# Ikigai Exercise



The image above shows Ikigai, which is defined by Wikipedia as “a Japanese concept referring to having a direction or purpose in life, providing a sense of fulfillment and towards which [a] person may take actions, giving them satisfaction and a sense of meaning.”

As you can see, the categories of Ikigai are: 1. What you are good at, 2. What you can be paid for, 3. What the world needs, and 4. What you love.

* Make a list of all the things in your life you can think of for each category.
* Do you see one example in all four categories? How about three? Do you think Ikigai is possible for you?