

IKIGAI

FINDING PURPOSE

IKIGAI is a Japanese concept that compounds two words: **iki** meaning "life" and **gai** meaning "result". Hence, Ikigai means **"a reason for being"**. It refers to having a meaningful direction or purpose in life.



IKIGAI EXERCISE

This is an exercise of reflection. It can be done in 1-1 coaching sessions or individually. In the boxes below, write everything that comes to mind for each area. Then identify overlaps to find your passion, mission, vocation, and profession. Finally, interpret the findings to identify your IKIGAI.

I LOVE

PASSION



MISSION



PROFESSION



VOCATION



I am
GOOD AT

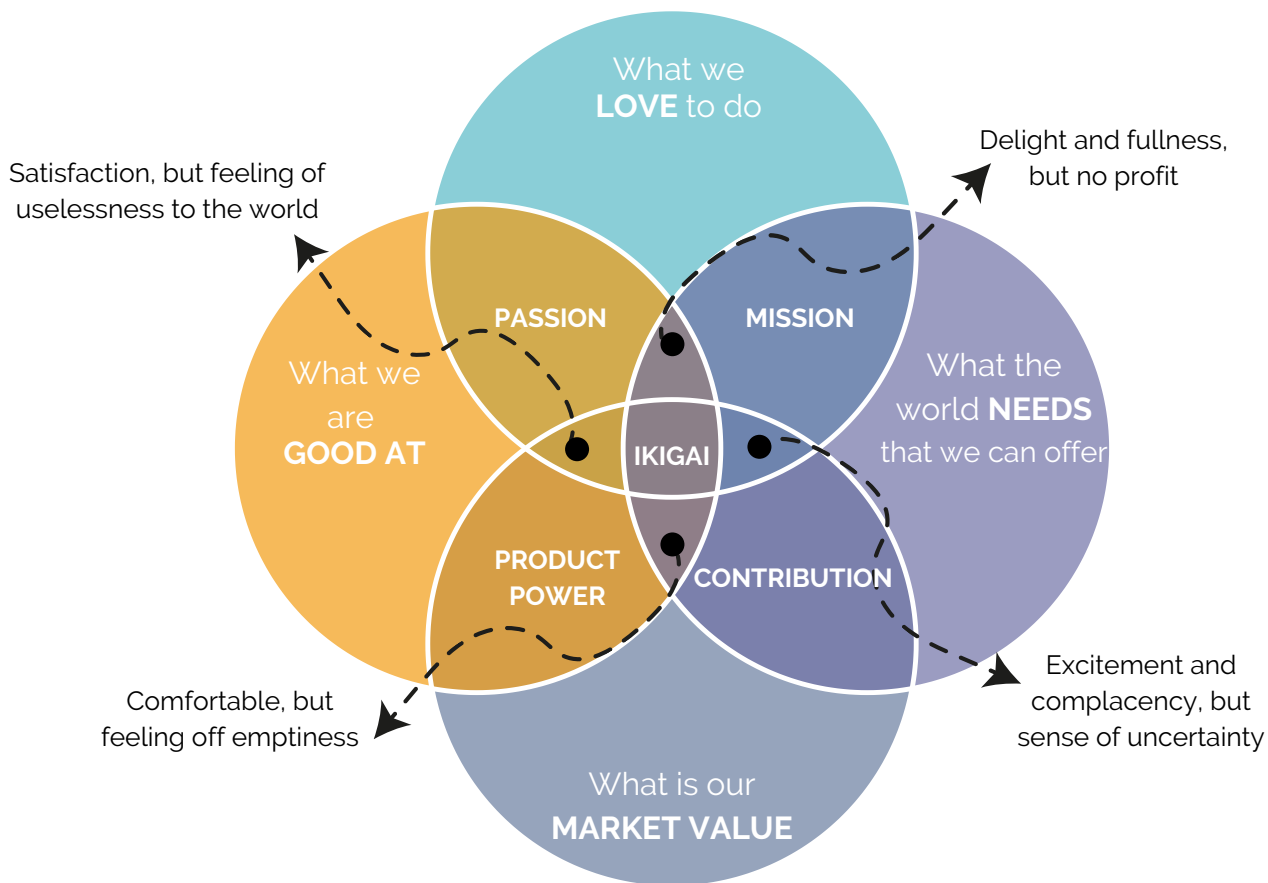
The world
NEEDS

I can get
PAID FOR

IKIGAI

ORGANIZATION / TEAM PURPOSE

The concept of **IKIGAI** can also be applied for a whole team or organization. See below how you can use this Framework to find your teams/organizational purpose.



TEAM EXERCISE

This is an exercise of reflection. It can be done with a team or organization in mind. In the boxes below, write everything that comes to mind for each area. Then identify overlaps to find the team/organizational passion, mission, product power, and global contribution. Finally, interpret the findings to identify your team/organizational **IKIGAI**.

We LOVE	
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We are GOOD AT	
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The world NEEDS	
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We can OFFER	
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Reason of Being	
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