

Ikigai Worksheet

There is no direct translation of the Japanese term “ikigai,” but in Western terms it is something that everyone has: It is your reason to get up in the morning; your reason to enjoy life.

Your ikigai is at the intersection of:

- What you love (your passion)
- What you're great at (your vocation)
- What the world needs (your mission)
- What you can be paid for (your profession)

Take a few minutes to fill out this worksheet. It is one more step you can take to better understand your life's meaning and purpose.



Once you have filled in the four sections, spend a few minutes thinking about the intersections: passion, mission, profession, and vocation. Then make a first attempt at stating your ikigai.

My ikigai is: _____
