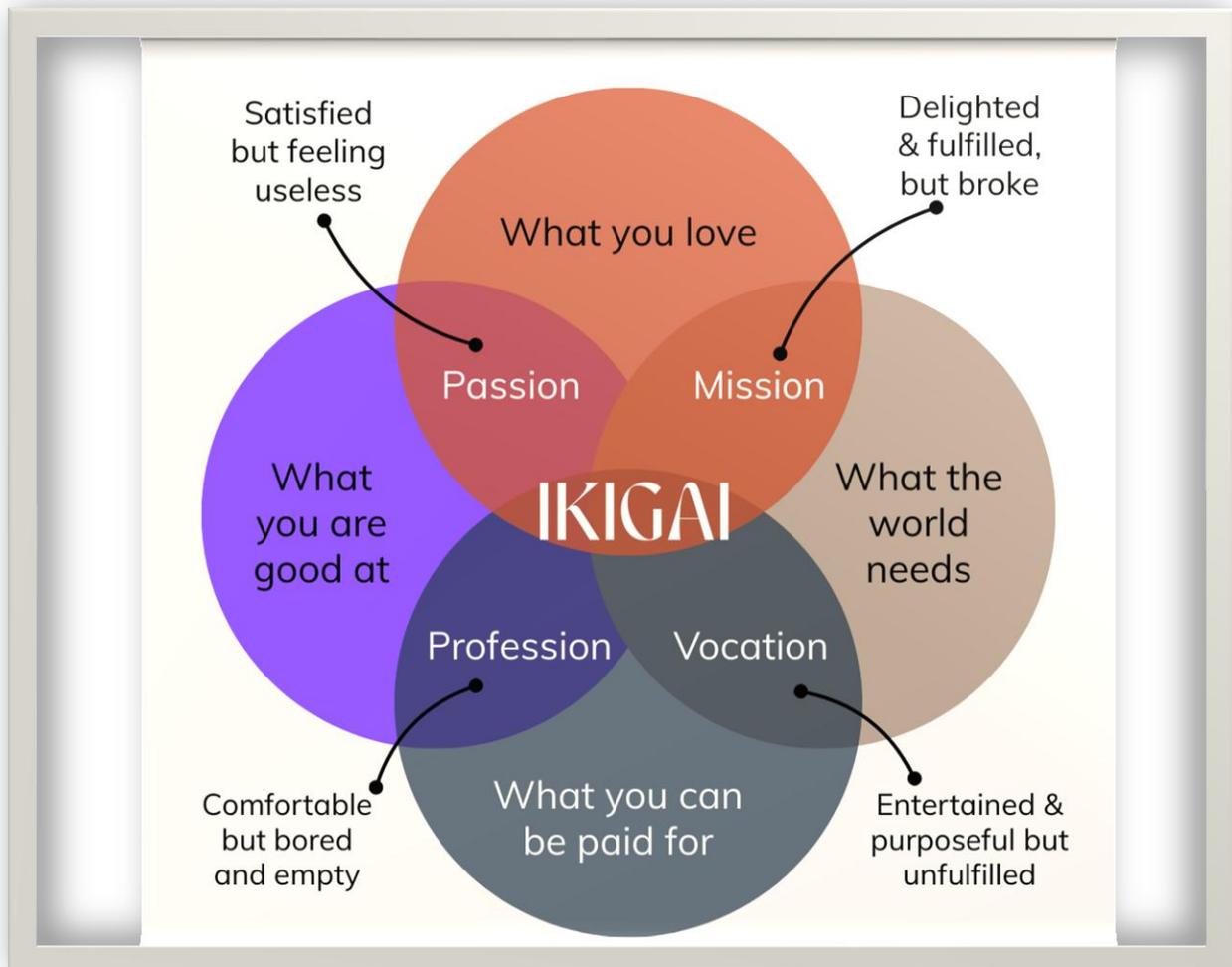


DISCOVER YOUR PURPOSE

Finding your Ikigai

Finding purpose in life is one of our most fundamental human needs. Throughout history philosophers, psychologists, and laypeople have perpetually debated the meaning of life. 'Meaning' or 'purpose' is a multidimensional construct, and not something western societies are taught. Yet each of us innately desires to know what contribution we have that is meaningful and can get paid for! This is also good for your health; defining your self-identified purpose is a robust predictor of psychological peace, physiological health, and general wellbeing.

In the Japanese culture, to find meaning and purpose in life is to find one's *ikigai* (ee-key-guy), also understood as your *reason for being*, or that which makes life worth living. While the outcome of this exercise is decidedly personal and specific to the individual, our *ikigai* is found at the convergence of four fundamental elements: **passion** (what you love), **mission** (what the world needs), **vocation** (what you are good at), and **profession** (what you can get paid for). (García, H., Miralles, F., & Cleary, H. (2017). *Ikigai: The Japanese secret to a long and happy life*. Penguin Books.).



DISCOVER YOUR PURPOSE

Goal

The goal of this exercise is to help you find purpose and meaning in your life by engaging in the Japanese practice of ikigai. This exercise allows you to explore and connect with what is most meaningful by discovering the point at which your passions and talents converge, with what others need and are willing to pay for.

Remember this is a SFD (Starting First Draft)

- Your answers may be obvious; however it's just as likely the details will unfold over time and may change throughout your life. In other words, finding your Ikigai is a lifelong self-reflection and experimentation – consider this is your Starting First Draft (SFD)
- As you begin, use whichever format is most comfortable; either write your answers in the circles on page 3 or you can start by listing your answers in the boxes on page 4. You will naturally start organizing items into the overlapping areas of the diagram.
- Carefully consider each of the four questions and allow ample time to respond to the central question of each circle. Answer honestly and write down whatever comes to mind while pondering the questions. There are no wrong answers!
- Do your best to positively frame your responses, focusing on actions and activities that have observable outcomes. For instance, activities such as painting or gardening should be prioritized over passively watching television or reading books.
- Your ikigai may change as your circumstances change. Revisit this exercise regularly, especially when you feel a sense of misalignment with your current career.
- Reach out for additional tools that can help filter your decisions to ensure that whatever choices you make are empowered and fulfilling!

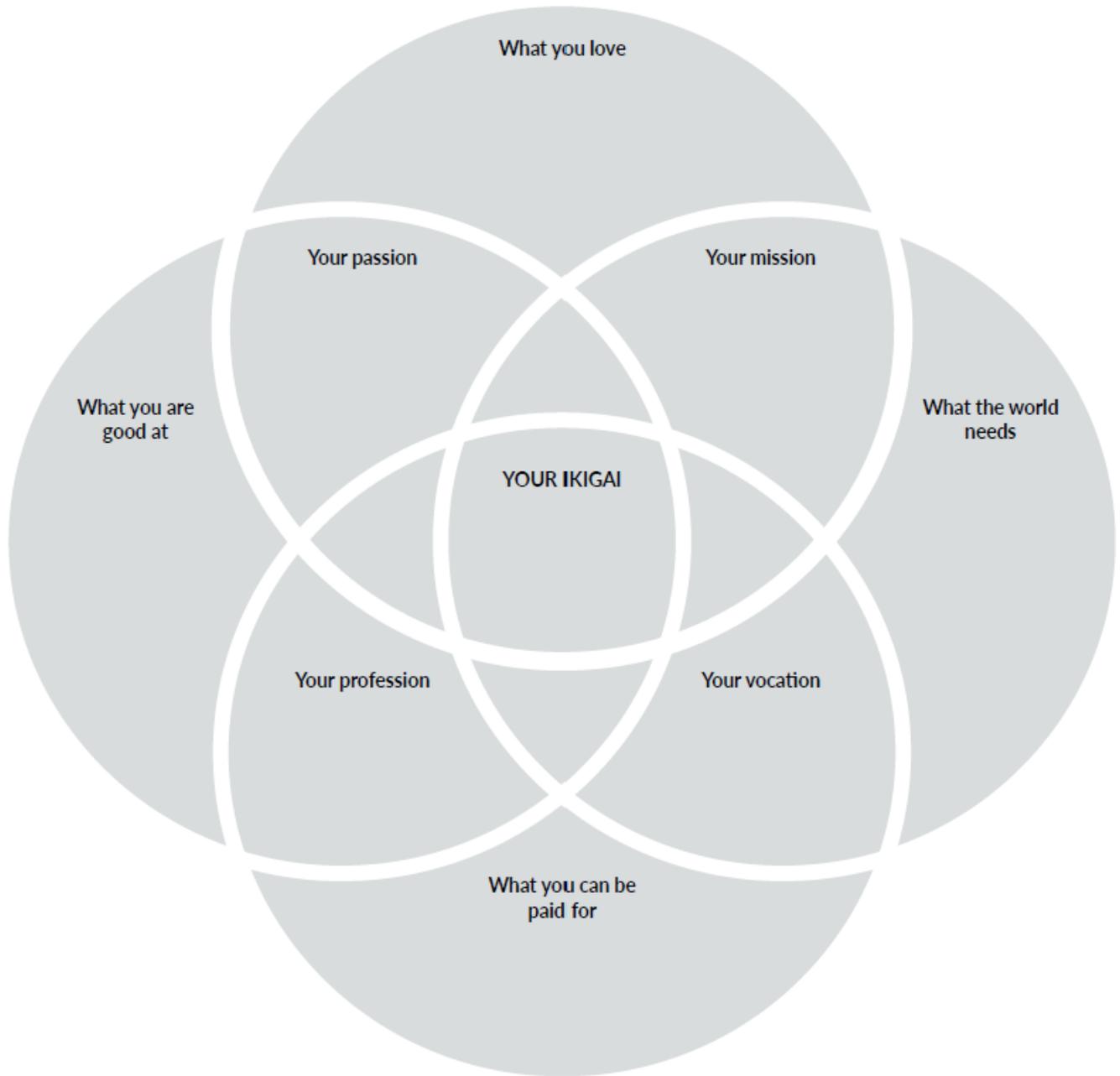
YOU'VE GOT THIS!

Remember, there are no wrong answers, this is all part of your growth and evolution.

DISCOVER YOUR PURPOSE

IKIGAI

YOUR REASON FOR BEING



DISCOVER YOUR PURPOSE

<p>What I love:</p>	<p>What I'm good at:</p>
<p>What I can get paid for:</p>	<p>What the world needs:</p>