

Find your *life purpose*

The purpose of this exercise is not to find the one and only thing that will get you out of bed smiling every morning. You will not achieve your life purpose by doing one thing - it's a collection of activities (jobs, hobbies, rituals, roles and relationships) that will bring you fulfilment. Thinking about these 4 areas will help you come up with new options and ideas to explore.

What you love

Passions
Dream project
Activities you enjoy now or
enjoyed as a child

What matters
to you

Impact you can have
Frustrations
Pride and happiness
Legacy

What you're
good at

Strengths that energise you
Skills you've learned
Skills you can teach others

Jobs you can do
Skills you can teach
Products or services you can sell

What you can be paid for



Step 1 - Answer these questions

Do what you love

What activities do you love doing now? Think about what you do both at work and outside of work, hobbies, topics that you're curious about, your passions.

What did you love doing when you were a child and teenager? Think about the games you played, your favourite lessons in school, the kind of jobs you dreamed to do.

Do you have a dream project, something that you'd love to make happen at some point in your life?

Do something that matters to you

What impact do you want to have? It could be in your local community, for a group of people, or something you'd love to change in the world.

Who or what inspires you?

What makes you angry and frustrated?



Do what you're good at

What are your strengths? Think about activities that you're good at, that you enjoy doing and that leave you energised. They generally leave you buzzing and make you lose track of time. You can find a list of 60 strengths here: <https://www.strengthsprofile.com/en-gb/resources>.

What are your skills? Think about both your hard and soft skills (more info on that in the blog article)

What do others ask you help for? What can you teach others?

Do something you can be paid for

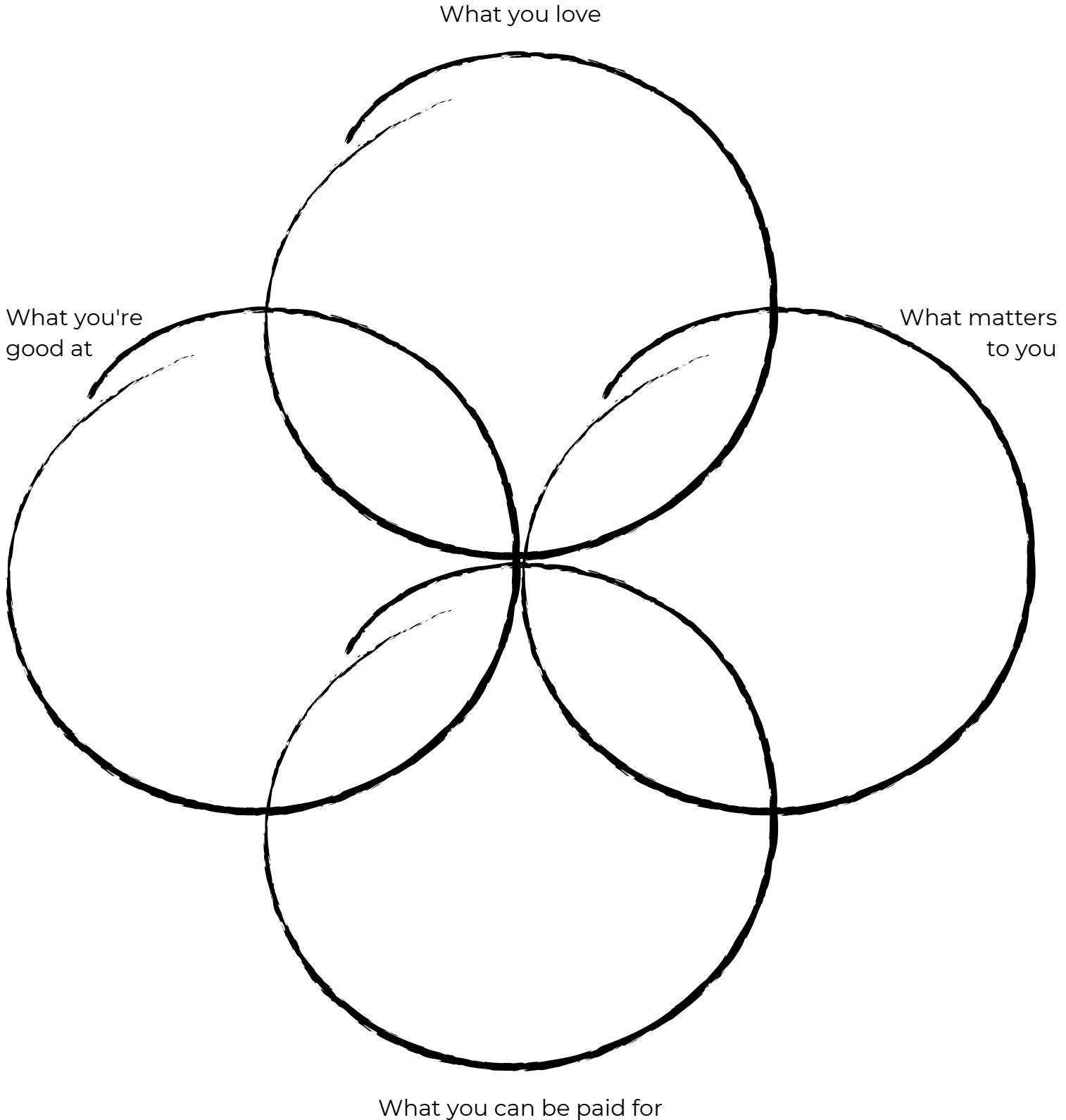
What jobs can you do? Think about what you can teach and do for others, all the jobs that you've done before, and the skills you can (re)use and transfer.

What can you sell? Think of a product or a service that you can create and sell. What problem would it solve? What need would it fulfil? Who would buy it?



Step 2 - Fill in your map

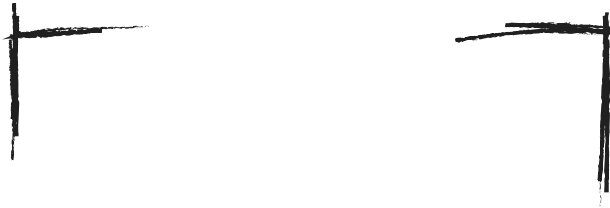
Use keywords from your answers to the questions to create your Ikigai map, and see if you can notice a red thread or common themes.



Now start combining keywords from each of the 4 areas to see what new ideas come up. Don't spend too much time on this part, it should be a spontaneous creative brainstorm, and it's ok to leave these empty.

YOUR MISSION

doing something you love and that matters to you



YOUR VOCATION

doing something that matters to you and that you can be paid for



YOUR PASSION

doing something you love and that you're good at



YOUR PROFESSION

doing something that you're good at and that you can be paid for



Step 3 - Bring your Ikigai into your life

Looking back at the 2 previous pages, start thinking about how you can make these keywords and concepts real. This is about creating a collection of activities aligned to your purpose and that will bring fulfilment into your life.

Jobs

What job, or jobs, can you do? It doesn't have to be just one thing, you could start building a portfolio career. Think of what you can teach or do for others.

Hobbies

What could you do in your spare time that brings you purpose?

Roles & Relationships

What roles and relationships in your life fulfil you? It could be as a carer (for older or younger people of your family or outside), as a friend, as a volunteer...

Rituals

Are there any rituals that you could add to your life on a daily, weekly, monthly, and even annual basis? These could be small or big moments that make your life aligned to your purpose.



The 5 pillars

Ken Mogi, author of “The little book of Ikigai”, highlights five pillars that will help you uncover your sources of Ikigai and clarify your purpose.

Starting small

Take small steps rather than go for a big change that can be harder to achieve

Releasing yourself

Accept your uniqueness and stop comparing yourself to others.

Harmony and sustainability

Be mindful of the impact of your actions on others and on the environment you live in.

The joy of little things

Create a daily routine that combines little moments of joy

Being in the here and now

Focus on what you're doing, rather than thinking about the past or the future, experience the beauty of the moment you're in.

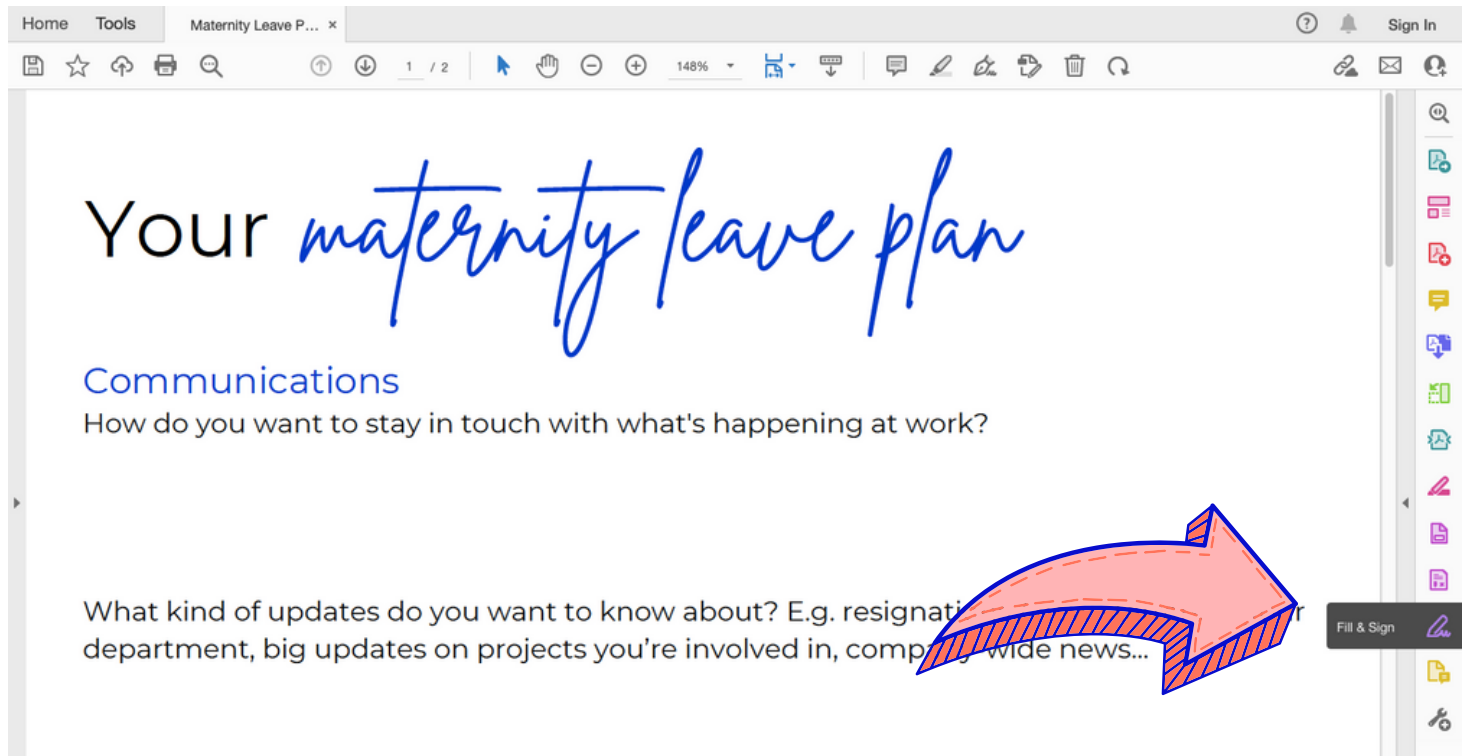
Pick one of these pillars and set yourself an intention as you're starting your journey towards finding your purpose. What do you need to keep in mind? How will you remember it?



How to fill my worksheets

If you can't or don't want to print the worksheets, you can use this FREE function available in Adobe Acrobat Reader (which I believe most people will have on their computers!)

The "Fill & Sign" function



Click anywhere on the page to add a text box. You can also add other elements (crosses, ticks...), as well as circle or underline words. And don't forget to save!

