

# IKIGAI INSPIRED JOURNALING PROMPTS

I'd suggest starting with one section a day. Grab a piece of paper and write for 5 minutes without stopping. Fill each section to the brim with ideas. Leave the list somewhere where you can come back to it and add if needed.

## What do I love?

For this section don't be afraid to think big **and** small. Does your dog make you happy? Coffee? Morning hikes? Your family?

Some questions to help you start:

- What do you never get tired of?
- What makes you feel energized?
- What makes your day brighter?

## What am I good at?

This section can be filled with skills you went to school for or just things you are naturally good at.

Some questions to help you start:

- What soft skills do you have? Hard skills?
- What do people look to you for help with?
- What do you feel confident doing?

## What does the world need?

This may seem overwhelming as the world needs so much but try to think of your immediate world, community, neighbourhood.

Some questions to help you start:

- What causes are you passionate about?
- How can you contribute to creating a positive effect on those around you?
- Where is there a lack of support?

## What can I get paid for?

In this section think about jobs you've had in the past or present and how those skills could be redistributed to other fields.

Some questions to help you start:

- What have you been paid for before?
- What do you think you'd be really good at?
- What do you want to get paid for?

Once you have filled out each of the 4 sections follow the steps below:

1. Take a highlighter and widdle each list down to 10-15 items each section
2. Go through each section and find where there are overlaps/ repetition
3. When you find links that excite you, you know you're on the right path!

**STAY CONNECTED FOR MORE RESOURCES!**