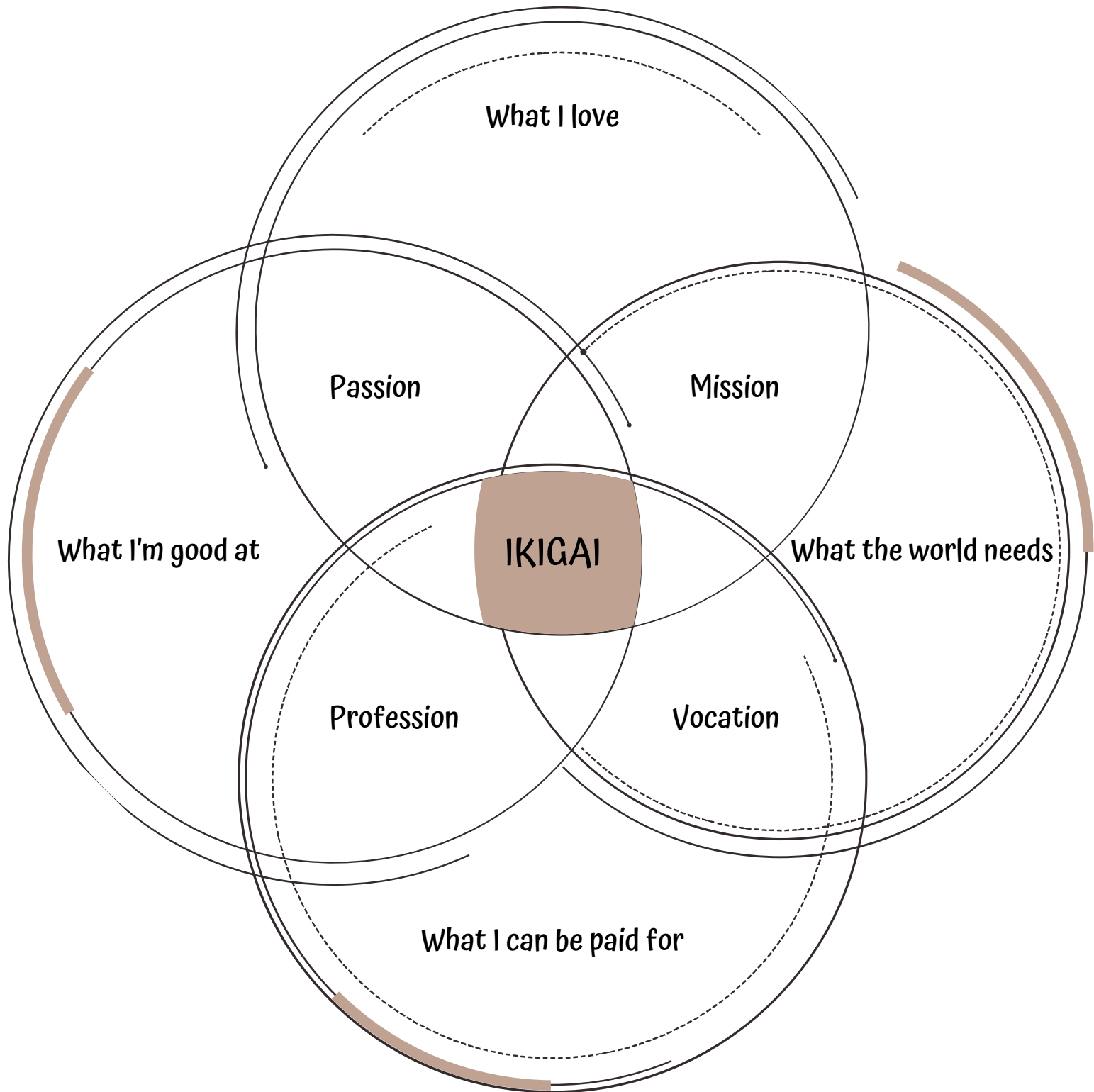


# Ikigai - Find Your Purpose



Your **purpose**. Your **plan**. Your **project**.

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# Ikigai - Find Your Purpose

## Instructions for using the template

- Start by listing what you love
  - Then what you're good at
  - Then what you can be paid for
  - Then what the world needs
- 
- Fill in the Passion section by looking for overlap between what you love and what you're good at
  - Fill in the Profession section by looking for overlap between what you're good at and what you can be paid for
  - Fill in the Vocation section by looking for overlap between what you can be paid for and what the world needs
  - Fill in the Mission section by looking for overlap between what the world needs and what you love

Tip: you may find it helpful to think of these four sections as follows:

Mission describes who I am.

Passion describes what I do.

Vocation describes how I do my work.

Profession describes why people book me/pay me.

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- List out on a separate piece of paper, all of the answers from Passion, Profession, Vocation and Mission
- Highlight the words and phrases that really resonate with your desires or values.
- Take all the words and phrases you've highlighted and write them down again.
- Gradually make them into sentences

My final Ikigai statement:

# Ikigai - Find Your Purpose

Writing prompts:

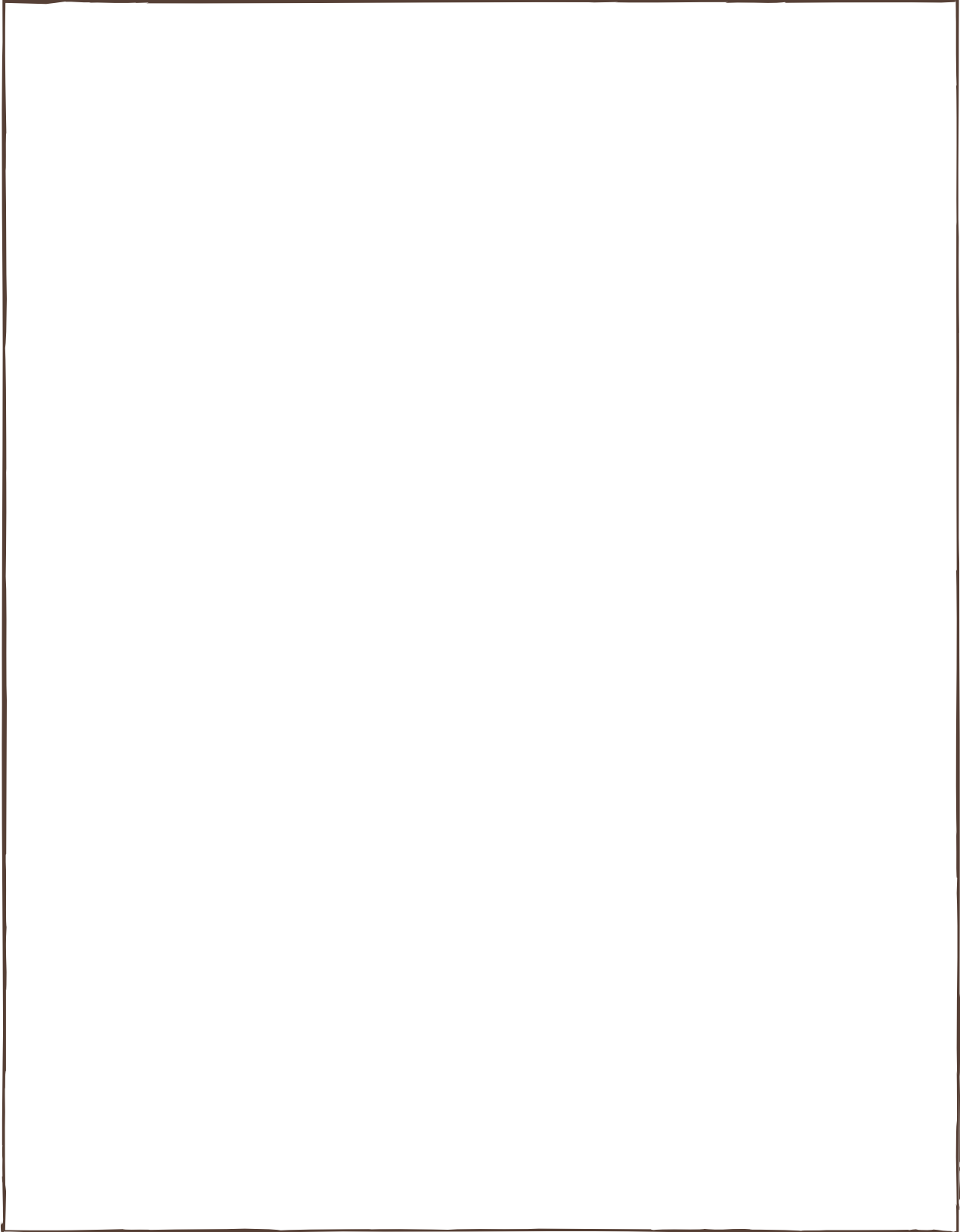
- How closely does this statement align to my current situation? What am I already doing and what am I not currently doing?

- Does this statement of purpose feel like something I'd like to do for a job/career/business, or does it feel more like a way of being I'd like to embody or a lifestyle I'd like to have?

- How would I feel if this statement were already 100% true?

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Space for your answers

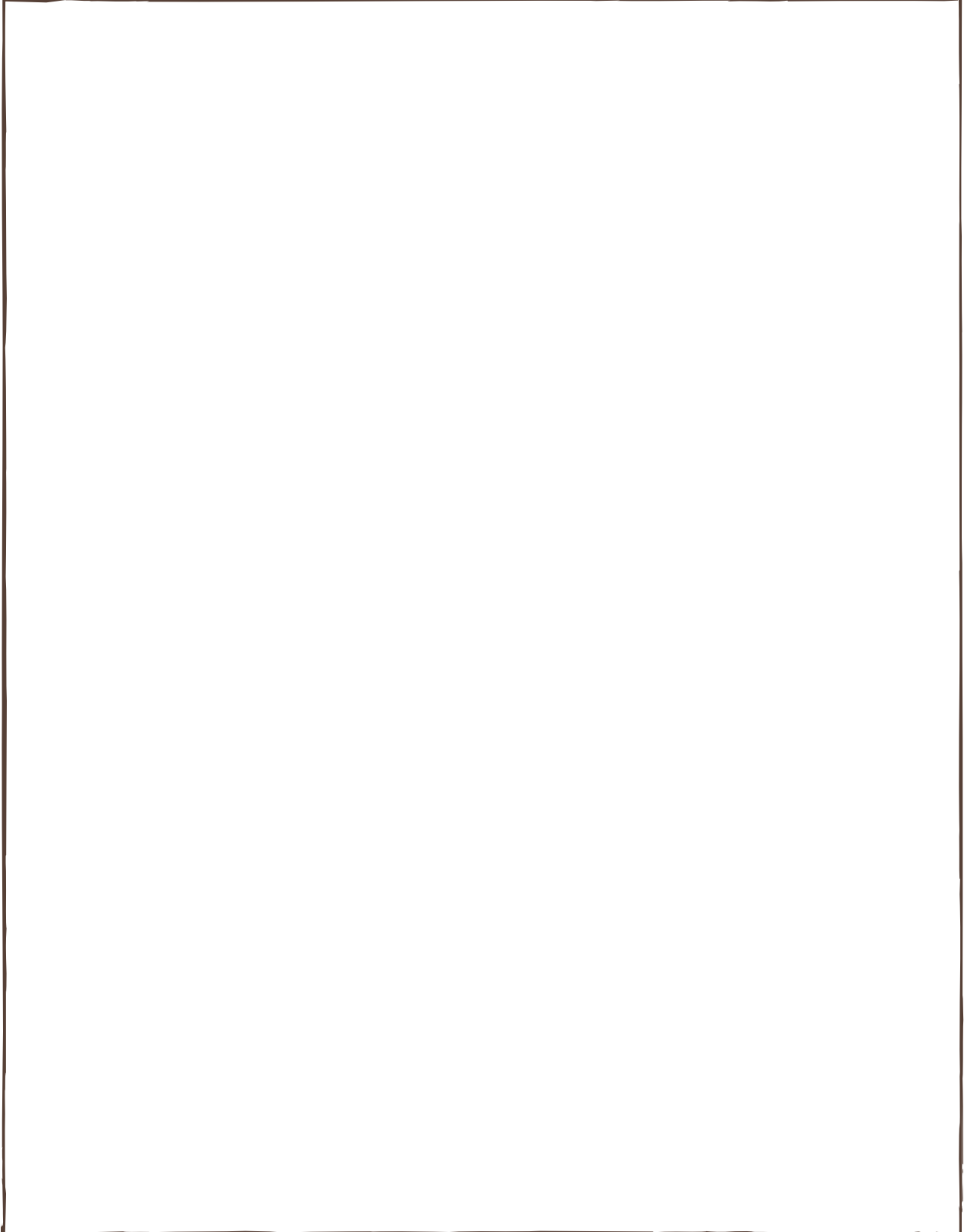


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Space for your answers



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