

Self-analysis



Ikigai

a reason for being

F A L L I N G

In Love

WITH MYSELF AGAIN

Self-analysis

Ikigai

Instruction Manual

Ikigai is a Japanese concept, which combines 'iki' [生き], meaning life, and 'gai' [甲斐], meaning value or worth. It is usually translated as life's purpose, and refers to living a happy everyday life.

When to use it?

- When you feel lost
- When you feel that something is missing in your life
- When you do not feel happy with your current life
- Before making a big decision about new direction of your life

Take your time! The more detailed and specific the answers are, the more effective your results will be.

Ikigai starts with the awareness of four key pillars:

- What you love
- What you are good at
- What the world needs
- What you can be paid for

The next step in Ikigai is to connect the answers from above to find intersections:

- Passion – What you love + what you are good at
- Mission – What you love + what the world needs
- Vocation – What the world needs + what you can be paid for
- Profession – What you're good at + what you can be paid for

Your ideal life purpose will involve all of the sections, meaning that your purpose is something you love, you're good at, the world needs, and you can get paid for.

Don't worry if you don't find the central Ikigai that puts everything together in your first try.

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Ikigai

Delight and
fullness, but no
wealth

Excitement and
complacency,
but sense of
uncertainty

What you love

Passion

Mission

What you are
good at

What the world
needs

ikigai

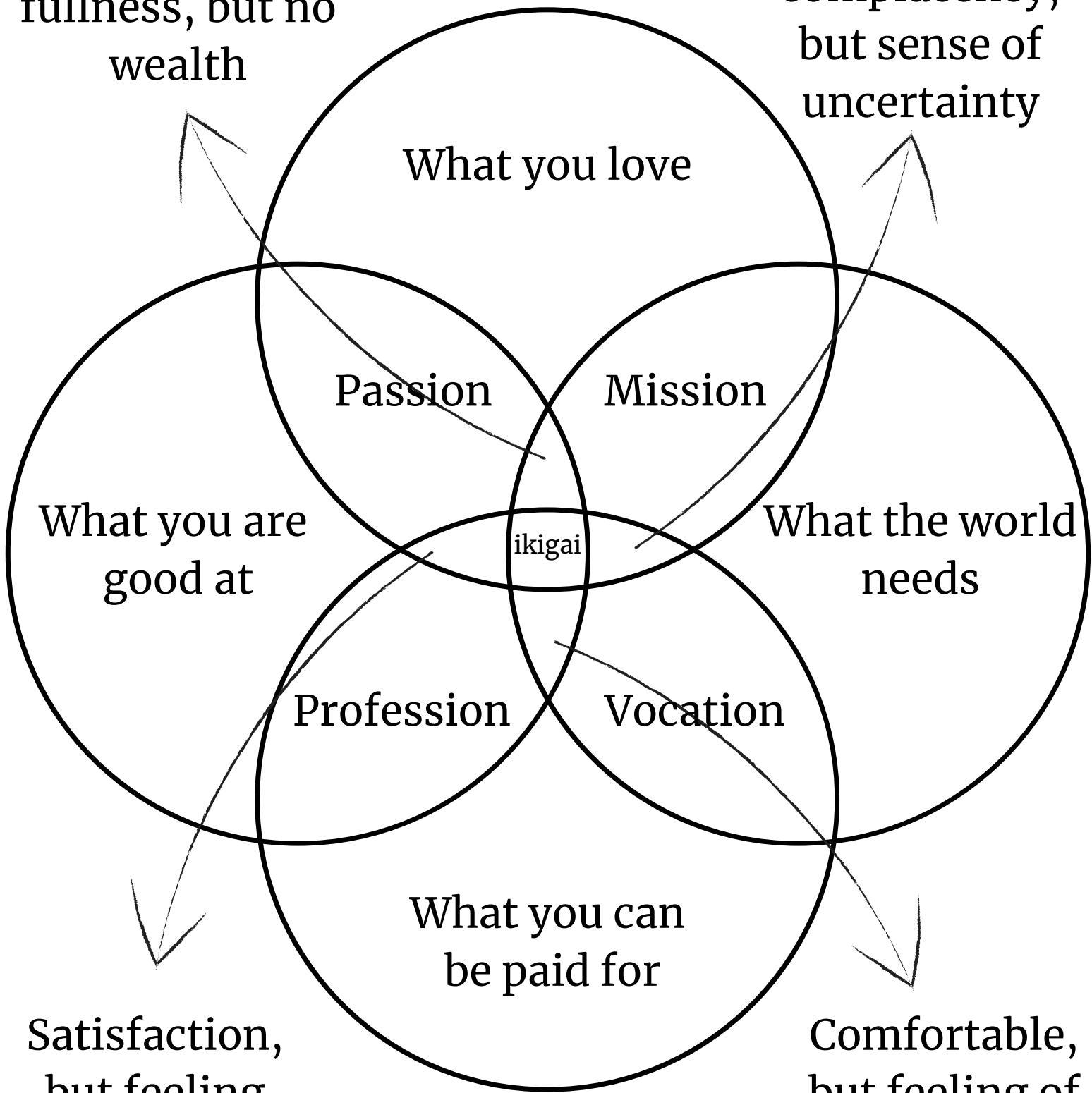
Profession

Vocation

What you can
be paid for

Satisfaction,
but feeling
of useless

Comfortable,
but feeling of
emptiness



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Questions to Answer

What do I love?

What does the World Needs?

What I am good at?

What can I be paid for?

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Your Ikigai

