Ikigai Worksheet

- What I love?
- What does the world need?
- I get paid to?
- What am I good at?

PASSION
MISSION
PROFESSION
VOCATION

Ikigai

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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:

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Step 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Writing</td>
<td>Writing</td>
</tr>
<tr>
<td>Editing</td>
<td>Psychology</td>
</tr>
<tr>
<td>Information gathering</td>
<td></td>
</tr>
</tbody>
</table>

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.