

FINDING YOUR PURPOSE THROUGH IKIGAI

Ikigai is a Japanese philosophy that means your 'reason for being'. 'Iki' in Japanese means 'life,' and 'gai' describes value or worth. Think of ikigai as your life's purpose, or the reason why you get up in the morning.

Not sure where to start? Ask yourself the following questions, and answer them in the diagram on the following page:

- ➔ What do you love? What are your passions or the things that give you joy and fulfillment?
- ➔ What are you good at? What comes easily to you or what you're uniquely great at? What do your friends/co-workers come to you for?
- ➔ What can you get paid for? How can you turn your interests or skills into a career?
- ➔ What does the world need? What problems do you care about and how you can use your skills and passions to address them?



Listen to our **Ikigai episode (#92)** on the **Teach Me How To Adult Podcast** for more tips and advice on how you can find your Ikigai!

FIND YOUR IKIGAI:

Brainstorm and write in each circle below to discover how you can fulfill the four pillars of your purpose.



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