

How to Use the Ikigai Template: A Step-by-Step Guide

The concept of Ikigai is a powerful way to find purpose in life by aligning your passions, skills, needs, and what you can offer to the world. The Ikigai template helps visualize these four intersecting areas and identify a fulfilling path forward. Follow this step-by-step guide to make the most of the Ikigai template.

Step 1: Understand the Four Circles



The Ikigai template is divided into four overlapping circles, each representing a key aspect of finding your purpose:

1. **What You Love** (Passion): Activities that make you happy and energized.
2. **What You Are Good At** (Strengths): Skills that come naturally to you or that you have developed over time.
3. **What the World Needs** (Mission): Issues you care about that require solutions.
4. **What You Can Be Paid For** (Profession/Vocation): Opportunities where your skills can be monetized.

These circles intersect to reveal different areas of purpose. Where all four overlap is your Ikigai—the sweet spot of living a fulfilled and meaningful life.

Step 2: Brainstorm in Each Area

Use Ikigai Template to write down your thoughts.

Start by filling in each of the four areas:

- **What You Love:** List activities, hobbies, and interests that bring you joy. Think about what excites you most—things that make you lose track of time when you do them.
- **What You Are Good At:** Write down the skills or talents you possess. These can be technical skills, interpersonal qualities, or even soft skills like empathy and communication.
- **What the World Needs:** Reflect on issues in the world that are important to you. What do you feel passionate about contributing to? This could include social, environmental, or cultural causes.
- **What You Can Be Paid For:** List any abilities or interests that can lead to income. Consider job opportunities, freelance work, and areas where your expertise could generate revenue.

Step 3: Identify the Overlaps

After brainstorming, examine the overlaps between the areas:

- **Passion:** The overlap between **What You Love** and **What You Are Good At**.
- **Mission:** The overlap between **What You Love** and **What the World Needs**.
- **Vocation:** The overlap between **What the World Needs** and **What You Can Be Paid For**.
- **Profession:** The overlap between **What You Are Good At** and **What You Can Be Paid For**.

These overlaps will help you clarify what drives you, your sense of purpose, and the career paths that might align with these aspects.

Step 4: Find Your Ikigai

The ultimate goal is to identify where all four areas intersect—this is your **Ikigai**. Review what you wrote in each section and try to find an idea, project, or profession that combines these elements. Your Ikigai will ideally be something that:

- Fulfills your passions.
- Utilizes your skills.
- Solves a problem that you deeply care about.
- Provides you with financial stability.

Step 5: Craft a Purpose Statement

Once you have identified your Ikigai, try to summarize it in a clear purpose statement and enter it in the Purpose section at the top. This statement should capture the essence of your Ikigai in one or two sentences. It should reflect what you want to achieve, how you want to contribute, and why it matters to you. For example, "My purpose is to use my skills in communication and creativity to inspire people to live more sustainable lives." This statement will serve as a guiding principle as you move forward.

Step 6: Reflect and Take Action

After finding your Ikigai, spend time reflecting on how you can align your current life more closely with it. Think about changes you can make to your job, daily routine, or hobbies that will move you closer to your Ikigai. Setting specific, actionable goals based on this reflection will help you live a more fulfilled and meaningful life.

Tips for Making the Most of Your Ikigai Template

- **Be Honest:** This exercise requires genuine self-reflection. Avoid listing things just because you think you "should."
- **Take Your Time:** Finding your Ikigai isn't something you have to do in one sitting. Take breaks and revisit your template with a fresh perspective.
- **Experiment and Iterate:** You might need to try different paths or adjust your answers as you grow and gain more insights into yourself.

By carefully completing each section of the Ikigai template, you can uncover what truly matters to you and use that understanding to create a balanced and purpose-driven life.