



Activity Worksheet: IKIGAI

INTRODUCTION

IKIGAI comes from Japanese and is a combination of two words “iki”, meaning “to live” and “gai”, meaning “reason”. It describes what motivates us and what gives us meaning and purpose in life.

OBJECTIVE

The objective of the activity is to apply the IKIGAI approach to the choice of work/career path. It helps you choose a job/profession that will be pleasant and meaningful to you, but will also be meaningful for the society and provide you with a decent living.

STEPS

STEP 1: Answer the questions:

What do you enjoy doing?

What are your strengths?

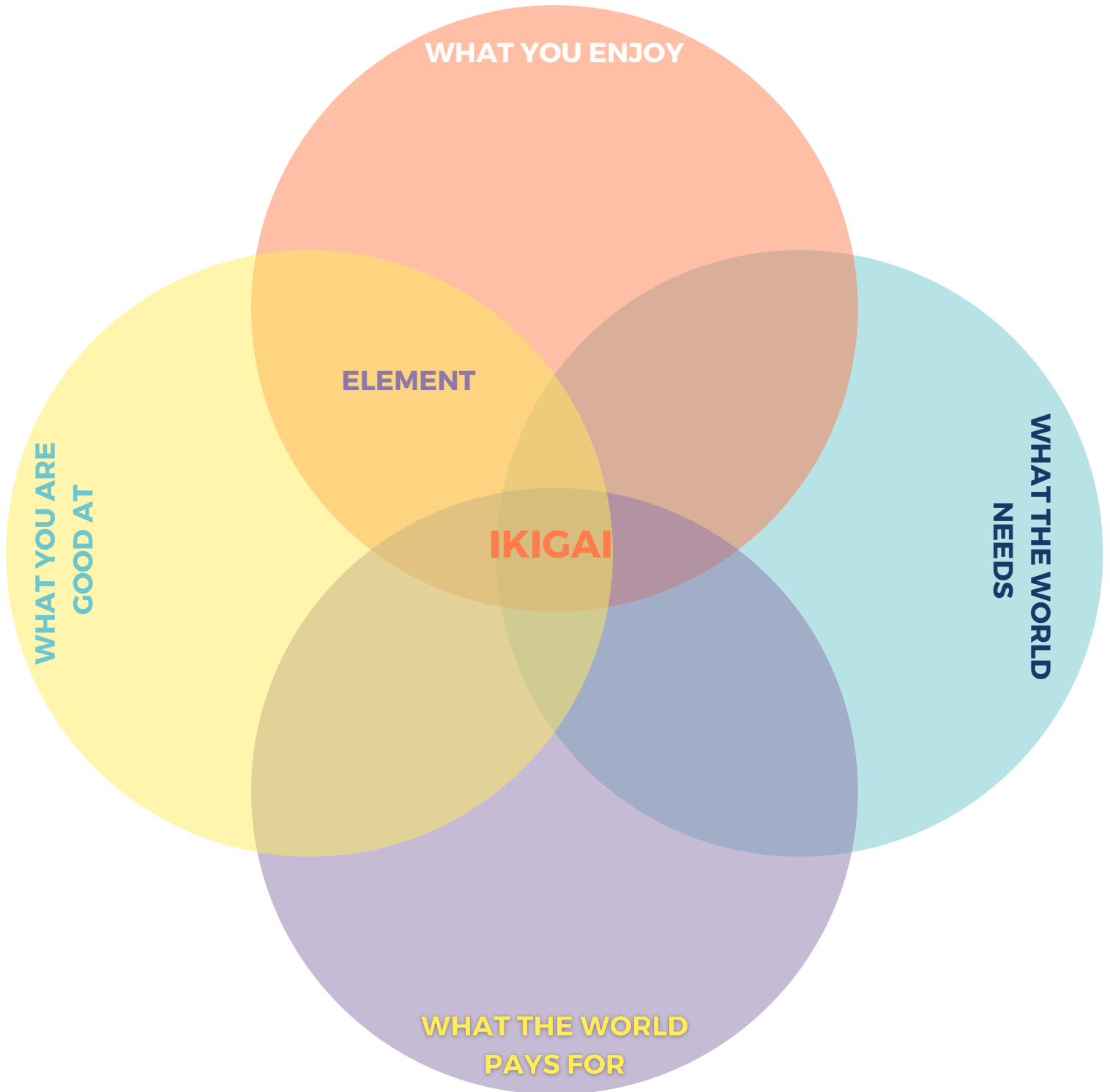
What does the world need?

What you will get paid for?





STEP 2: Put your answers in short in the diagramme:





STEP 3: Based on the diagramme, think about the intersection between what you enjoy doing and what you are good at. This is your “Element”. You would enjoy having a job matching your “Element”. Write down:

What is your “Element”?

What jobs would match your “Element”?

STEP 4: Based on the diagramme, think about the intersection between all four areas. This is your “IKIGAI”. This is the area, in which you should look for a job, because you will not only like it, but it will be meaningful and you will have a decent living. Write down:

What is your “IKIGAI”?

What jobs would match your “IKIGAI”?

