IKIGAI

Answer the eight prompts first. Then look at the circles: your ikigai sits where what you love, what you are good at, what the world needs and what you get paid for meet.

Adapted by Colton Mulligan, building on the work of many others.

WHAT DO YOU ENJOY DOING?

Hobbies, recreation

LIST YOUR MOST VALUABLE SKILL SETS.

WHAT DO YOU ENJOY DOING PROFESSIONALLY?

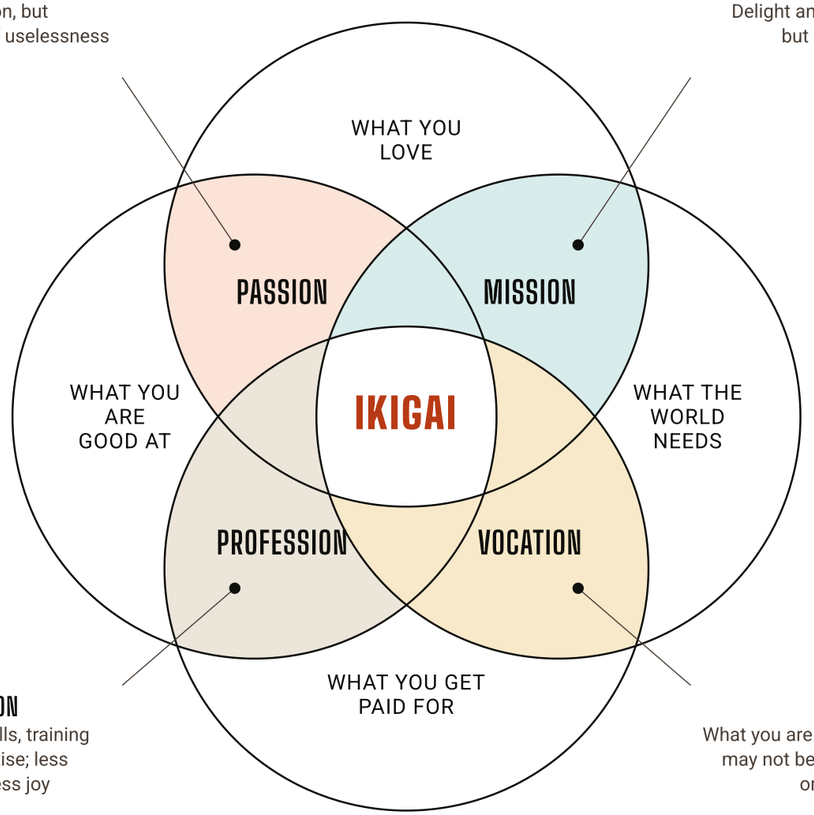
WHAT ARE THE MOST MEANINGFUL COMPLIMENTS YOU RECEIVE?

WHAT ACTS OF SERVICE GIVE YOU A SENSE OF JOY OR PRIDE?

IF YOU HAD 1 MORE HOUR IN YOUR DAY, WHAT WOULD YOU DO?

PASSION
Satisfaction, but feelings of uselessness

MISSION
Delight and fullness, but not wealth



PROFESSION
Unique skills, training and expertise; less fulfilling, less joy

VOCATION
What you are suited for; may not be as unique or profitable

WHAT SPECIFIC ACTIONS CAN YOU TAKE TO ENRICH YOUR IKIGAI?

1.

2.

3.

HOW CAN THE FORUM SUPPORT YOU?

1.

2.

3.