# My Ikigai Worksheet

Your purpose is at the intersection of the four Ikigai areas but remember this is the start of a journey of self-discovery and understanding. You probably won’t finish this exercise with a new life plan, but it will prompt more self-reflection that will lead you in the right direction.

Start by taking 10 minutes to brainstorm ideas for each area. Don’t think too much, just write down anything that comes to mind. Keep your list handy over the coming weeks and add to it as ideas and thoughts come to mind.

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| What I am good at | What I love |
|  |  |
| What I can be paid for | What the world needs |
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