

Taking you to your next level

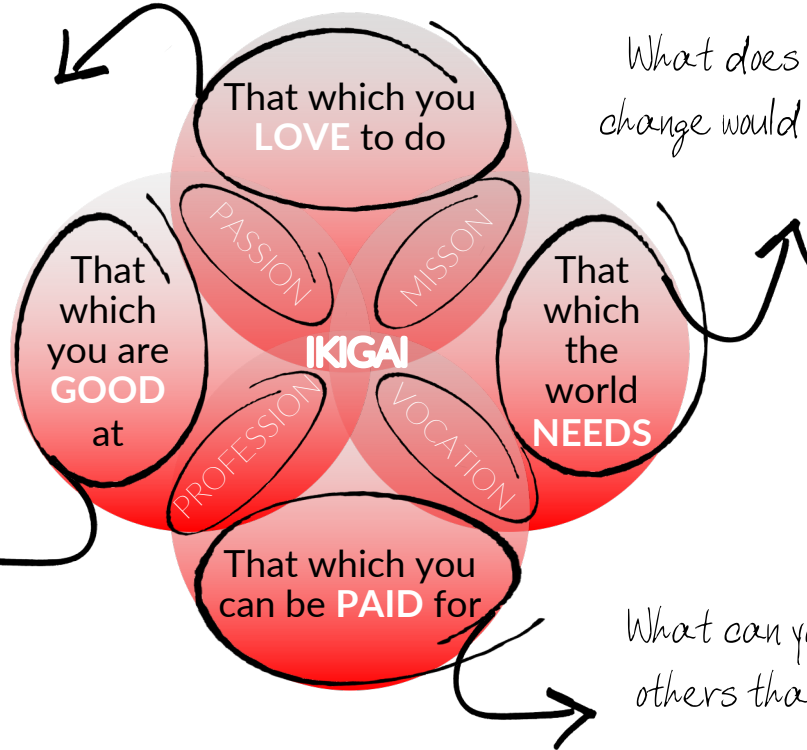
Ikigai

is a Japanese concept that means **a reason for being**. The word refers to having **a direction or purpose in life**, that which makes one's life worthwhile, and towards which an individual takes spontaneous and willing actions giving them satisfaction and a sense of meaning to life.

Ikigai

What makes you tick?
What touches you?

What does the world need and what
change would you like to bring about in the
world?



Which unique talents do you
have, and which can you
further develop?

What can you do that is of use to
others that I can get paid for?

Ikigai

Now get a pen and paper ready to complete the exercise on the next page to help you identify your purpose and how you can get paid for it.



Ikigai | exercise instructions

CURRENT



STEP 1

What do you **DO** for an income today?

Write your answer down



LOVE



STEP 2

What makes you tick?
What touches you?

Write your answer down



NEEDS



STEP 3

What does the world need and what change would you like to bring about in the world?

Write your answer down



GOOD



STEP 4

Which unique talents do you have, and which can you further develop?

Write your answer down



PAID



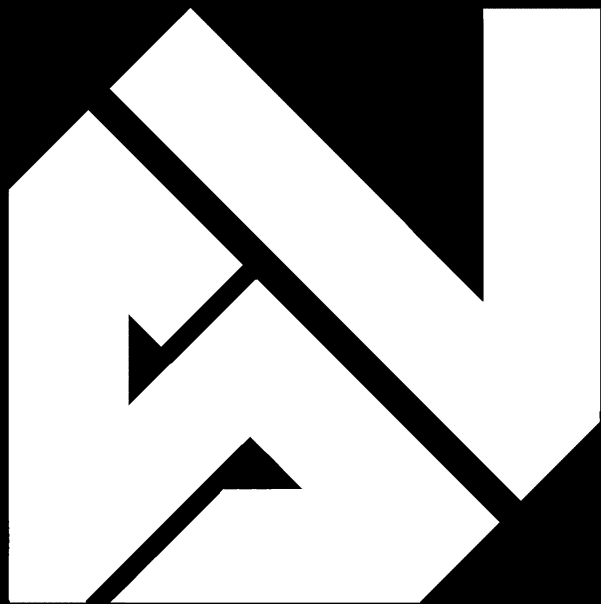
STEP 5

What can you do that is of use to others that I can get paid for?

Write your answer down

**YOU NOW HAVE
YOUR ANSWER**





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