

Module 1 – Ikigai

ENGAGE – Module 1
“ENGAGE in your
community”



Ikigai – to explore your purpose



- **What are you good at?** Here you need to think of your personal strengths and skills. Think out of the box and identify as many strengths as possible, including soft skills like kindness, patience etc.
- **What you love?** Think of as many actions and activities you like, such as movies, singing, running, football etc.
- **What your community/world needs?** Here you should think about what your community needs (jobs, changes, facilities etc.). List everything that comes to mind.
- **What can you be paid for?** Explore current job opportunities in your community and elsewhere or think of new jobs that you could be paid for.

What I love?

What can I get paid for?

What I'm good at?

What the World needs?

Ikigai exercise - steps

- Use the 4 box/questions and prepare answers individually.
- Pair up with a fellow pupil and discuss and analyse each others' answers
- Check if there are similarities (a common thread) between the boxes in your own answers, for example something that appears in all 4 boxes or something that can be combined into a single topic
- Explore what you need to do to combine the 4 boxes/questions in the Ikigai model. do I have to obtain specific skills or knowledge, like learn how to become a web-designer or human rights lawyer etc...?
 - What suits my interests, what I am good at, what the world needs and what I can get paid for?
- Use a blank Ikigai template to fill in the results

The four overlapping topics and traits





Overlapping fields

3 out of 4 ain't bad or what is missing?

- What I love & what I'm good at & What I can get paid for
(**Satisfaction but feeling of uselessness as the world does not need this it seems**)
- What I'm good at & what I can get paid for & What the world needs
(**Comfortable but feeling of emptiness as you do not love to do this**)
- What I love & What the world needs & What I'm good at
(**Delight and fullness but no wealth, as you can't get paid for doing this**)
- What I can get paid for & What the world needs & What I love doing
(**Excitement, complacency, but sense of uncertainty, as you may not be the right person to do this**).

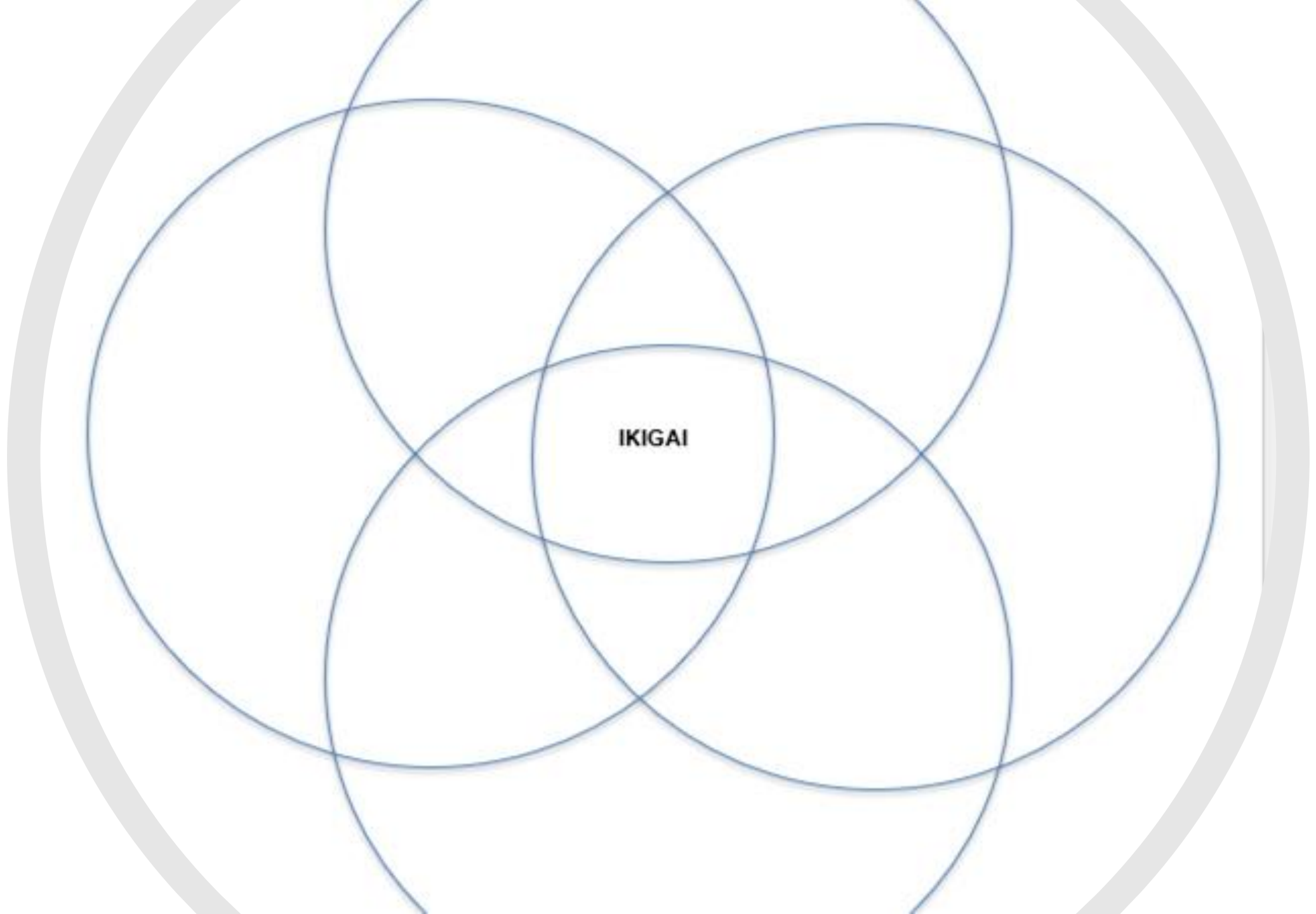


Interview a fellow pupil

Fill in the blank (circle) Ikigai form for each other in an interview, based upon the findings of the 4 boxes exercise you did for yourself and what you already know about Ikigai.

Remember the following:

- Active listening, really listen and learn
- Reflecting or rephrasing to increase understanding and develop the conversation
- Show empathy
- Ask open questions (no YES or NO questions)
- Coaching rather than consulting
- Get people to find their truths themselves
- It's not your life purpose 😊



IKIGAI



Me and my community

The whole class reflects on the following questions.

- What the world needs – my purpose in community, what can I/we contribute
- Do we/you have something in common
- Does your Ikigai (if defined) related to a specific sustainable development goal (SDG) and community need
- What kind of social initiative or innovation can we apply our personal strengths and purposefulness to?