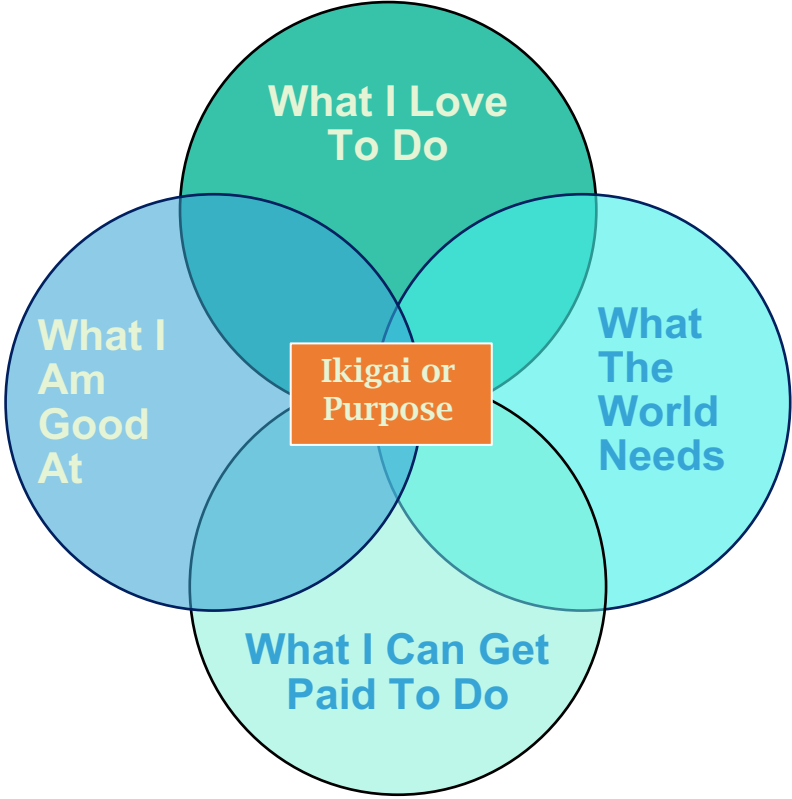


# Ikigai Toolkit



**Step One: What I Am Good At**

Create a list of strengths, skills, and talents below:

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**Step Two: What I Love**

Create a list of what you are passionate about... what do you love to do? To create? To make happen?

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**Step Three: What The World Needs**

What are some issues that break your heart? What causes could use your help? Brainstorm all of the ways in which the world can use your talent and skills... You can think on a big scale like changing the world or on a small scale... positively impacting your community or your organization.

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**Step Four: What I Can Get Paid To Do**

Create a list of the opportunities at work you currently have to utilize your skills in the things you love to do, you are good at, and the world needs. Add any additional ideas you have for getting paid to do these things:

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**Step Five: Passion**

Look at where your passion (your skills plus interest) overlap from Steps One and Two. Write down combinations you see or imagine:

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**Step Six: Vocation**

Look at where what the world needs overlaps with how you get paid. What vocations would allow you to earn and give back to society at the same time? Write down combinations you see or imagine:

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**Step Seven: Profession**

Look at how your skills overlaps with how you could get paid. What professions would allow you to earn and use your strengths at the same time? Write down combinations you see or imagine:

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**Step Eight: Ikigai**

What ideas do you have for where all of these “worlds” collide? Write down combinations you see or imagine to strengthen your ikigai:

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