

Creating purpose with IKIGAI

Description: Japanese psychologist Michiko Kumano (2017) has said that “IKIGAI” (ee-key-guy) is a state of wellbeing that arises from devotion to activities one enjoys, which also brings a sense of fulfillment. In its simplest form, IKIGAI is the concept of what brings meaning, purpose, and fulfillment to your life, while also contributing to the good of others. IKIGAI in this sense is figuring out what you love, what you’re good at, what you’re knowledgeable about, and what will make you money.

Goals:

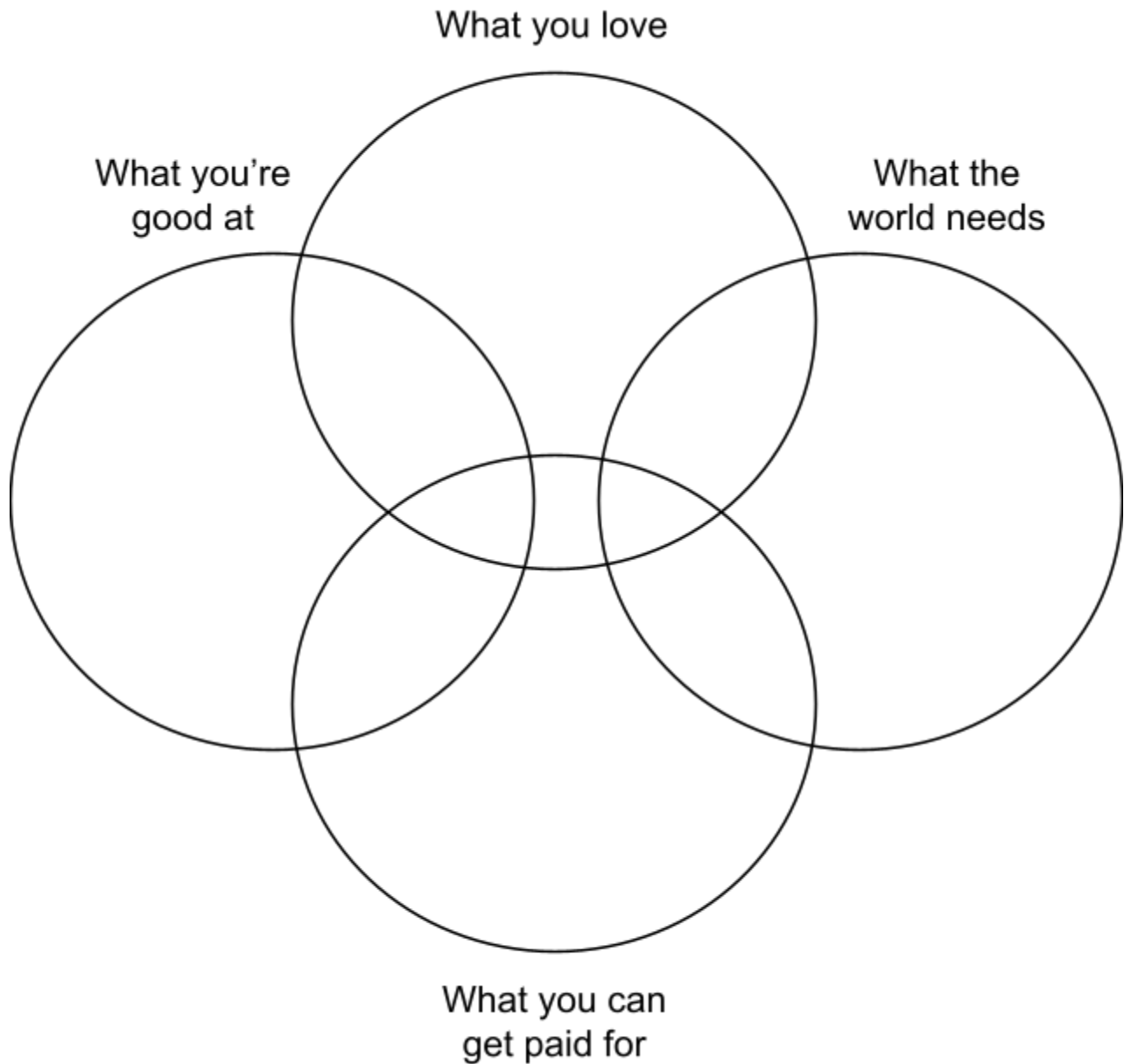
- You will be able to identify your IKIGAI after this activity and will be able to utilize this information in the career exploration process. This activity can be repeated as many times as needed.

Activity Instructions:

The instructions below will assist you in filling out the spheres on the next page (note: you will think about these spheres independently for this portion of the exercise:

1. **Identifying what you love:** This sphere will include what we do or experience that brings us the most joy in life and makes us feel fulfilled. What we love might be writing poetry, singing, reading, or hanging out with friends and family.
2. **What you’re good at:** This sphere includes skills that you are good at that you may have learned or are just naturally talented in. One could be good at being empathetic, sports, painting, or computers.
3. **What the world needs:** This sphere is related to humanity, a small community you are in, or anything in between. This might be based on your impressions or what others have expressed, such as nursing, clean water, election day volunteers, or teachers.
4. **What you can get paid for:** You might be passionate about writing poetry, but that doesn’t mean you will get paid for it. This sphere is a little more complex because it brings in the state of the economy and the demands of talents.

Utilizing the tools above, please fill out the spheres on the second page:



Now that you've evaluated your four spheres, you will probably notice that a few things are overlapping. For example, if you love teaching and believe that the world could benefit from further knowledge, there is a clear overlap. Take some time to write those overlapping answers. Does something fall in all four spheres? That's your IKIGAI!

You can now use this to identify a career path that will be meaningful to you.

Resources:

- [Learn more about finding your IKIGAI](#)