

Ikigai and 'How to use it'

This exercise is like a treasure map to find fulfillment for yourself. Here is how to use it:

1. Fill in each of the 4 big circles (What you love, What the world needs, What you can be paid for, What you are good at)
2. Then look for similarities between each of those circles. I personally would weigh the "What you are good at" circle the least because you can learn anything if you really want
3. Look for what stands out in the middle. Often this does not just come up. Fill in what you can and then take a few weeks to add things whenever things come up
4. Talk to other people about it. Ask them what they see in each circle for you
5. And then reach out to me to discuss the outcome and dig a little deeper.

Additional info how to fill this in: <https://www.youtube.com/watch?v=rhuGMV2CEbl>

