

IKIGAI WORKSHEETS

生き甲斐

IkigaiTribe.com

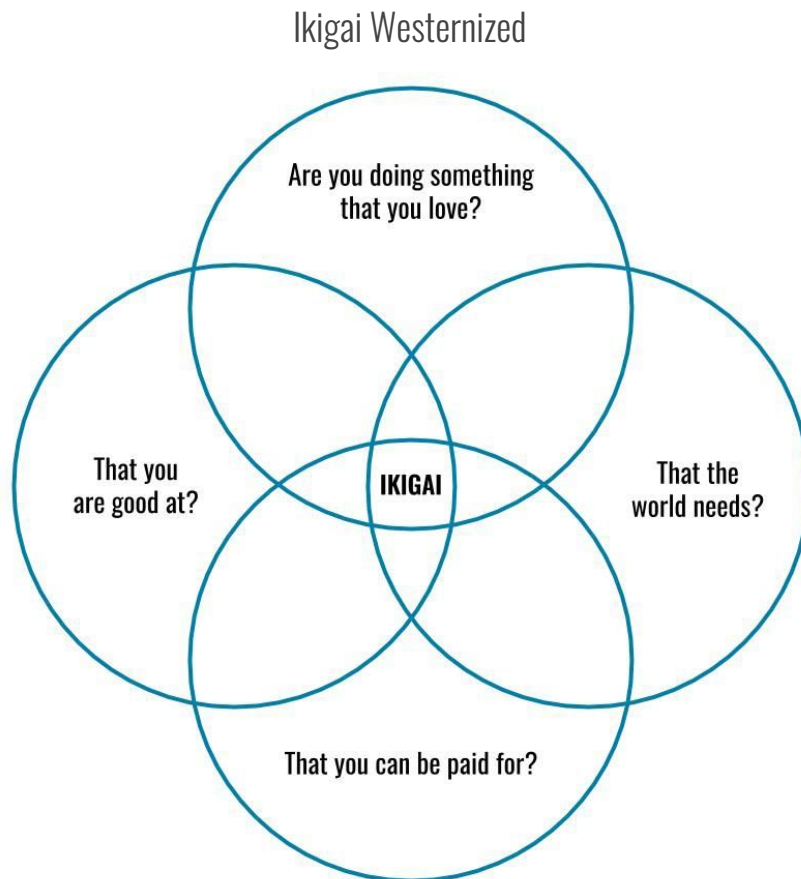
Ikigai

Ikigai Misunderstood

The Venn diagram below is what you will find on the internet when you google 'ikigai'. This is **NOT** Ikigai. This is not what ikigai means to the Japanese. They do not use this framework. This framework is just one blogger's interpretation (misinterpretation) of ikigai. In fact, in his own words:

"In 2014, I wrote a blog post on the subject of Ikigai. In that blog post, I merged two concepts to create something new. Essentially, I merged a venn diagram on 'purpose' with Dan Buettner's Ikigai concept, in relation to living to be more than 100. The sum total of my effort was that I changed one word on a diagram and shared a 'new' meme with the world." - Marc Winn, Meme Seeding, <http://theviewinside.me/meme-seeding/>

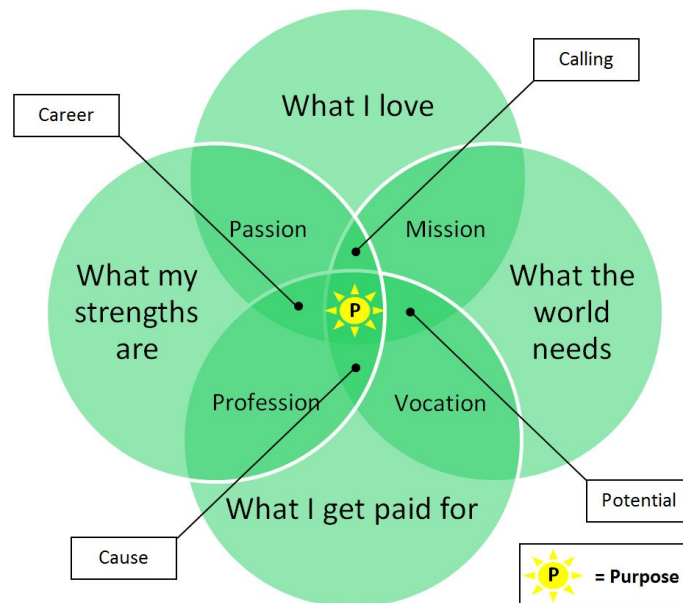
Listen to my podcast interview with Marc Winn - [Marc Winn On Merging Ikigai With The Venn Diagram of Purpose](#)



The Purpose Venn Diagram with the word IKIGAI as the centerpiece instead of PURPOSE.

The Purpose Venn Diagram

The Purpose Venn diagram is a useful framework for evaluating your career. It is a simplistic overview to understand what your current work situation is. It is used by career advisors to help people create a more balanced work-life situation, but it was originally inspired by a natal chart, and is the work of Spanish astrologer and author [Andrés Zuzunaga](#). Full credit should go to him for this framework.



Rinnelt, Jans. Purpose Venn Diagram. Purpose Venn Diagram, <http://www.humanbusiness.eu/purpose-venn-diagram/>.

Ikigai Is Not About....

Ikigai is not about making money.

Ikigai is not the pursuit of professional success or financial freedom. Most Japanese would not associate making money with ikigai. Success and the accumulation of wealth could be a by-product of your ikigai, but it should not be the focus.

Ikigai is not what the world needs from you.

Ikigai is not about what the world needs from you. Ikigai lies in the realm of community, family, friendships and in the roles you fulfill.

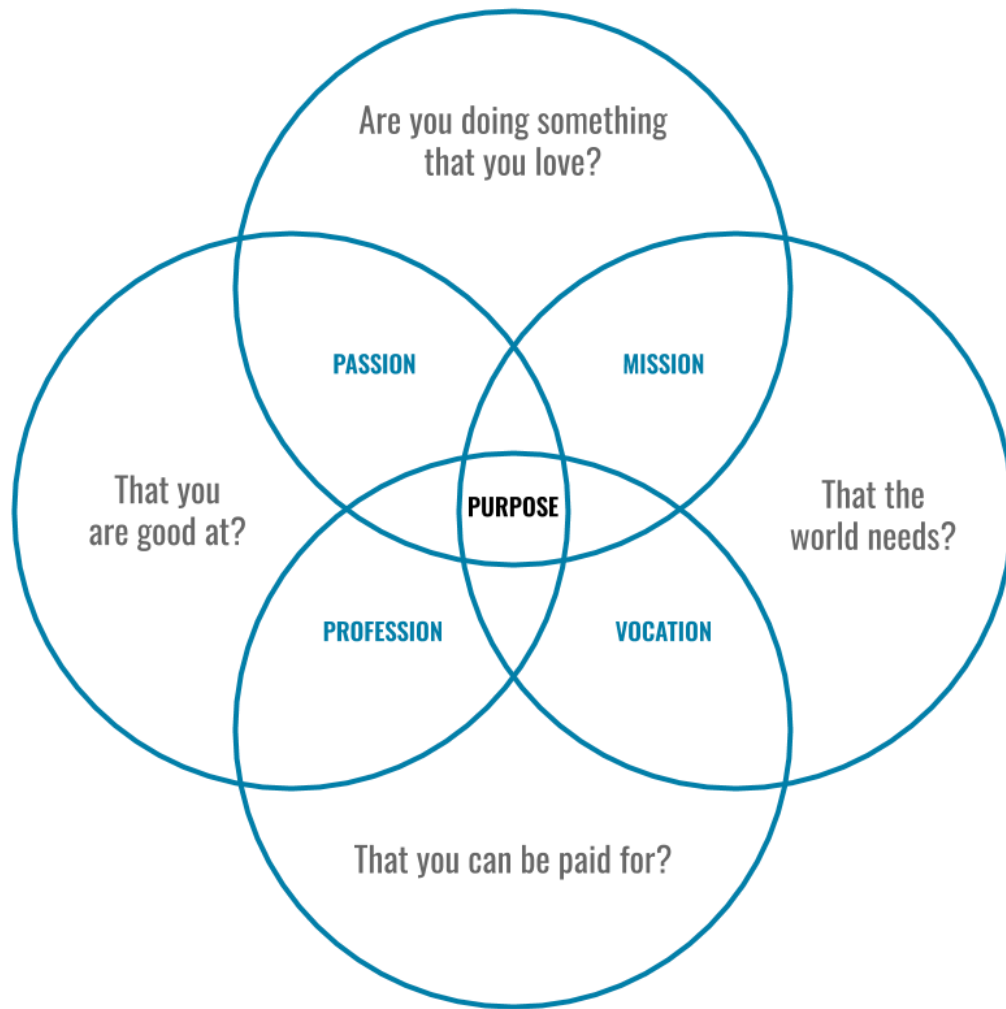
Ikigai is not about what you are good at.

You don't have to be good at something to find your ikigai. Ikigai can be a daily ritual you enjoy, or the practice of a new hobby. Ikigai is more about growth rather than mastery.

Ikigai is often not about what you love.

Ikigai is more about finding purpose and living your values, rather than doing the things you love.

The Venn Purpose Diagram



What Is Ikigai?

*"The word 'ikigai' is usually used to indicate the source of value in one's life or the things that make one's life worthwhile. Secondly, the word is used to refer to mental and spiritual circumstances under which individuals feel that their lives are valuable. There is a difference between ikigai and the sense of well-being. Ikigai is more concerned with the future: for example, even when one feels that one's present life is dark, possessing a desire or goal for the future allows one to feel ikigai."*¹ - Noriyuki Nakanishi

Ikigai Sources & Ikigai-Kan

The mother of ikigai psychology, Kamiya Mieko, defined Ikigai as:

- something that is a source of ikigai - **ikigai (source)**
- and the state of mind of when one is feeling ikigai associated to a source - **ikigai-kan**

*"There are two ways of using the word ikigai. When someone says 'this child is my ikigai,' it refers to the **source** or **target** of the ikigai,..... and when one feels ikigai as a state of mind - **ikigai-kan**."* - Kamiya Mieko

Ikigai-kan

Ikigai-kan can be translated as ikigai awareness. It is a type of happiness, but with three unique distinctions that general happiness lacks.

The Three Ikigai-kan Distinctions

1. Ikigai awareness is more future-oriented than happiness. If one is struggling with his or her present life, he or she can still perceive ikigai at that moment as long as he or she has hope or a goal in the future. This is what Kamiya calls *mirai-sei* - a bright future.
2. Ikigai awareness is related to one's sense of self worth more strongly than happiness.
3. Ikigai awareness **is strongly linked with one's personal values**.

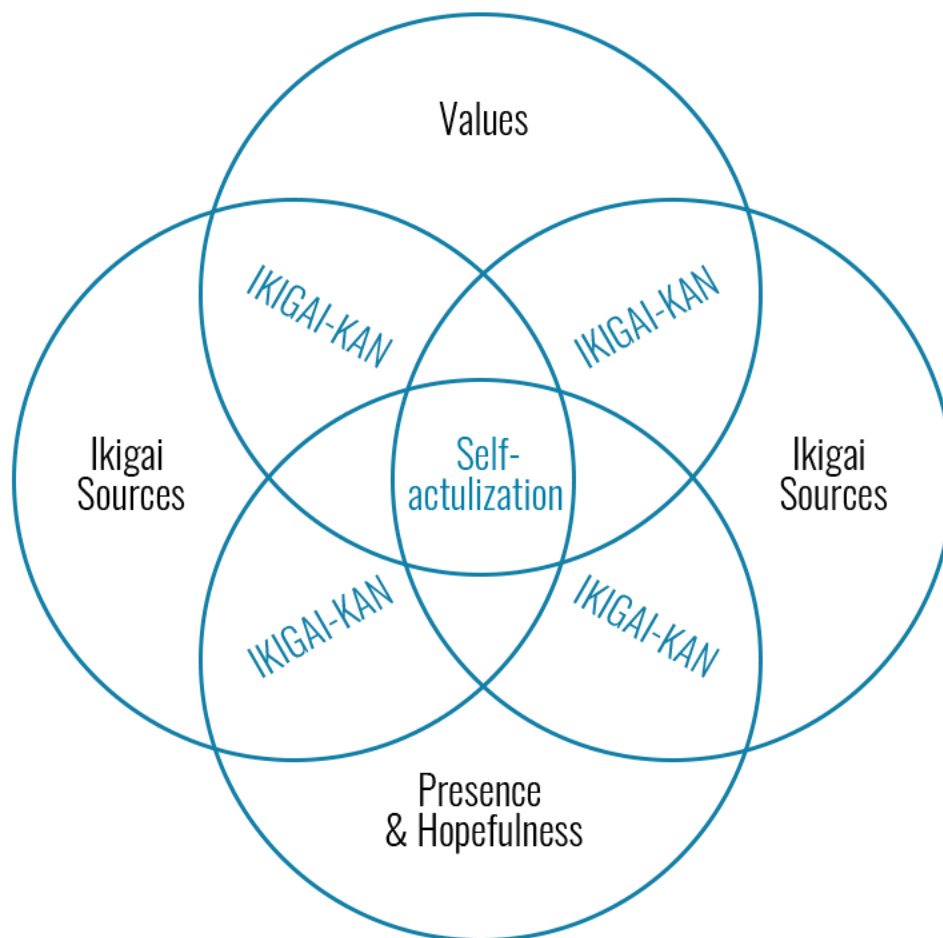
¹ "[PDF] 'Ikigai' in older Japanese people. | Semantic Scholar."

<https://www.semanticscholar.org/paper/'Ikigai'-in-older-Japanese-people.-Nakanishi/67442591c1dd09ff75f66f1a3f09bee2a9f76605>. Accessed 21 Mar. 2020.

The Japanese Ikigai Venn Diagram

Below is a visual framework of Mieko Kamiya's Ikigai model using the venn diagram we are all familiar with. In the top circle are Values, Kamiya's third ikigai awareness proposition, at the bottom is presence and hopefulness (mirai-sei), Kamiya's first ikigai awareness proposition, and then in the circles on the sides are ikigai sources. Where the circles intersect we can experience ikigai-kan.

And at the center is self-actualization, which Kamiya describes as the development of the core which takes a lot of effort and patience to realize



Questions To Think About

In order to find ikigai we must know ourselves and understand what we value and care about. Take some time to think about the questions below and write out your thoughts.

Values

What are your core values?

What are the beliefs that are important to you?

Roles & Relationships

What is your role in your family, workplace and/or local community?

What relationships are important to you and define who you are?

Craftsmanship, Hobbies & Interests

What aspect of your work do you consider your craft?

What are your hobbies and interests?

What things would you like to learn or try?

Presence - Being in the here and now.

When are you most present?

Who or what things do you appreciate?

Searching For Ikigai

Use the Ikigai framework on the following page to brainstorm what comes to mind when you think of these four questions:

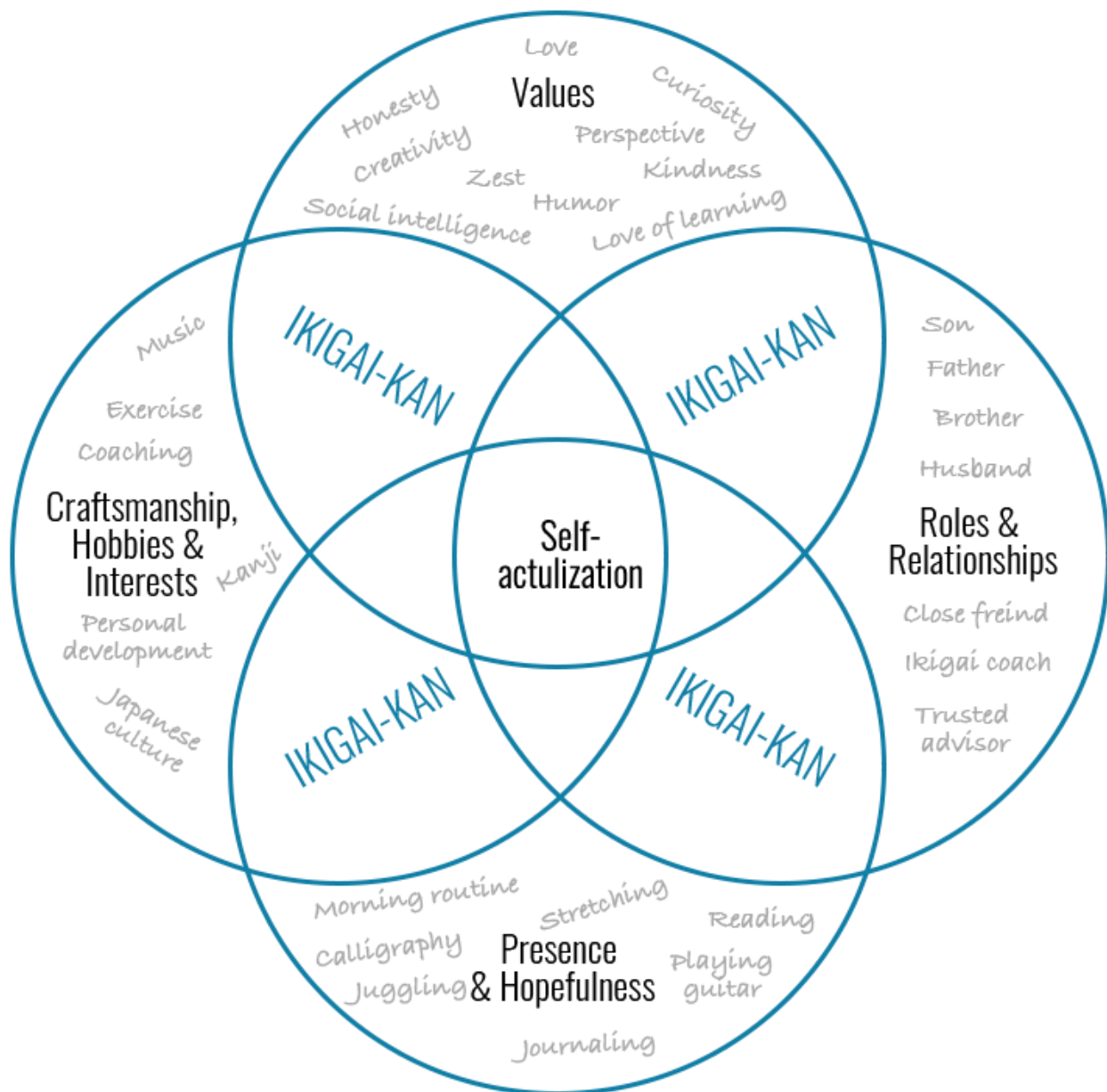
What are your core values?

What relationships or roles define who you are?

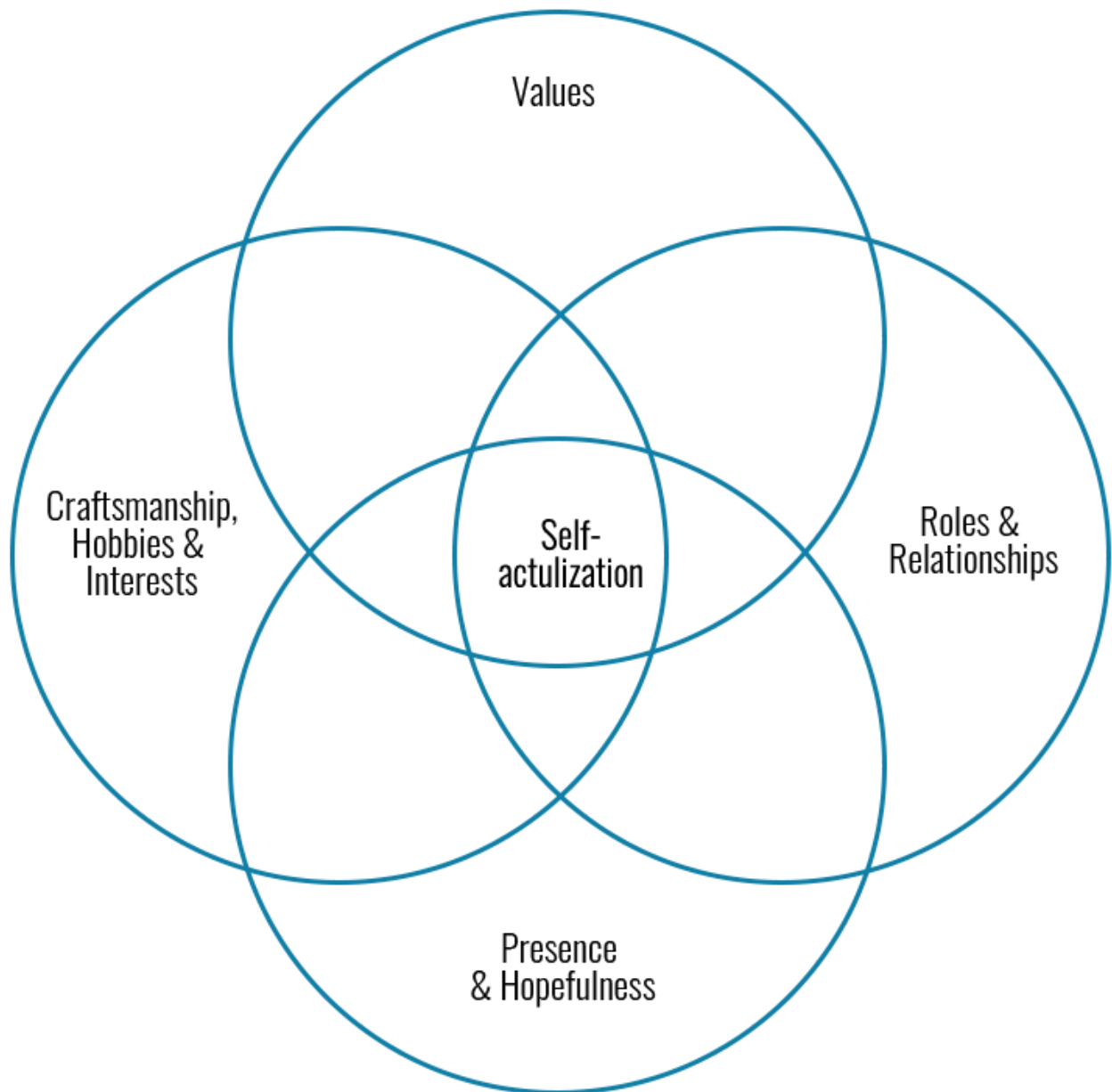
What are your hobbies and interests?

What activities make you present?

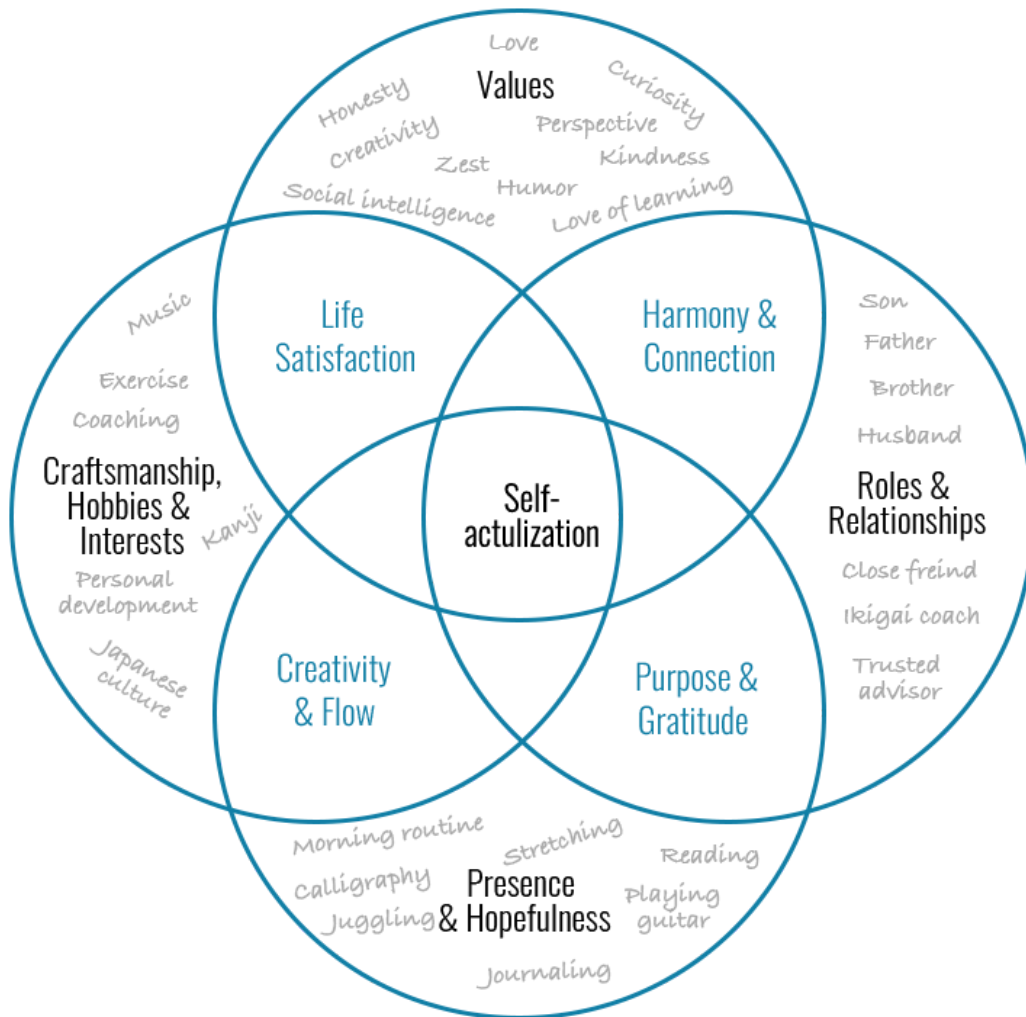
Ikigai Framework Example



My Ikigai



Where Do You Find Ikigai?



You find ikigai in:

Harmony & Connection - in building harmonious relationships that align with your values.

Purpose & Gratitude - in the purpose you experience when serving others, and by recognizing and expressing gratitude.

Creativity & Flow - in reaching a flow state in your craft(work) or hobbies, and by expressing your creative self.

Life Satisfaction - when your craft (work) and hobbies align with your core values.

Questions To Think About

Connection & Harmony

Who do you have harmonious relationships with?

How could you improve your relationships with the people who define you? - your partner, children, parents, friends etc

Creativity & Flow

When do you experience states of flow in your craft(work or) hobbies?

In what ways could you express yourself creatively?

Purpose & Gratitude

Who and what are you grateful for?

What gives you a sense of purpose? Who can you serve?

Life Satisfaction

What gives you life satisfaction?

What values can you express in your work or hobbies?

Ikigai = A Life Worth Living

What makes your life worth living?

In your life there have been moments where you felt life was worth living. If we can identify these moments, then we know where we can find ikigai. Complete the sentences below to identify when you are living your values, what makes your life worth living, what gives you a sense of purpose and what gives you life satisfaction.

Values - When are you living your values?

I'm living my values when I

I'm living my values when I

I'm living my values when I

Roles - What role makes your life worth living?

makes my life worth living.

makes my life worth living.

makes my life worth living.

Purpose - What gives you a sense of purpose?

gives me a sense of purpose.

gives me a sense of purpose.

gives me a sense of purpose.

Life Satisfaction -What gives you life satisfaction?

gives me life satisfaction.

gives me life satisfaction.

gives me life satisfaction.

Pracising Ikigai

Living your ikigai is easy once you know where it lies. You just need to focus on and action the things that give your life meaning.

1. Savour small joys - find small things that make your life worth living and be present to enjoy them.
2. Pursue a hobby - make time for that hobby you have been neglecting, or start one you have always wanted to try.
3. Improve a relationship - communicate with a significant other and offer them help.
4. Find purpose - in a role you have always wanted to fulfill.

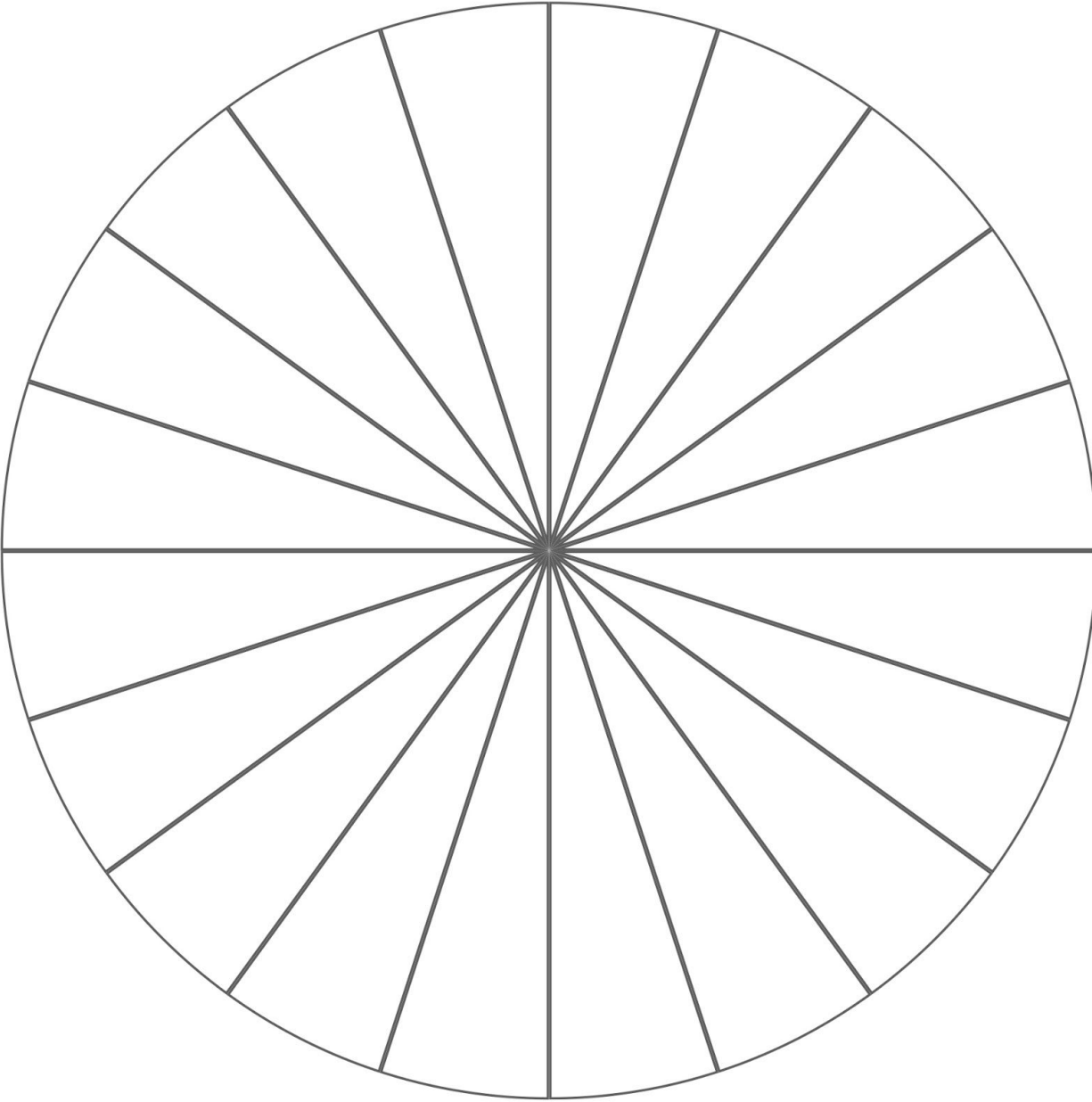
What areas of your life would you like to focus on?

Print out the Ikigai Spectrum template on the following page and write out areas of your life that you think would give you ikigai, everything from small daily joys to life defining goals.

Ikigai Spectrum Example



My Ikigai Spectrum

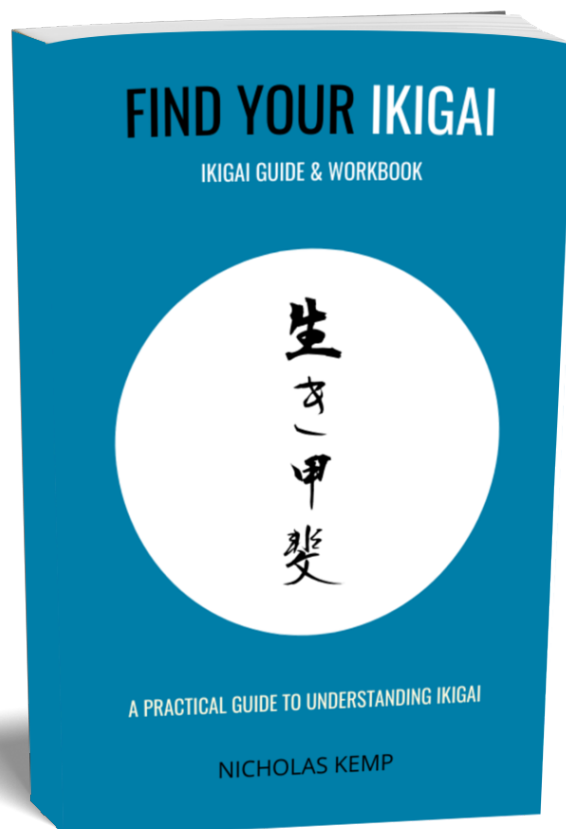


Get Your Copy of The Ikigai Ebook

WHAT IS IN THE IKIGAI EBOOK?

A 70+ page PDF workbook that features insights from Japanese professors, authors and experts on the ikigai concept. The book includes worksheets, exercises and a suggested ikigai morning routine.

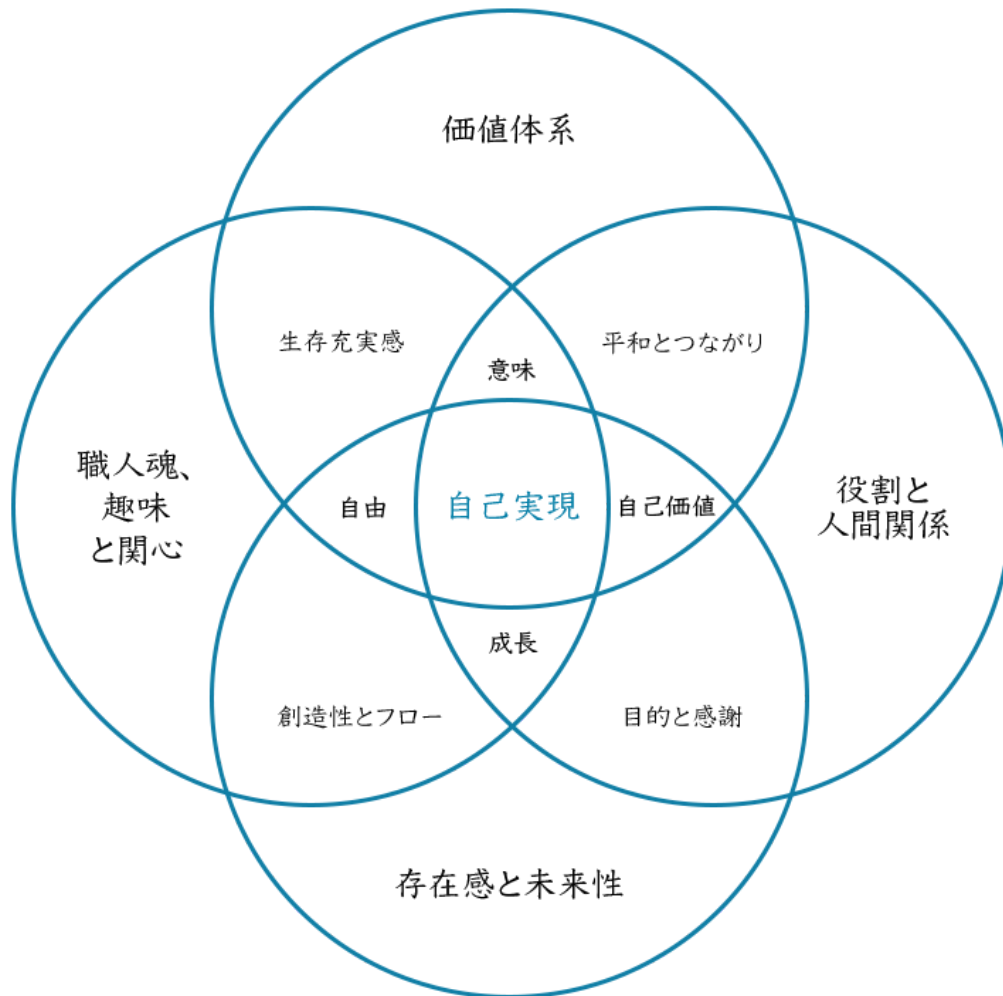
- **LEARN** what ikigai means to the Japanese
- **ENJOY** life satisfaction each and every day
- **EXPERIENCE** harmony and connection in your roles & relationships
- **REACH** more states of flow in both your work and hobbies
- **FIND** purpose in your day-to-day living
- **DEVELOP** the frame of mind to build a happy and active life



Get The Ikigai Ebook

DISCOVER THE JAPANESE IKIGAI FRAMEWORK

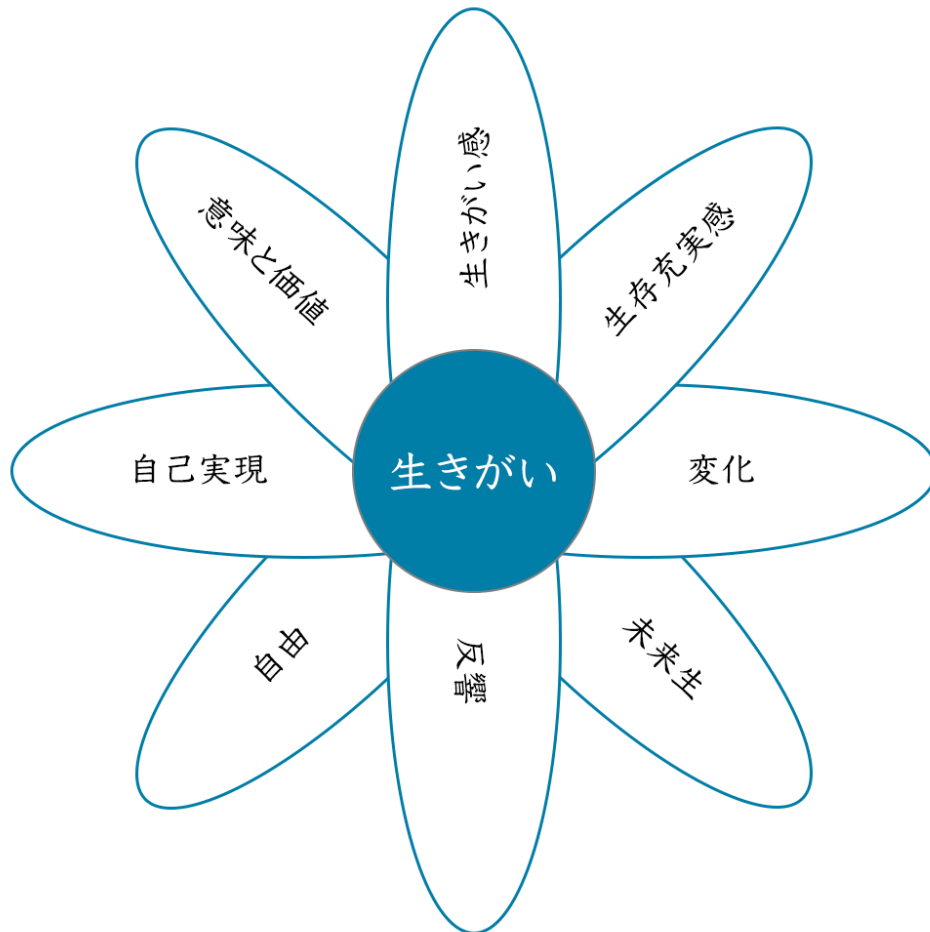
Developed in collaboration with Professor Akihiro Hasegawa, the Japanese Ikigai Venn Diagram offers a visual framework to understanding and finding ikigai.



Complete the Japanese Ikigai Framework in the [Ikigai Ebook](#)

The Kamiya Flower

The flower below represents Mieko Kamiya's theory of ikigai, ikigai-kan (ikigai awareness) and the 7 ikigai needs.



Discover the The 7 Ikigai Needs in the [Ikigai Ebook](#)