

FIND YOUR IKIGAI



1. PASSION - What do you love?

- What excites you, what do you really enjoy doing?
- Which activities do you forget the time and space because you are completely absorbed in them?
- Which things did you already like to do as a child?

2. VOCATION - What are you good at?

- What are you really good at, where are your talents?
- What can you do better than most others?
- Do you have other skills that may seem unimportant at first glance?

3. MISSION - What does the world need from you?

- What gives you meaning?
- What are your values, what do you believe in?
- By whom or where would you especially be missed and why?

4. PROFESSION - What do you do for a living?

- What does your previous work represent?
- Do you receive other income from other sources?
- Can you make money doing other things as well, things you are particularly good at?

