

3 steps to find your ikigai

1. Make four lists

Spitball as many ideas onto the paper as you can.

What I love	What I'm good at	What the world needs	What I can be paid for

Highlight the ideas that have stuck with you the longest throughout your life.

Consider: What is most important to you? What brings meaning into your life? What would you do if you didn't have financial obligations to worry about?

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2. Find the overlap

Are there any similarities between the columns? Write these down as well. These overlapping areas are where you'll find your ikigai.

3. Define your ikigai

Taking all of this, condense it into one verb. For Tim Tamashiro, his ikigai is “to delight.” Mine is “to teach.” Here are a few more ideas. Notice if any stick out to you.

- To connect
- To serve
- To inspire
- To refine
- To create
- To aid
- To heal
- To explore
- To design

My ikigai: