

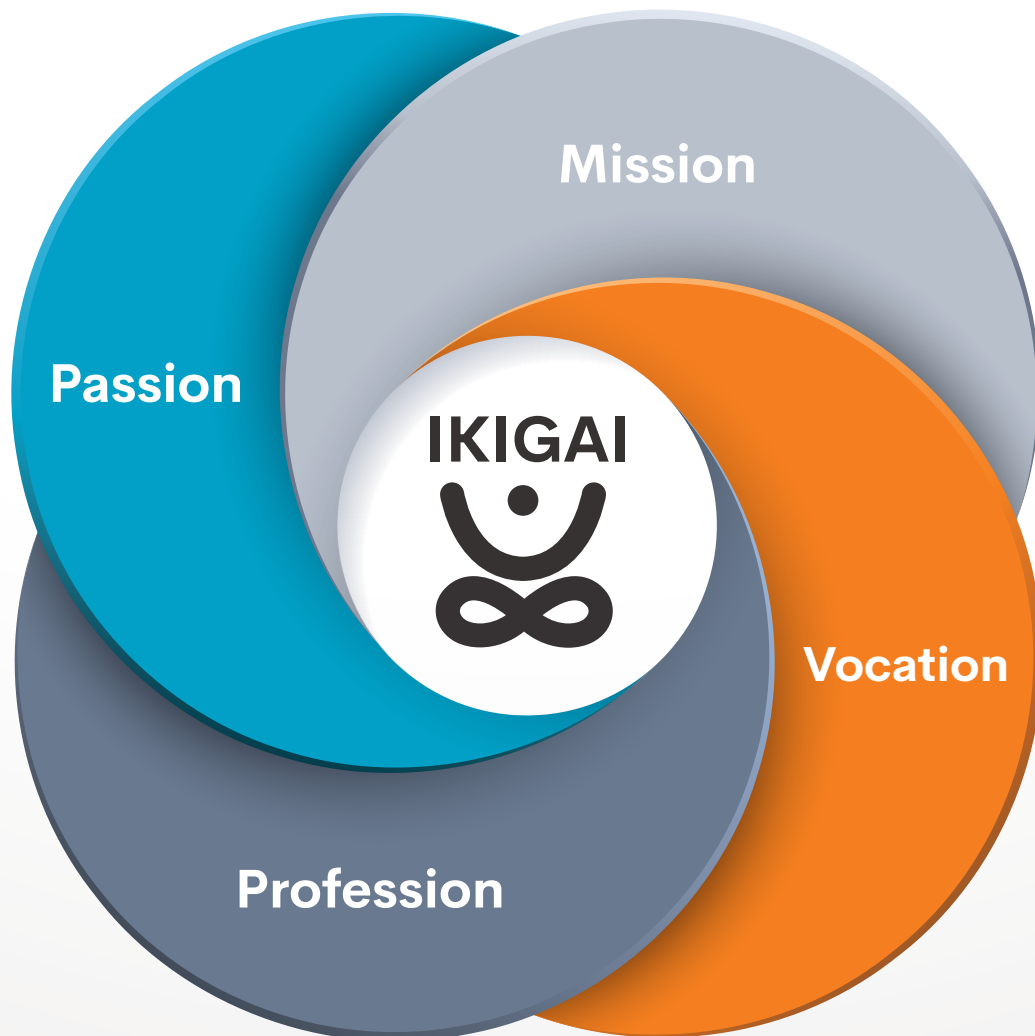


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Worksheet on:

Finding Your ikigai

Discover your passion and purpose in life!





Step #1:

What are you good at?

List down your skills and strengths below:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now, circle your best skills and strength.



Step #2:

What you love?

List down your interests:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now, circle your best interests.



Step #3:

Finding your passion.

List down the matching points from Step #1 and Step #2: (Skill + Interest)

_____	_____
_____	_____
_____	_____

The things that you love doing and that you are already good at is the best way to figure out your passion.



Step #4:

What does the world need?

List down the things that you can contribute to the society, community, or organization.



Step #5:

Finding your mission.

List down the matching points from Step #2 and Step #4: (Interest + Need)

_____	_____
_____	_____
_____	_____

The things that you love doing and that the world needs, is how we can verify that our interest is beneficial to humanity.



Step #6:

You get paid to?

List down the sources of your income or what you can do to get paid?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now, circle the most accessible ones.



Step #7:

Finding your vocation.

List down the matching points from Step #4 and Step #6: (Need + Get paid)

_____	_____
_____	_____
_____	_____

The things that the world needs while you can get paid for is how the vocation will be figured.



Step #8:

Finding your profession.

*List down the matching points from
Step #1 and Step #6: (Skill + Get paid)*

_____	_____
_____	_____
_____	_____

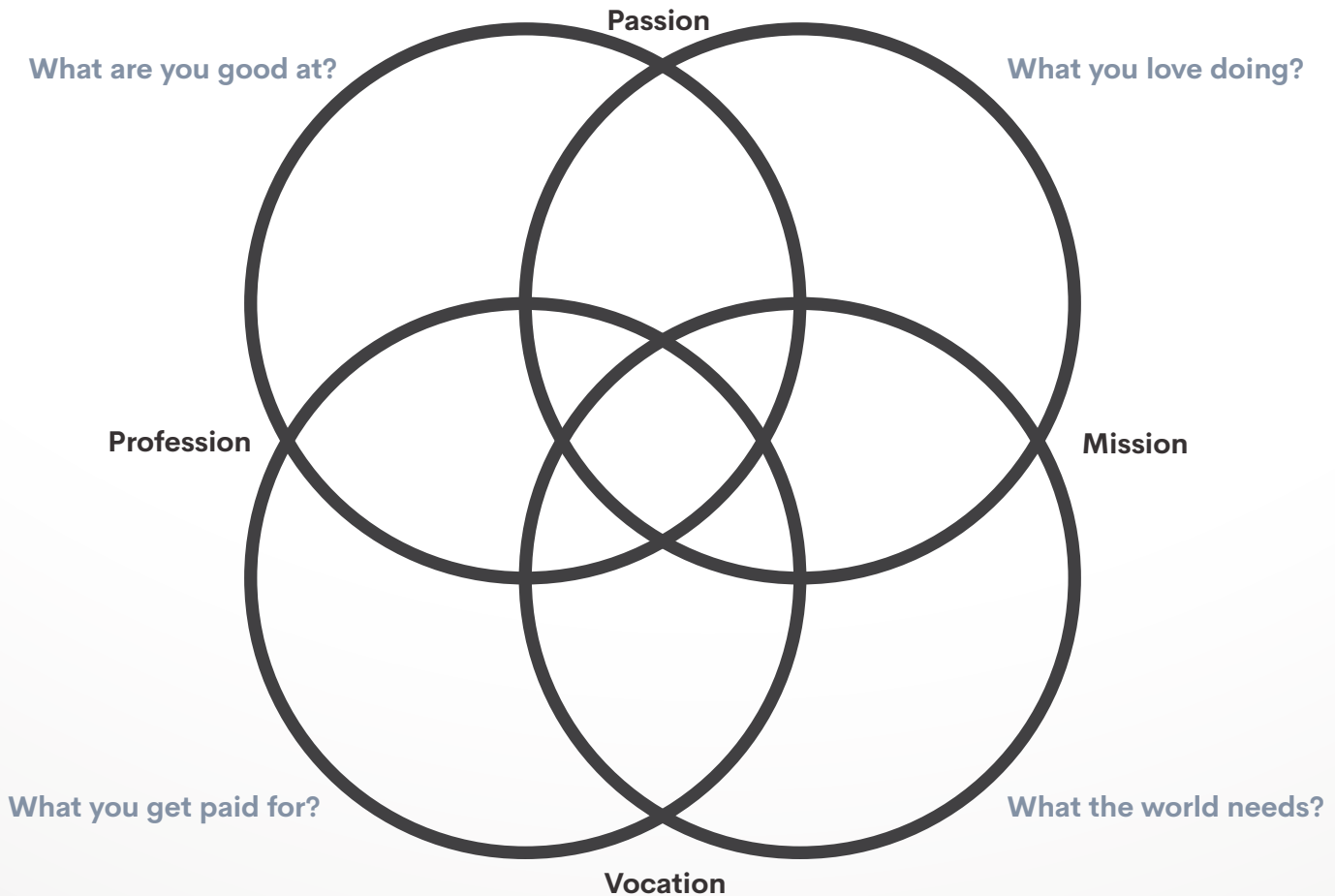
*The things that the you can do and can
get paid for is how the profession can be
determined.*



Step #9:

The ultimate ikigai!!!

Put the points in respective circles.



Congratulations! Practice this monthly to direct life in a balance approach.