

**Finding Your Ikigai**

Have you heard of the concept of *ikigai*? It's a Japanese word that describes our reason for being/getting up in the morning. It is our life purpose and mission. This is how ultimately we can use our skills to best be of service on Earth!

Check out this article (https://upliftconnect.com/ikigai-finding-your-reason-for-being/), and take a moment to reflect on these questions, writing down some answers if you're still feeling unclear. Consider these individually first.

What do you love? What do you feel passionate about? Take a moment to really reflect on this and feel this.

What does the world need? What is lacking?

What will/might people pay you for? What is your background/qualifications?

What are you good at? What do people often compliment you on? (You may not necessarily like doing these things, but you hear that you have a talent for)!

Your *ikigai* is where all of these intersect into one. You can use the Venn diagram worksheet to map this out in a visual form as well.

Take a moment to write out what your