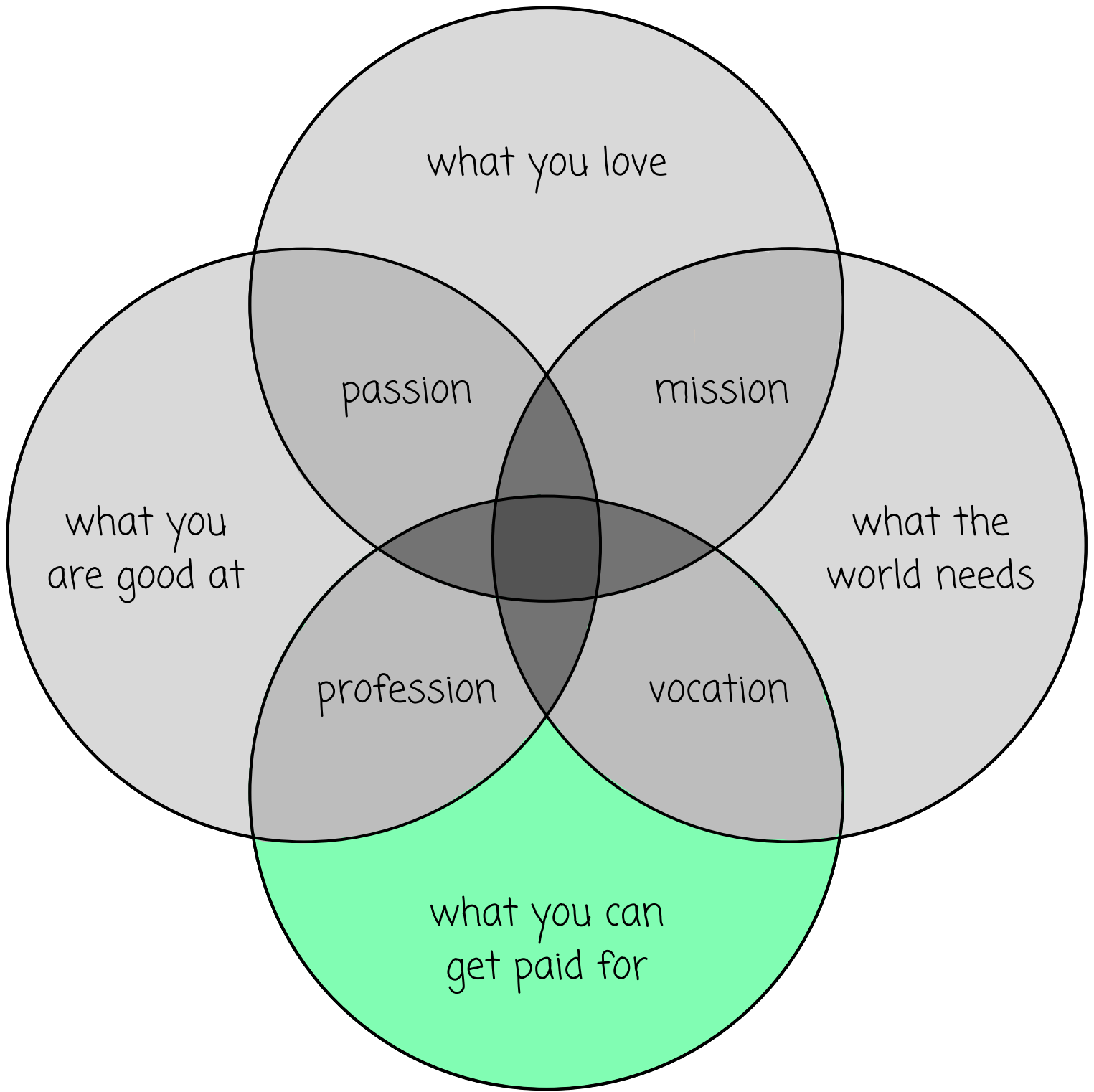
18 horizontal lines for writing, each preceded by a pink heart icon.



What are you GOOD AT?

Write down the things that you are good at and skills that make you unique:

-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____



what you love

passion

mission

what you
are good at

what the
world needs


profession


vocation


what you can
get paid for


What can you get PAID for?


Write down the things that you could get paid for based on what you love and what you're good at:


 _____


 _____


 _____


 _____


 _____


 _____


 _____


 _____


 _____


 _____


 _____

 _____

 _____

 _____

 _____

 _____



what you love

what you
are good at

passion

mission

what the
world needs


profession


vocation


what you can
get paid for


What does the world NEED?


Write down how your skills and passions can change the world for the better:


 _____


 _____


 _____


 _____


 _____


 _____


 _____


 _____


 _____


 _____


 _____

 _____

 _____

 _____

 _____

 _____

Summarise

Summarise what words or themes arose the most in the previous activity:

What do you LOVE?

What are you GOOD AT?

What can you get PAID for?

What does the world NEED?



what you love

passion

mission

what you
are good at

what the
world needs

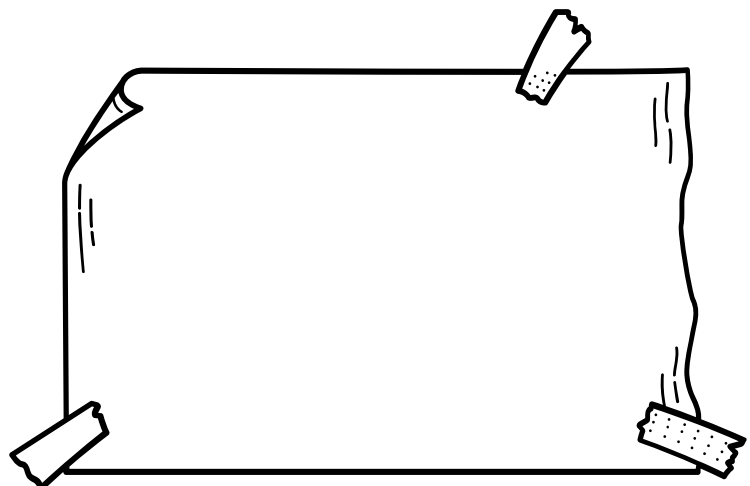
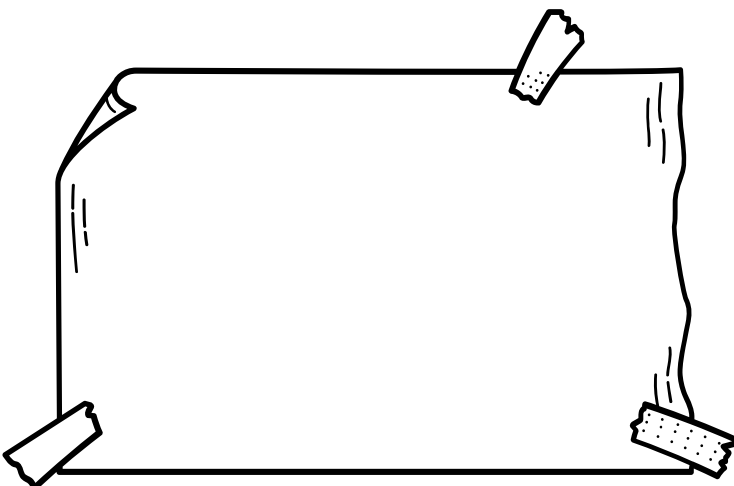
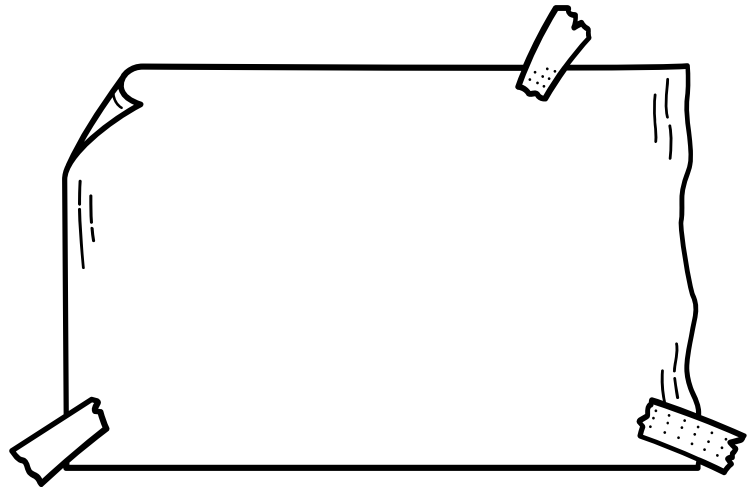
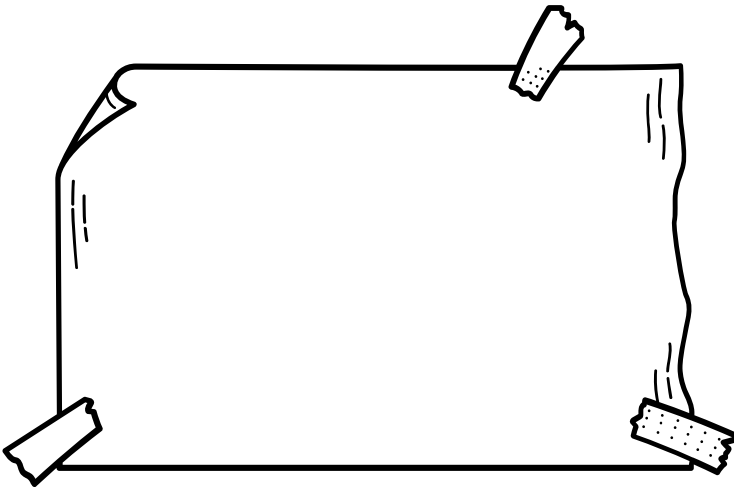
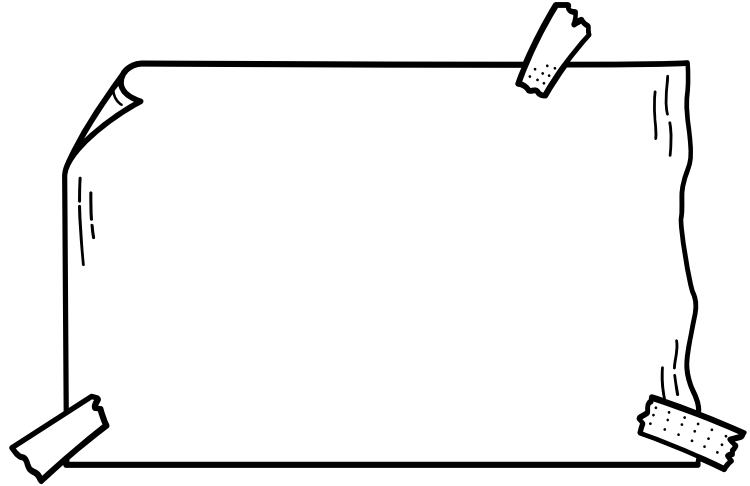
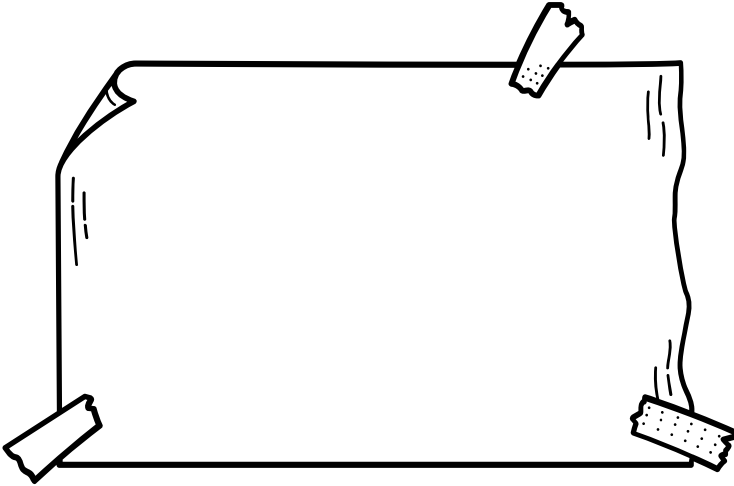
profession

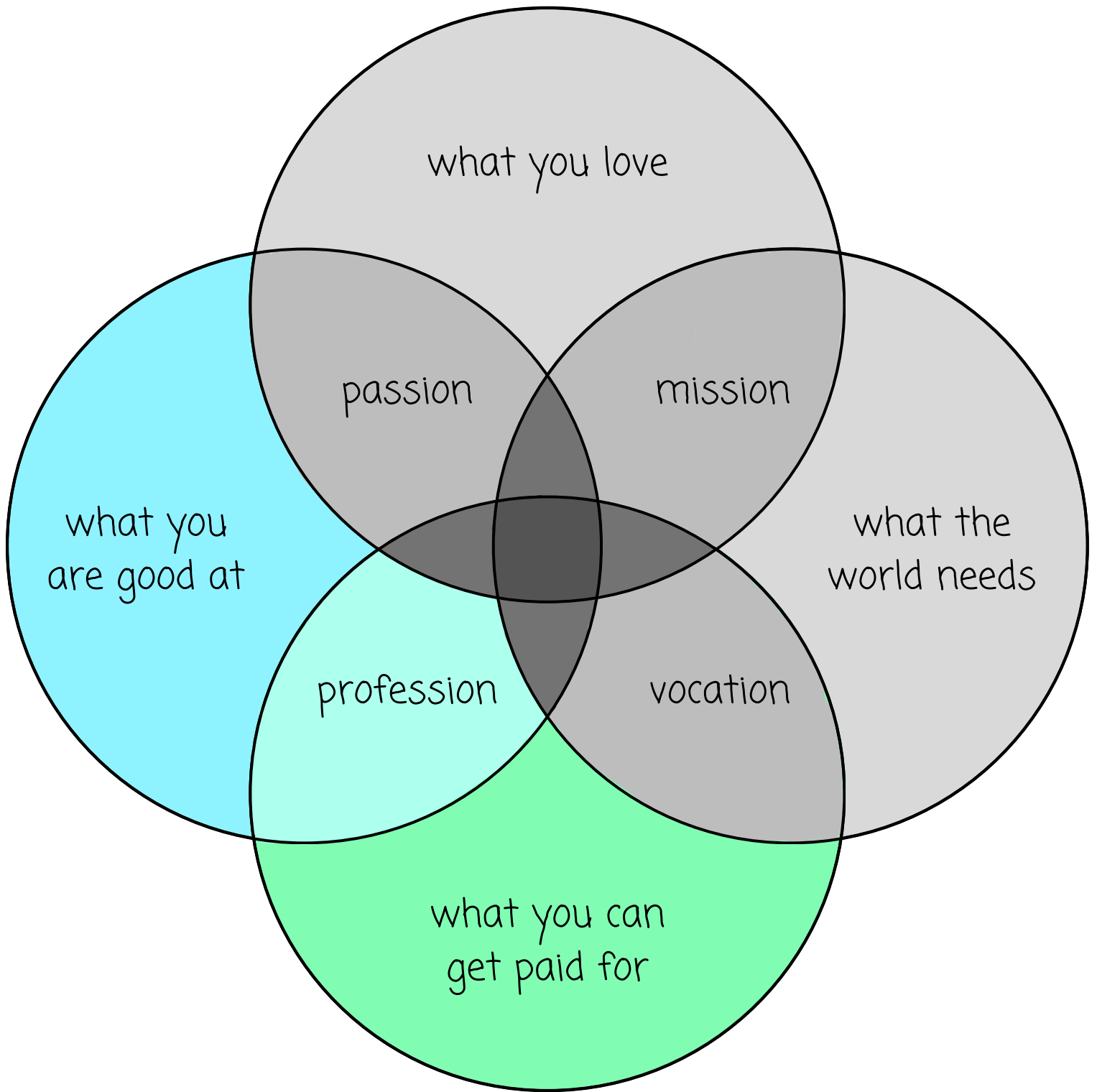
vocation

what you can
get paid for

PASSION

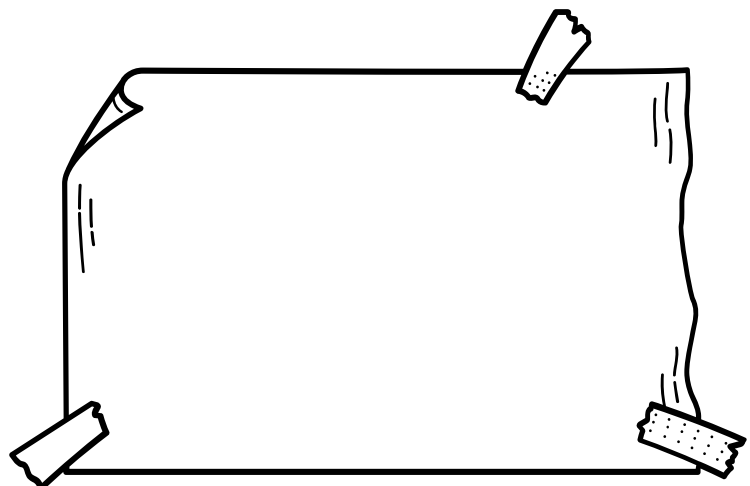
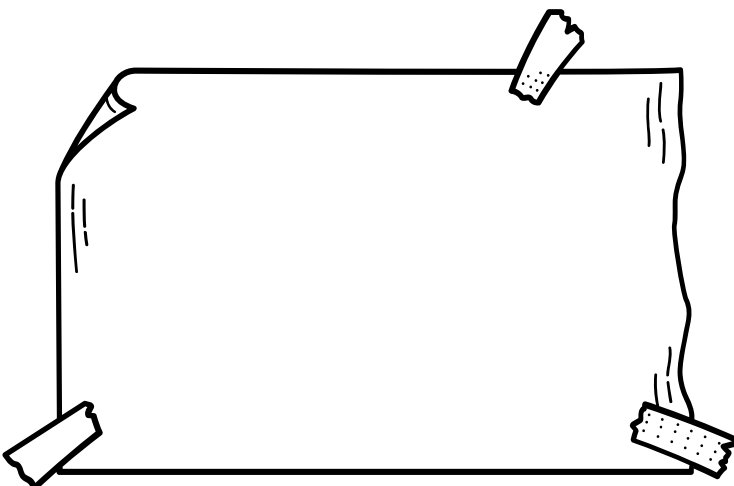
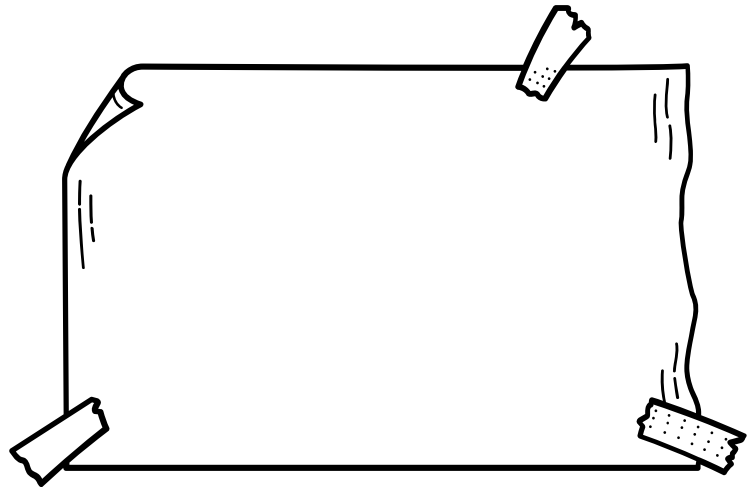
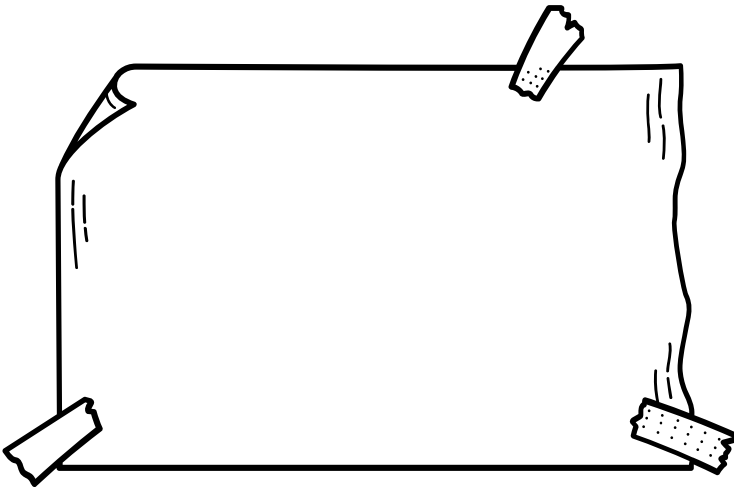
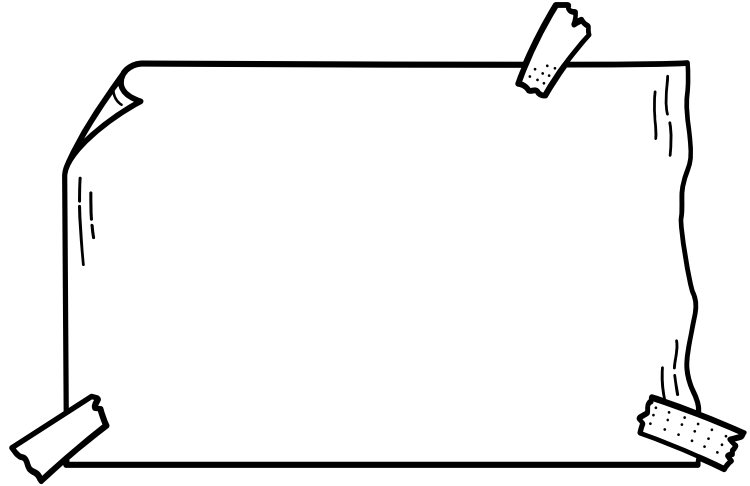
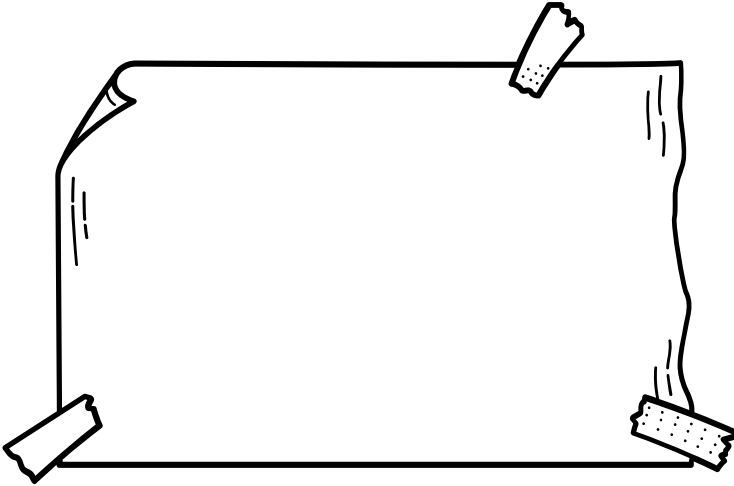
What are some things you LOVE and are also GOOD at?:





PROFESSION

What are some things you are GOOD at and can also get PAID for?:





what you love

passion

mission

what you
are good at

what the
world needs

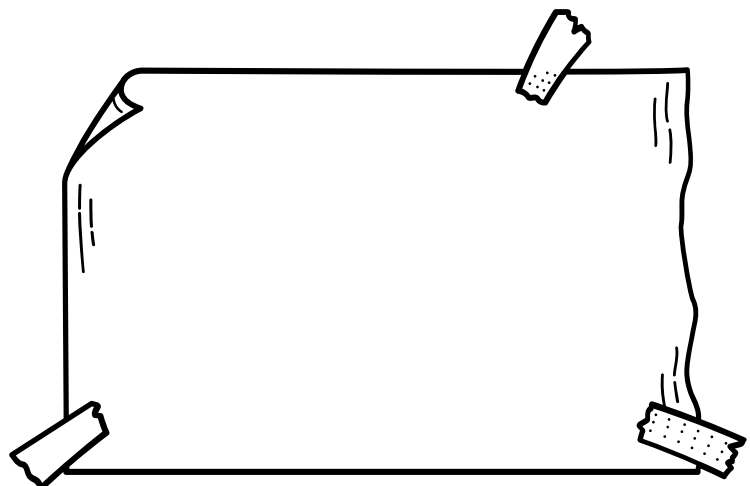
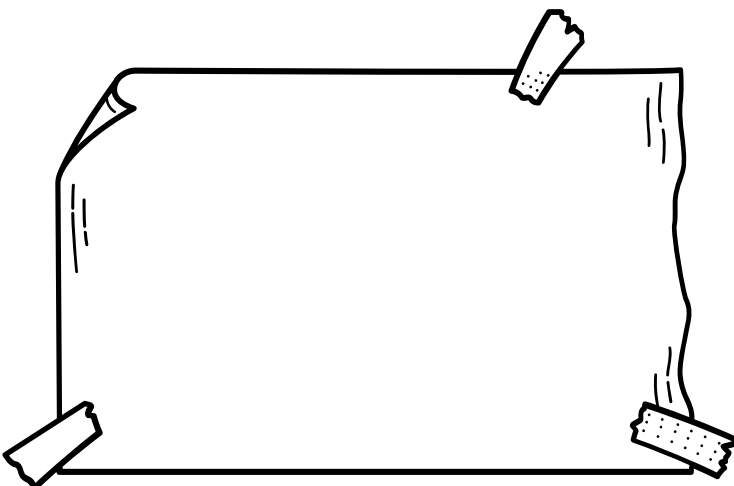
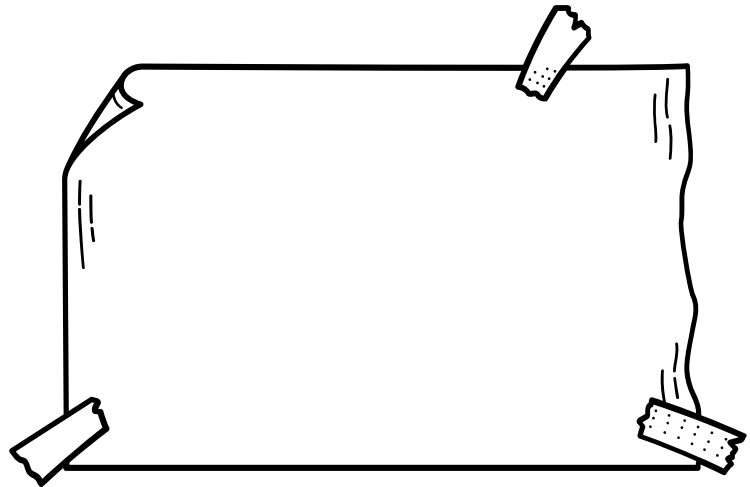
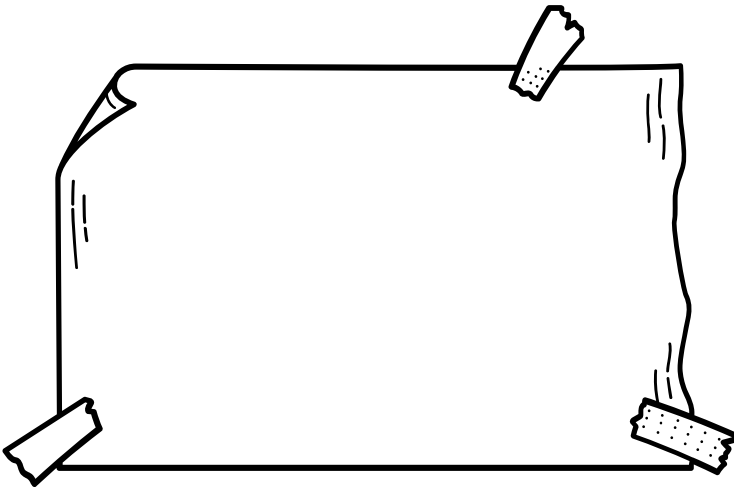
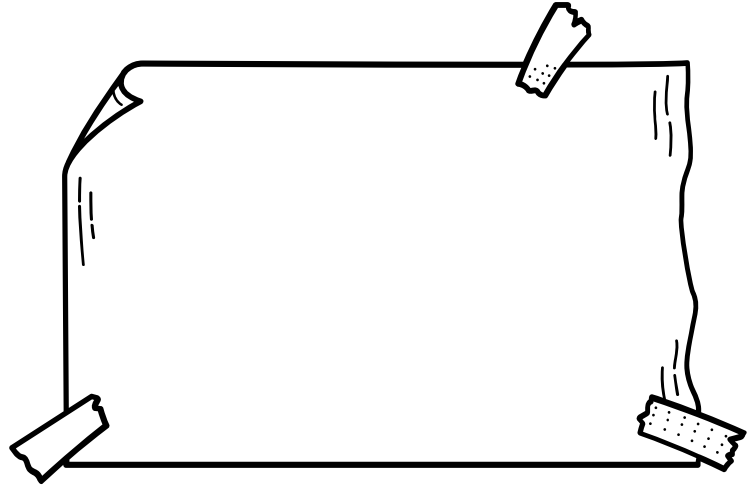
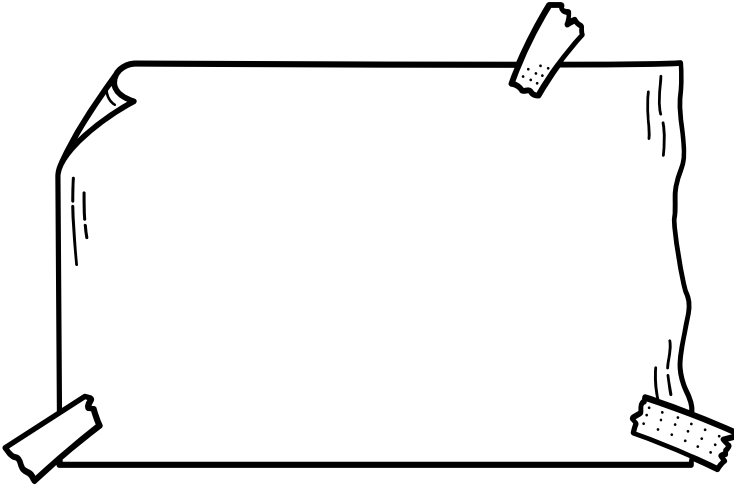
profession

vocation

what you can
get paid for

VOCATION

What are some things the WORLD NEEDS and you could also get PAID for?:





what you love

passion

mission

what you
are good at

what the
world needs

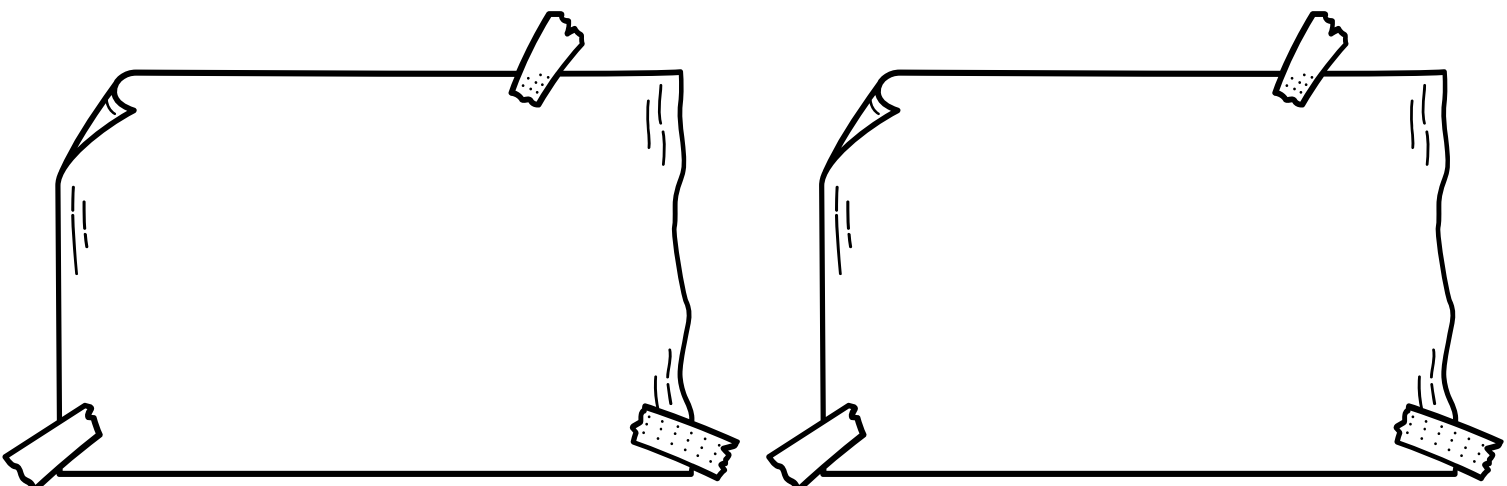
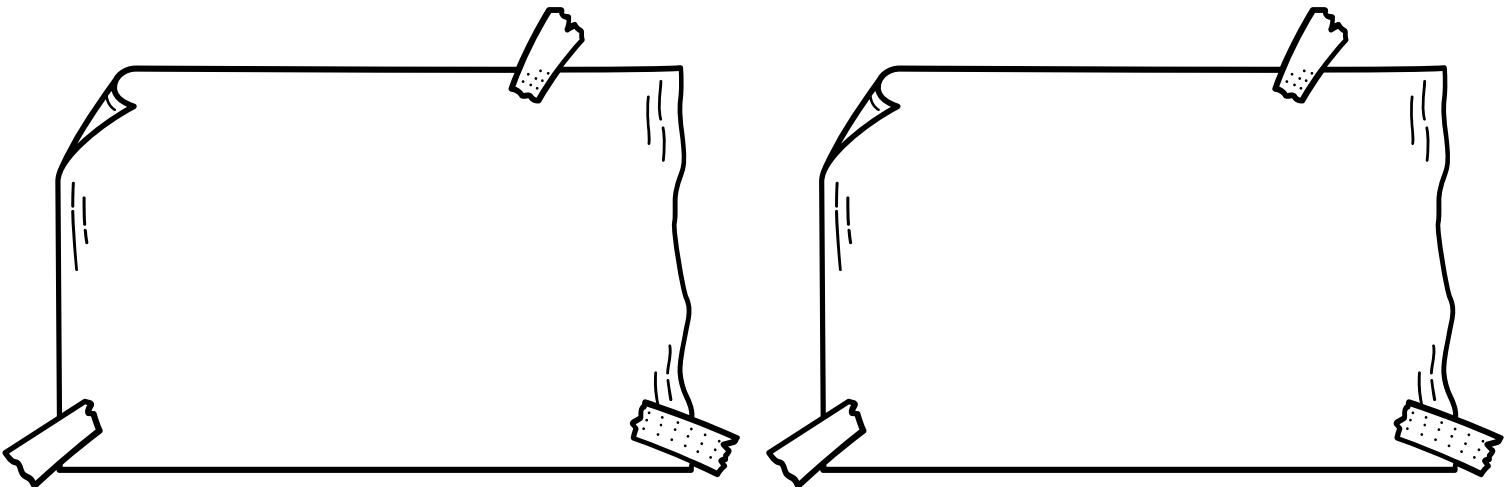
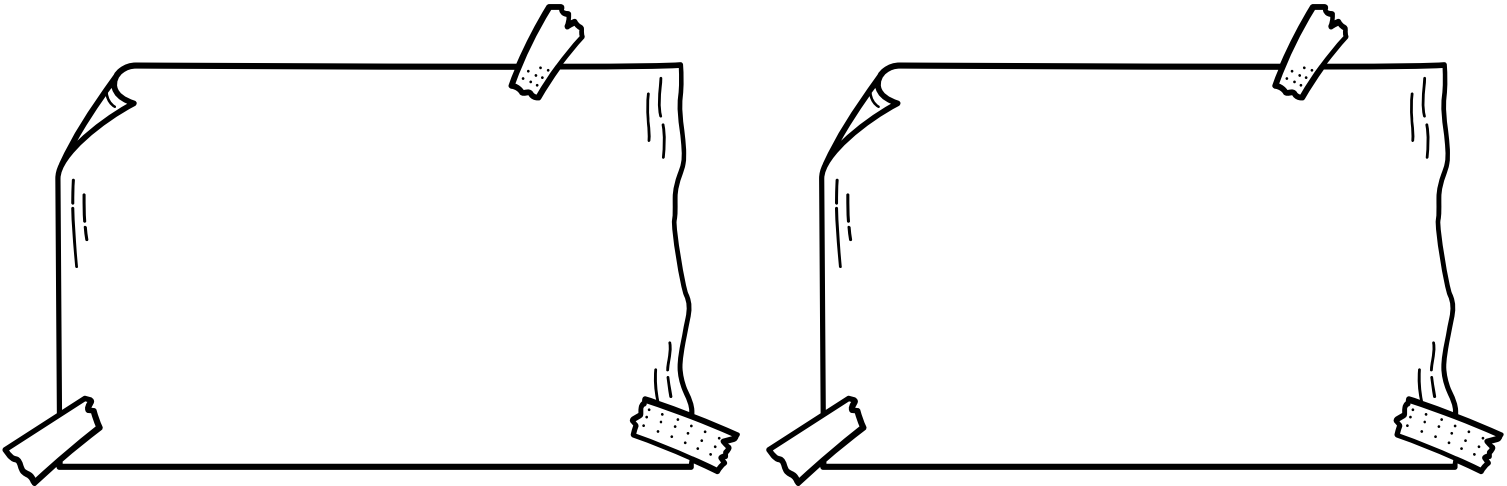
profession

vocation

what you can
get paid for

MISSION

What are some things the WORLD NEEDS and you also LOVE doing?:



Finding your career ikigai

Write down 4 career options that arose from the previous activity:

Career _____

- Would you love doing this?
- Are you good at this?
- Could you get paid for this?
- Does the world need this?

Career _____

- Would you love doing this?
- Are you good at this?
- Could you get paid for this?
- Does the world need this?

Career _____

- Would you love doing this?
- Are you good at this?
- Could you get paid for this?
- Does the world need this?

Career _____

- Would you love doing this?
- Are you good at this?
- Could you get paid for this?
- Does the world need this?

My favourite career option:

My Ikigai Career

Location

Qualifications needed

Salary range

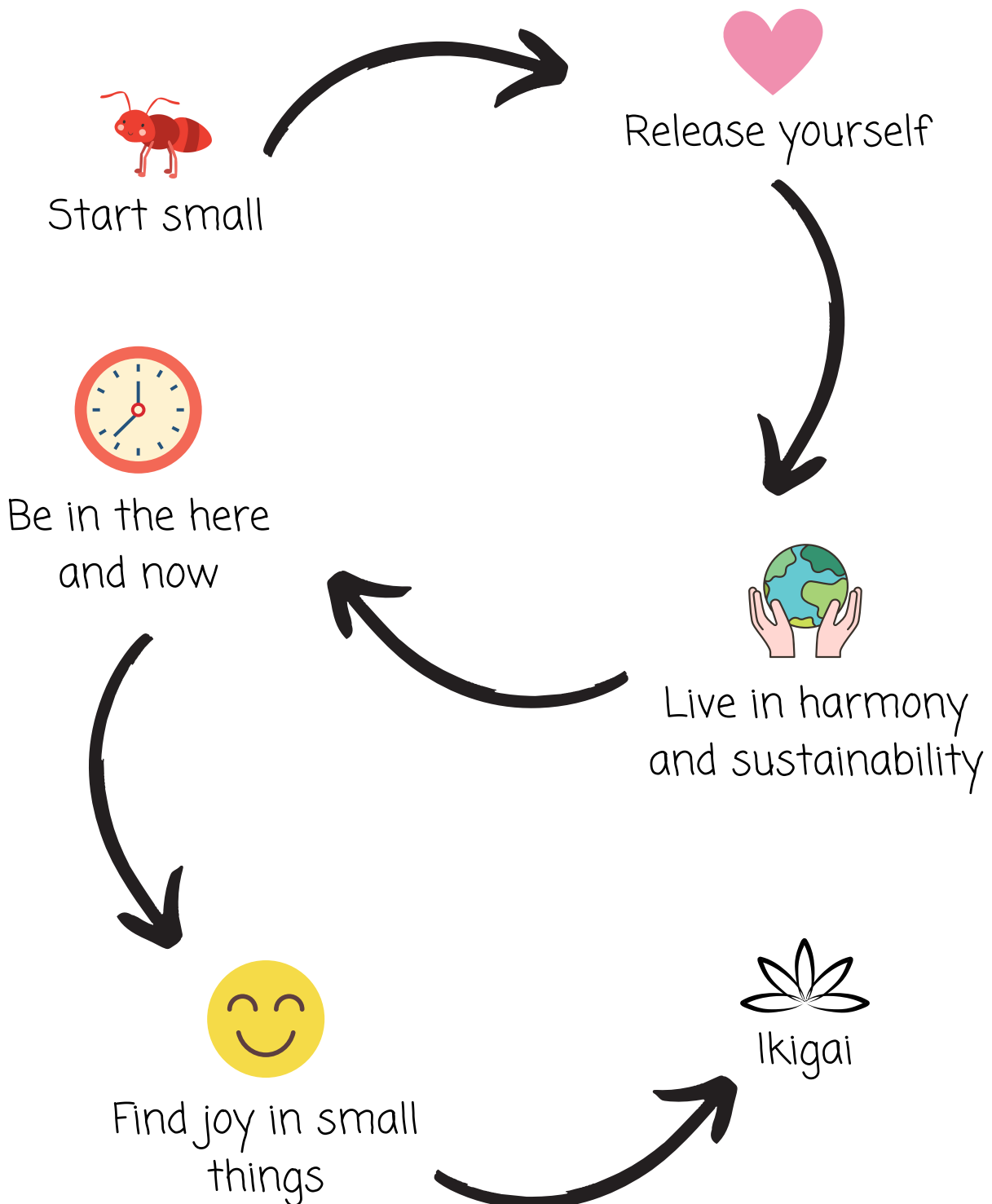
Hours

Pros

Cons

Daily Ikigai

Ikigai is not just about finding your ideal career. It is also about sense of fulfilment and motivation in every day life.



Start small:

What are the small things in life that make you happy:











Release:

Release all your negative thoughts and accept yourself for who you are.:











Sustainability:

How can you pursue your dreams whilst taking into consideration your social and environmental sustainability:











Being present:

How can you remain focused on the here and now, not the past or future:











The small things:

What are some things you can do outside of work that you are passionate about:











Ikigai



Habits tracker

month _____

S	M	T	W	T	F	S

S	M	T	W	T	F	S

S	M	T	W	T	F	S

S	M	T	W	T	F	S

S	M	T	W	T	F	S

S	M	T	W	T	F	S

S	M	T	W	T	F	S

S	M	T	W	T	F	S

S	M	T	W	T	F	S

S	M	T	W	T	F	S

S	M	T	W	T	F	S

S	M	T	W	T	F	S