

Ikigai Worksheet



Step 1: What am I good at?

List down your skills and strengths below:

Step 2: What I love?

List down your interest – think ‘Create / Build / Do’

Step 3: Finding your passion.

Look through Step 1 and Step 2 earlier to find overlapping or connected area that allows you to identify your passion (skill + interest).

For example;

Step 1	Step 2
<ul style="list-style-type: none">• Writing• Editing• Information gathering	<ul style="list-style-type: none">• Writing• Psychology

The example above shows writing as an overlapping skill and as well as interest (it’s a clear assumption in this case) – passion can be seen in writing. We also see the connecting skill to the interest such as writing and psychology thus showing a passion for writing psychology related materials. There is no definitive way to look at this but to find a comfortable click to your passion based on your own skills and interests.

Step 4: What does the world need?

Instead of focusing on a larger than life concept, focus on small changes that you can contribute to your local community or organisation. List them down below:

Step 5: Mission

Look through your list in Step 2 and Step 4 to find a connective area, allowing you to give back to your local communities (interest + need).

Step 6: I get paid to?

List down your source of income or what you can do to get paid:

Step 7: Vocation

Refer to Step 4 and Step 6 which can help you identify a vocation that allows you to earn and give back to society at the same time (need + get paid).

Step 8: Profession

To identify your profession, look at skills you listed in Step 1 and how you can get paid in Step 6 (skill + get paid).

Once you've completed the steps above – combine the *Passion + Mission + Vocation + Profession* and you'll have a rough idea of what your ideal career might look like or be.