

## Ikigai Worksheet

This worksheet will help you discover your Ikigai by reflecting on four key dimensions: **What You Love**, **What the World Needs**, **What You Are Good At**, and **What You Can Be Paid For**. Take your time and answer each section thoughtfully.

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### 1. What You Love (Passion & Mission)

- List the activities or hobbies you genuinely enjoy doing:
    - **Example:** Painting, teaching, playing music, writing, gardening.
  - What excites you or makes you lose track of time when doing it?
  - What makes you feel happy and fulfilled?
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### 2. What the World Needs (Mission & Vocation)

- Identify societal needs or problems you feel passionate about solving:
    - **Example:** Health awareness, quality education, clean energy.
  - What changes would you like to see in the world?
  - How can your skills or interests make a positive impact on society?
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### 3. What You Are Good At (Passion & Profession)

- Write down your strengths, skills, and talents:
    - **Example:** Good at explaining concepts, creative thinking, coding, public speaking.
  - What tasks or activities do others compliment you on?
  - What comes naturally to you without much effort?
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### 4. What You Can Be Paid For (Profession & Vocation)

- List careers or professions that align with your skills:
    - **Example:** Graphic design, teaching, data analysis, project management.
  - Research industries or roles that are in high demand:
    - **Example:** Healthcare, IT, renewable energy, digital marketing.
  - What career options provide financial stability while aligning with your interests?
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## Bringing It All Together

Reflect on your answers above and look for intersections:

1. **Passion** = What You Love + What You Are Good At
  2. **Mission** = What You Love + What the World Needs
  3. **Vocation** = What the World Needs + What You Can Be Paid For
  4. **Profession** = What You Are Good At + What You Can Be Paid For
- What is common across all four dimensions? This could be your Ikigai.
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## Guiding Questions to Refine Your Ikigai

- What activities make you feel "in the zone"?
  - How can your skills solve a problem in the world?
  - What opportunities exist that match your skills and interests?
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## Next Steps

- **Experiment:** Try internships, part-time jobs, or volunteering in areas of interest.
- **Seek Feedback:** Talk to mentors, friends, or family to gain insights.
- **Refine:** Revisit this worksheet regularly as your interests and circumstances evolve.

*"Your work is to discover your work and then with all your heart to give yourself to it." - Buddha*