



**\* MY IKIGAI IS**  
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## PURPOSE EXPLORATION

- **Assess your value system** ❤️  
Take time to understand the principles that guide your actions and shape your priorities.<sup>1</sup>
- **Explore global causes** 🌍  
Learn about the various issues and challenges in the world that require attention and action.<sup>2</sup>
- **Identify a personal calling** 🌍❤️  
Recognize a specific need in the world that resonates with you and calls for your involvement.<sup>2</sup>
- **Recognize your strengths** 💪  
Understand your own abilities and unique ways to contribute.<sup>3</sup>
- **Believe in your potential contribution** 💪❤️  
Have confidence in your ability to make a meaningful impact and find enjoyment in the efforts you put forth.<sup>2</sup>
- **Envision your future role** 🌍💪❤️  
Develop a sense of who you can become by understanding your life story – your past, present, and future – and how it aligns with the opportunities to contribute.<sup>1</sup>
- **Set a clear intention** 🌍💪❤️  
Define your commitment to explore opportunities that allow you to make a contribution, aligning with your values and strengths.<sup>1</sup>

<sup>1</sup>Moran, 2009, <sup>2</sup>Damon 2008, <sup>3</sup>Kosine et al. 2008



## PURPOSE COMMITMENT

- **Remember**  
Create a reminder on your phone to keep your intention alive.
- **Talk about it**  
Share your intention with others to get recommendations and commit socially.
- **Learn**  
Systematically make time to learn about the cause that resonates with you. Who are the actors that are already working on this? <sup>1</sup>
- **Set goals**  
Be pro-active. Break down your primary concerns into feasible concrete action-oriented goals.<sup>4</sup>
- **Find Mentors**  
Speak to those who are already living part of this future that you want for yourself and have conversations with them to gain clarity.<sup>5</sup>
- **Find Collaborators**  
Seek out collaborators who share your vision and values.<sup>1</sup>
- **Prototype your way forward**  
Generate different ideas and possibilities for your project. Challenge and refine your ideas by discussing them with mentors, collaborators, and potential stakeholders.<sup>6</sup>

<sup>4</sup>Damon 2015, <sup>5</sup>Burrow et al. 2010, <sup>6</sup>Kashdan and McKnight 2009

# MY IKIGAI IS...



<https://bit.ly/ikigai-list>

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