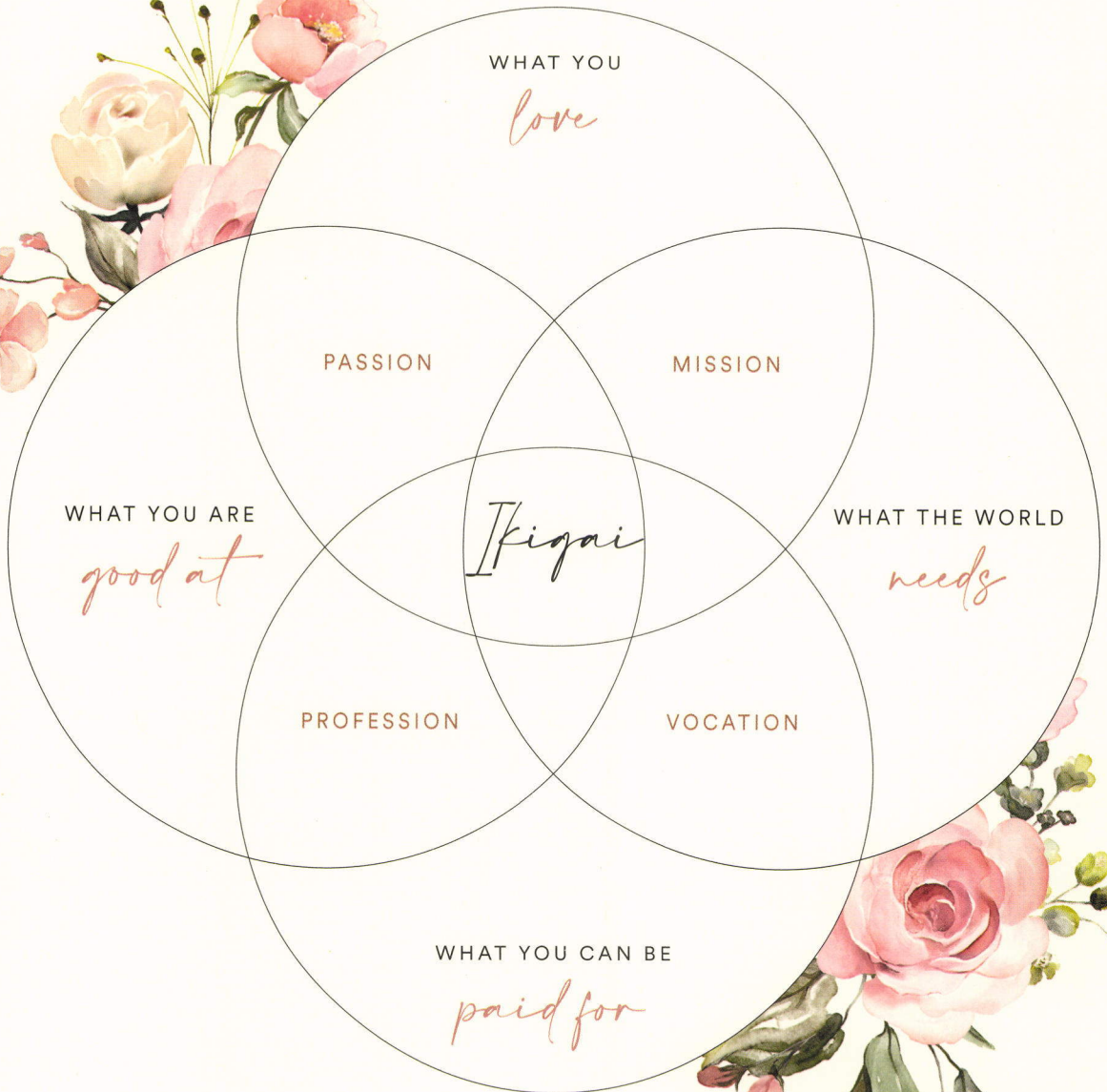
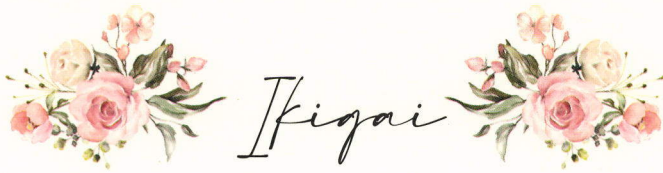


Ikigai

Ikigai is a Japanese concept that means “a reason for being”. The word refers to having a direction or purpose in life, that which makes one’s life worthwhile, and towards which an individual takes intentional actions giving them satisfaction and a sense of meaning to life.





For each of these areas, write down all ideas that apply to get closer to knowing your Ikigai.

PASSION

Empty rectangular box for writing ideas related to Passion.

MISSION

Empty rectangular box for writing ideas related to Mission.

PROFESSION

Empty rectangular box for writing ideas related to Profession.

VOCATION

Empty rectangular box for writing ideas related to Vocation.