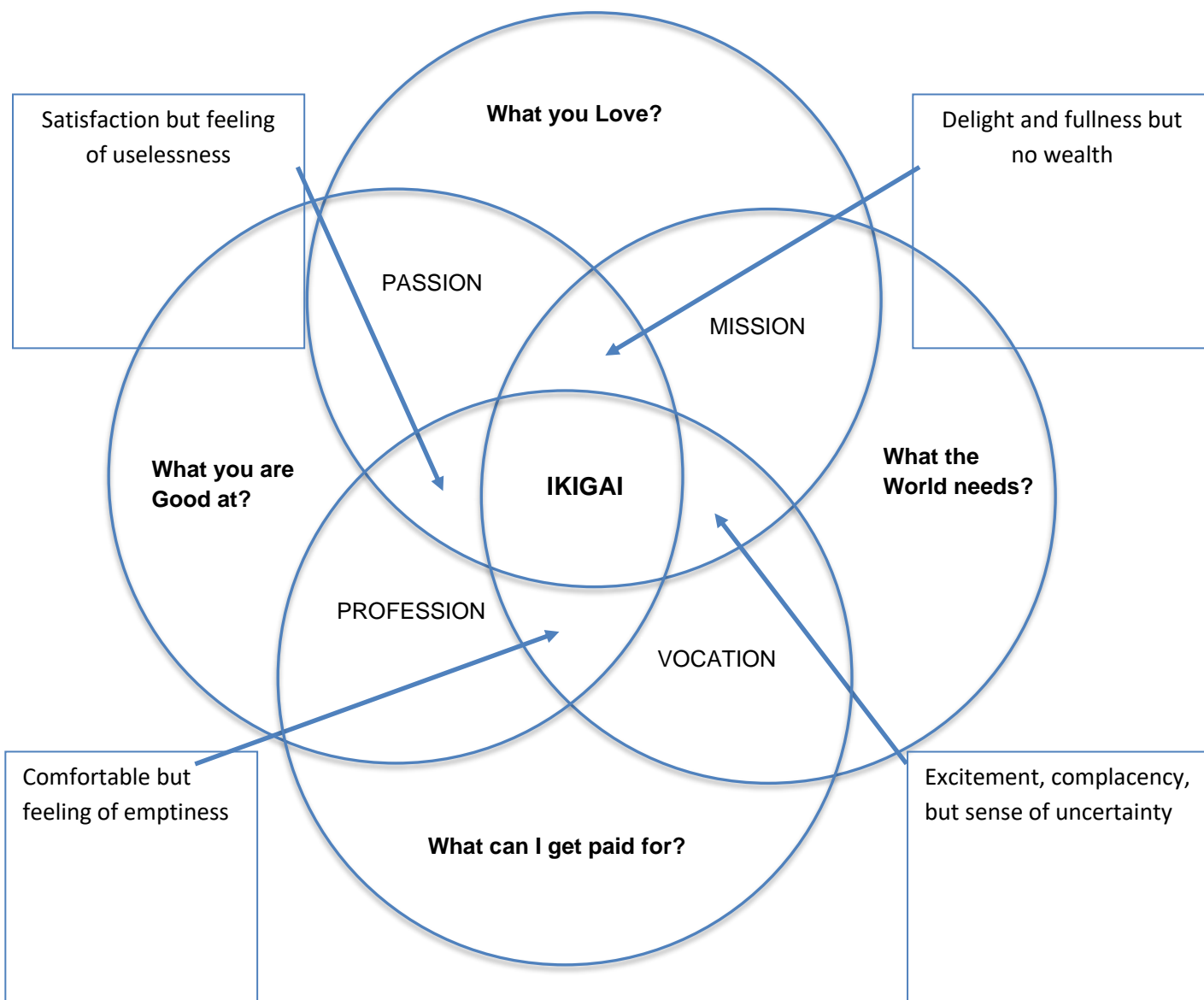




MODULE No: 1 Ikigai „To find one’s purpose and place in the world”

Participants interview each other using a blank Ikigai template allocating different activities into different fields, what is overlapping, using questions related to the overlapping fields (see figure 1)

- 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).



See forms that you can fill out on the next page



What you love?

What can you get paid for?

What you are good at?

What the World needs?

