

K I G A

FINDING YOUR PURPOSE



HOUSE OF
REAWAKEN

Agency begins with **self-knowledge.**

www.houseofreawaken.com



HOUSE OF REAWAKEN



Agency begins with **self-knowledge**.

PERSONAL INTELLIGENCE FOR A MORE CONSCIOUS LIFE.

IKIGAI

DISCOVERING YOUR LIFE'S PURPOSE



What is Ikigai?

Ikigai is a Japanese concept that translates to "*a reason for being*." It represents the idea of having a purpose in life or something that makes life worthwhile and fulfilling. The concept is often visualised as the intersection of four elements:

1. What you love:

Activities and pursuits that you deeply enjoy and that make you feel alive.

2. What you are good at:

Skills and talents you possess, where you have competence and mastery.

3. What the world needs:

Ways in which you can contribute to society and make a positive impact.

4. What you can be paid for:

Activities or services that others are willing to pay for, ensuring financial sustainability.

The sweet spot where *all four* elements intersect is your **ikigai**. Finding your ikigai is believed to bring satisfaction, meaning, and balance to life. It integrates both personal fulfillment and social contribution, promoting a sense of purpose that aligns with your values and skills.

In practice, discovering your ikigai involves self-reflection and exploration to understand what truly drives you and how you can align these aspects to lead a more fulfilling life. This process can lead to greater happiness and a longer, more satisfying life, as seen in some Japanese communities, particularly in Okinawa, where ikigai is deeply embedded in daily life and associated with longevity and well-being.



The Intersections

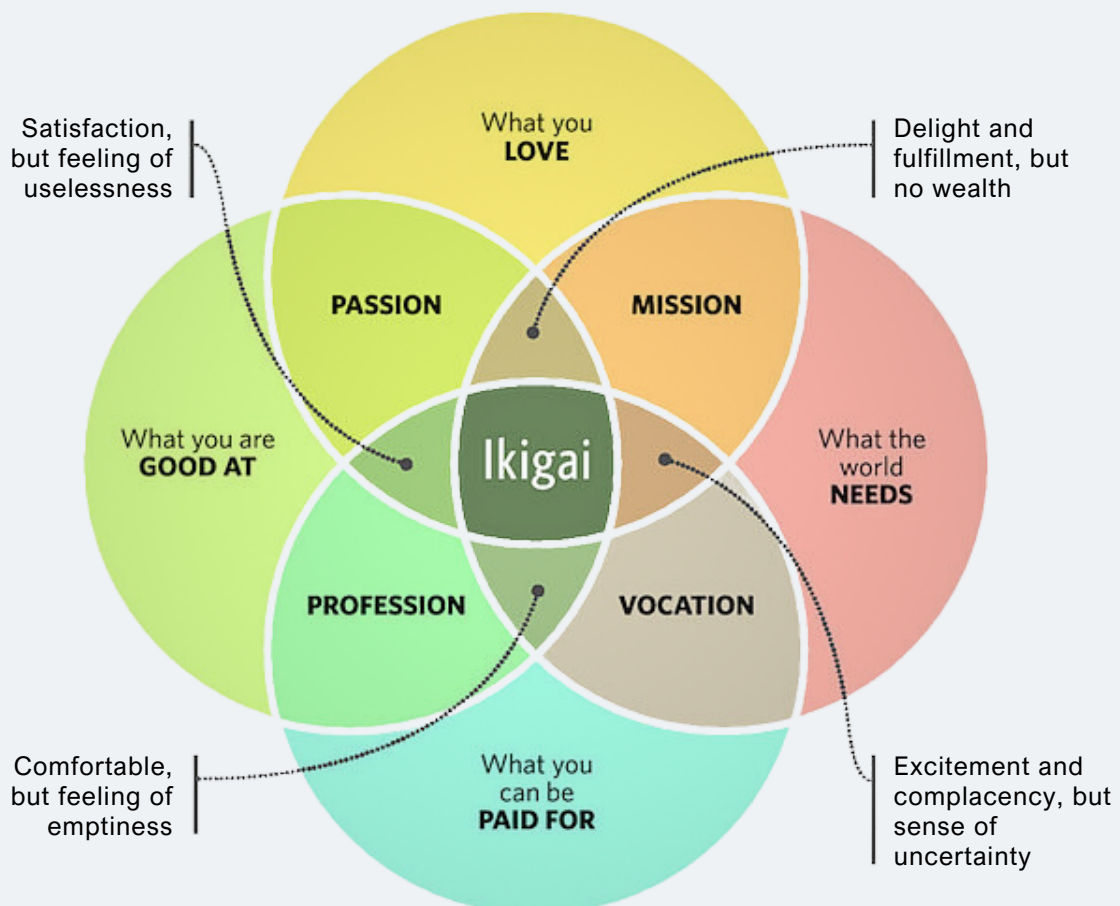
As seen below, you can have a variety of intersections in the Venn diagram.

Two intersections *create*:

- **Passion** - The intersection of what you're good at and what you love
- **Mission** - The intersection of what you love and what the world needs
- **Profession** - the intersection of what you're good at and what you can be paid for
- **Vocation** - The intersection of what you can be paid for and what the world needs

How you *feel* when three intersect:

- Satisfied but experience feelings of uselessness
- Delight and fulfilment without wealth
- Comfortable but you also can feel empty
- Excitement, complacency, and a sense of uncertainty



Source: Dreamstime

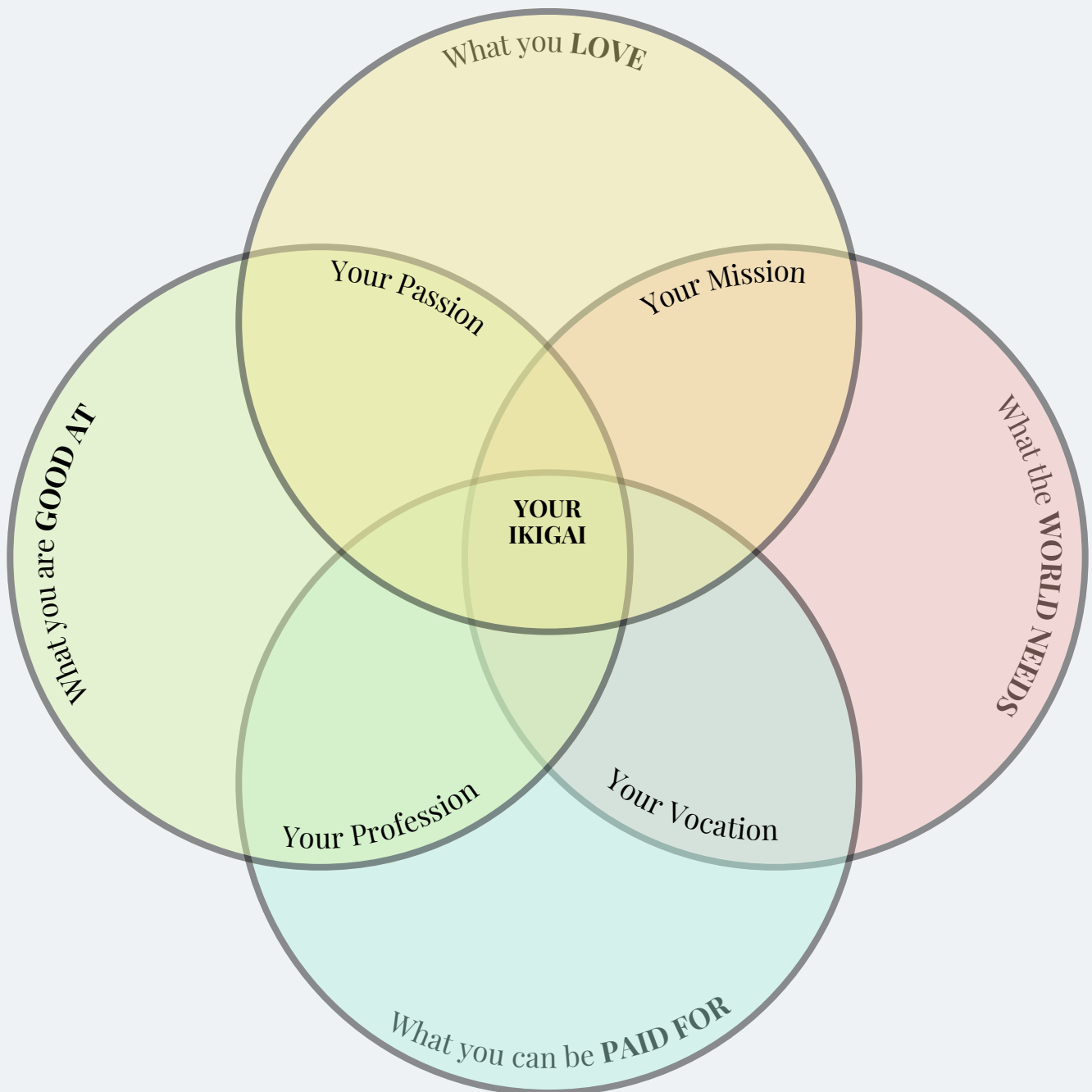


Finding Your Own Ikigai

Forget about what the rest of the world wants or tells you to do - to find your own Ikigai, you need to dive into some deep self-reflection.

I've created some self-reflective questions on the following pages for you to complete and use to brainstorm. When done, complete the Ikigai Venn diagram with some of your brainstorming thoughts.

The process involves introspection and may require time to reflect on your life experiences, skills, and desires. It's about finding the balance between these elements that leads to fulfillment and a sense of purpose in life



What You Love:

What activities make you lose track of time?

What did you love to do as a child?

What topics do you find yourself continuously drawn to?



What You Are Good At:

What are the tasks that you find easy, while others may struggle?

What skills do people tend to compliment you on?

What are the things you feel you could mentor or teach in?



What The World Needs:

What are the issues in the world that you feel most passionate about?

How can you use your talents to serve others?

What change would you like to see in your community or the world?



What You Can Be Paid For

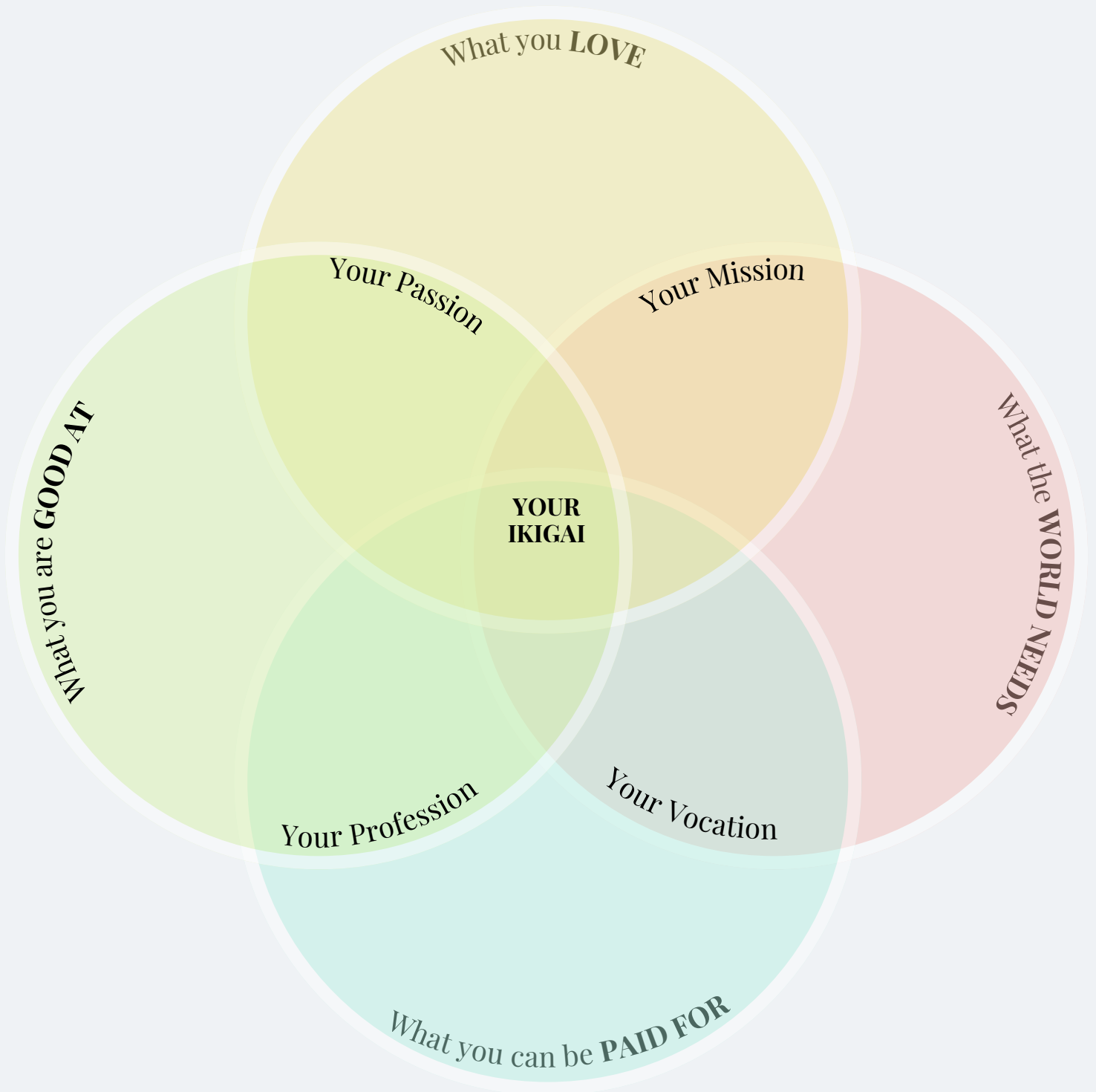
What services or products could you offer that people would be willing to pay for?

What roles, positions, or careers spark your interest?

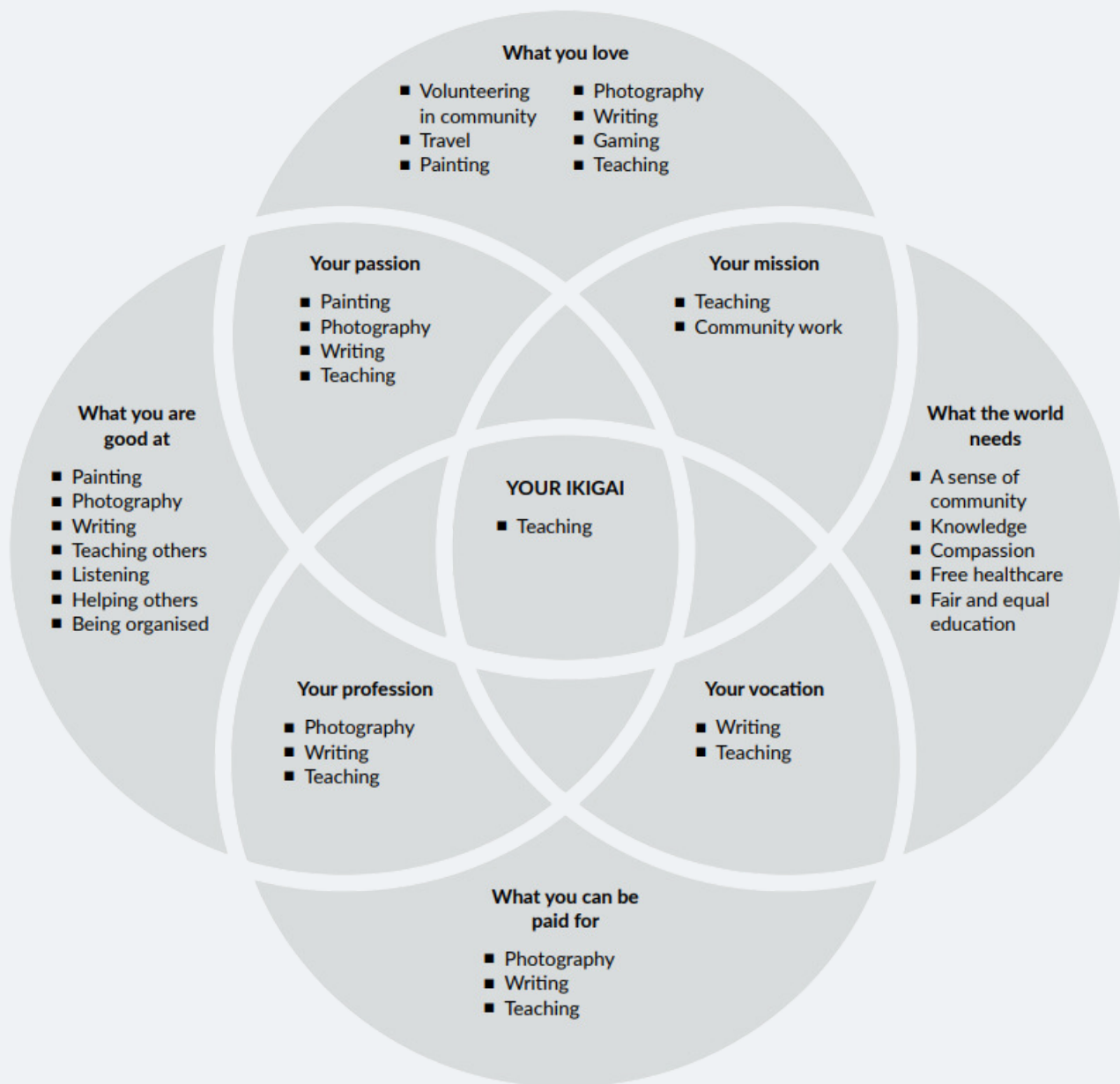
What are the market needs that align with your skills?



Ikigai Template



An example of a completed Ikigai diagram



Other journal prompt questions to help you understand what you love:

- What do you never get bored of?
- What makes you smile?
- When do you feel happiest?
- What 5 things do you cherish most?
- What were you doing when you last lost track of time?
- In the past, what has left you feeling energized?
- Who are the people you love spending time with?
- What did you love to do as a child?
- If you were financially secure, what would you do with your time?
- Is there an activity, person, or place that you never get bored of?
- What activities make you lose track of time?
- What aspects of your life make you feel alive and energized?
- What do you feel passionate about?
- What are your values, and how do you use them every day?
- Where do you find beauty?
- If you could be the best at one thing, what would it be?
- What can you not stop talking about outside of the workplace?
- What would you continue to do even if you did not get paid?
- What would you choose to do with your time if you did not have to worry about making money?
- How would you spend your perfect weekend?
- What excites you when you do it?
- What could you talk about for hours on end?



Other journal prompt questions to help you understand what you are good at:

- What skills do you spend time practicing?
- What do people approach you for help with?
- Have you ever won an award?
- What skills do you list on your resume?
- Is there something you would like to be good at?
- To what activities have you ever devoted over 100 hours practicing or learning?
- If you had to teach something, what would you teach?
- What skills or talents come naturally to you?
- What do you excel at even when you are not trying?
- What makes you feel good about yourself?
- What do other people compliment you about?
- What achievements are you proud of?
- Do you get excited about developing your skills in this area further?
- What parts of your current job come to you easily?
- In what activity do you excel in your social circle, workplace, or community?
- With some more education and experience, could you be among the best at what you do?



Other journal prompt questions to help you understand what you can get paid for:

- What have you been paid for before?
- What would you be doing if you were not in your current job?
- What do people need?
- Do you think they would be happy to pay for it?
- Can doing this give you the income you want/need right now?
- Can you make a good living doing this work in the long term?
- Are people willing to part with their resources to pay for what you have to offer?
- What does the competition look like - can you spot a niche?
- Which jobs, positions, or tasks spark your interest?
- Are you already making a good living in your line of work?



Other journal prompt questions to help you understand what the world needs:

- What do the people in your immediate society need?
- Is there something about the way the world works that you want to change?
- How can you contribute positively to those around you?
- Think of 3 skills you have that are in high demand.
- What changes would you like to bring about in the world?
- What can you do or offer that would bring meaning to others?
- If you could get a message across to a large group of people, what would your message be?
- How do you help others?
- What can you teach others?
- What kind of contribution would you love to make in life?
- What problems in your society would you like to help solve?
- What issues in your community or the whole world touch you emotionally?
- Will your work still be relevant a decade from now?
- What would you like to see people do more of or differently?
- What is the world lacking?
- How could you be more involved in your community?

