

MY IKIGAI

/ Resource 04

REMAPPING OUR REALM

MY IKIGAI

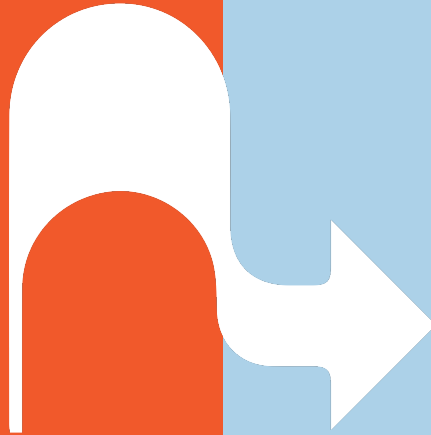


I'm a sucker for many things Japanese, and it seems I'm not the only one... One of the many concepts we've taken on board around the world is *ikigai*, our reason for being. As we keep saying, anything that grows our self-awareness paves our way forward.

Ikigai really developed from a concept around living a full life. The model we show below is attuned to purpose and regularly does the rounds on LinkedIn.

We offer it in the full version – **what I'm great at** (the activities and skills I'm great at, whether I like it or not), **what I love doing** (the activities I can lose myself in), **what the world needs** (the bigger than me things I can do), and **what I can be paid for** (the bottom-line for the way forward). If you're not on this journey to discover a profession or vocation, you can leave this one out. However, it does add a practical reality check.

activity



Go old skool, grab yourself a piece of paper, draw the diagram below, and fill in the circles to map out your *ikigai*.

In the first instance, brainstorm freely. List as many things as you can even if they seem totally irrelevant.


In the second pass, build further on the items already listed. Dig deeper and deeper. Many of the items may not be covered in your current life, but come from a previous role or further back in childhood.



reflection questions

1. What do you see? What truths?
2. Where are the patterns and overlaps?
3. Is there anything there in the Holy Grail of the centre? If so, how true does it feel? Does this truly represent your purpose?
4. If it doesn't fully capture your purpose, why not? What needs to be changed or modified?
5. If there's nothing in the centre, what surrounding overlaps could be leveraged or built on to do so?
6. Thinking back to the concept of a full life, are all areas of your life covered, e.g. work, health, family, community, finance, etc?

MAPPING YOUR
REALM * REM
APPING YOU



REMAPPING
*
REAL

RE-MAPPING OUR REALITY

REMAPE YOUR REALM