

IKIGAI

a simple exercise to seek your professional purpose



TIME FOR SELF REFLECTION

1. Take 30-60 minutes to reflect alone, with a notebook and a pen

2. Make use of the table you find in the next slide. Spend 5-10 minutes on each one of the four quadrant, reflecting on and writing down the strongest ideas that come to mind for each one

3. After making notes on the quadrants, try to write a single sentence that expresses your ikigai: the intersection of the four areas. It doesn't have to be concise, grammatical or polished

4. Reflect on what you've written. Share it with someone close to you. Consider how closely aligned it is with your professional life today

5. Finally, if you discover that there is misalignment between your ikigai and your current work life, challenge yourself to take one small bold step right away

WHAT I LOVE TO DO

WHAT I AM GOOD AT

Passion

Strength

Mission

Profession

WHAT THE WORLD NEEDS

WHAT I CAN BE PAID FOR

What overlaps all 4 of these quadrants? What possible options could I explore?

Out of all the paths listed, star the one(s) that excite you the most, that you have a strong curiosity about.

What are the next actions steps to take to explore these options?
Plan it & take action!

“Your career sweet spot is the area that brings your strengths and passions together in a way that adds value to the world, and allows you to make a living doing what you love”