



Ikigai Worksheet



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Introduction



Welcome to this worksheet ikigai. Ikigai is a Japanese practice that is designed to help you to a happy and healthy life, often described as a – ‘reason for being.’

This tool is often used by life and career coaches to help clients who want to find their purpose in life and steer their careers and lives in the right direction.

The practice is an exploration and convergence of your passion, mission, profession, and vocation, with the premise that if you align them all you achieve ‘ikigai’ – a point of balance between reality and ideals, your personal aspirations and aligned to what the world needs.

In the Western world, this is sometimes recited as what you love, what you are good at, what the world needs and what can you be paid for. However, in Japanese culture, it is not only used for work but also for pastimes and interests.

This worksheet is designed to help you work through this process by yourself, if you have invested in a coach or have a close friend who can support you, it’s good to spend some time talking through each element.

Whilst you are completing this template, it is important to keep in mind two things; firstly, that you are not your job; you are what you do, and second try not to limit your thinking to the present, instead search for clues in your past too.

Step 1 – Your Past

Your future sometimes lies in reconnecting with your past, so it is worth spending time on this step, as it serves to remind you of your passions, and important memories.

1. What did you most enjoy about your childhood?
2. Which memories spark the most joy?
 - a. When did you feel most fulfilled?
 - b. What makes you smile when you think of it?
3. What emotions do those memories evoke?
 - a. What brings about the strongest emotions?
 - b. What and when do you feel most moved?
4. Are there any passions you have forgotten about that you would like to reconnect with?
 - a. When do you experience your greatest curiosity?
 - b. What did you do that never left you feeling bored?
5. Can you see any common themes and pastimes that were important to you?
 - a. Are any of these themes or pastimes still reflected in your present?
 - b. What do you look forward to in the future?

Step 2 – The Present

Okay, let's take one element at a time, and set some time aside to really reflect on each of the elements in turn. Below are some questions to consider for each element.

 What you LOVE 	
Prompts	Personal Reflection
<ol style="list-style-type: none">1. When do you feel at your happiest and most passionate?2. What were you doing when you were last 'in flow' that you lost track of time?3. What would you do even if you were not being paid to do so?4. What would you do if you had all the time and resources in the world?5. What kind of work or projects do you find most satisfying?6. What do you find yourself talking about most enthusiastically?	



What you are GOOD AT



Prompts

1. What skills do you think come really naturally to you?
2. What are the things you do that people approach you for help with?
3. If you could choose two parts of your current role, which would you choose?
4. What accomplishments are you particularly proud of?
5. What specific challenge have you recently overcome using your skills?
6. How do you continue to develop your skills and stay current in your field of expertise?

Personal Reflection



What the world NEEDS



Prompts

1. What are some of the biggest challenges facing society today?
2. What issues or causes do you feel particularly passionate about?
3. Are any of those issues or causes 'things' you can have an impact upon?
4. Are there any innovative solutions or ideas that you would like to see implemented?
5. Would that 'thing' be relevant 5 or 10 years from now?
6. What can you offer that would benefit others?

Personal Reflection



What you can be PAID FOR



Prompts

1. What types of jobs or roles align with your interests and skills and are they in high demand?
2. Are you already making a living in your area of passion or expertise?
3. Can you make a decent living doing this work in the longer term?
4. What kind of work environment do you envision yourself in?
5. Have you ever considered starting your own business or becoming an entrepreneur?
6. Are there any volunteer opportunities you could take up to gain experience in fields that interest you?

Personal Reflection