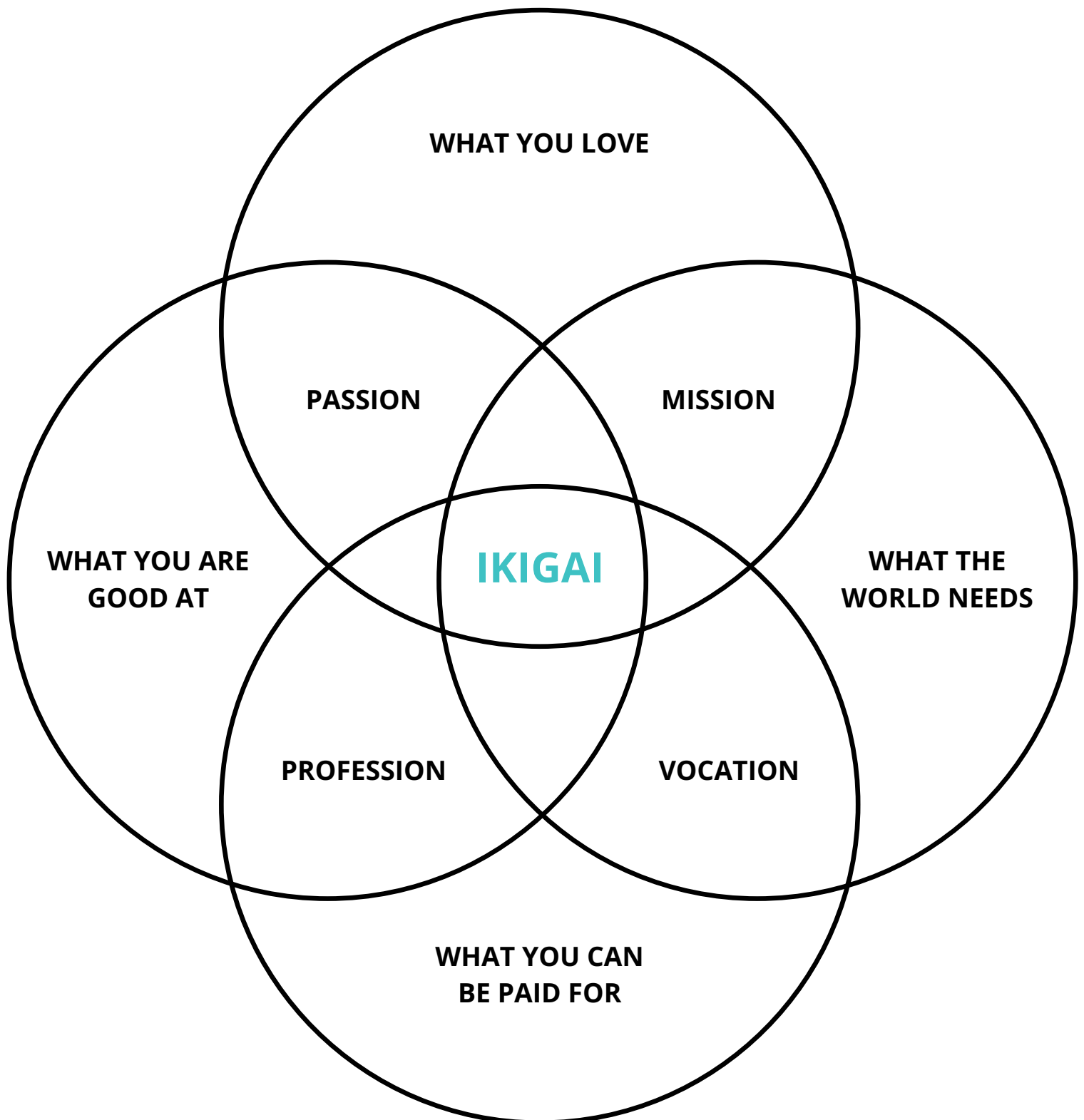


Find Purpose with Ikigai

What is ikigai?

Ikigai is the Japanese concept that refers to an individual's sense of purpose and reason for living. It's not simply the desire to work for "fun money" or to stay healthy and engaged, it's about sustaining a strong sense of purpose throughout one's life. It's about continuing to matter, to contribute, to develop and grow - all of which supports a long, healthy and happy retirement.



Finding Your Ikigai Part 1

What do you love to do?

What gives you energy? What makes you come alive and lights you up? What makes you feel good? What do you have passion for? What puts you in a state of flow?

What are you good at? What are your superpowers?

What is your area of expertise? What special skills, talents and abilities do you have? What things come easily to you? What are you uncommonly good at - better than most people?

Finding Your Ikigai Part 2

What do people need?

What problems do people have that you can help solve? How can you help improve/change their life? What are people struggling with? How can you help them? What hard-won wisdom have you gained from your own struggles, life experiences, or career that you can use to help others with their own?

What kind of work could you do? either volunteering or paid for?

What value can you create that others would be willing to pay for? Or what skills, talents and gifts can you use to give back to the community