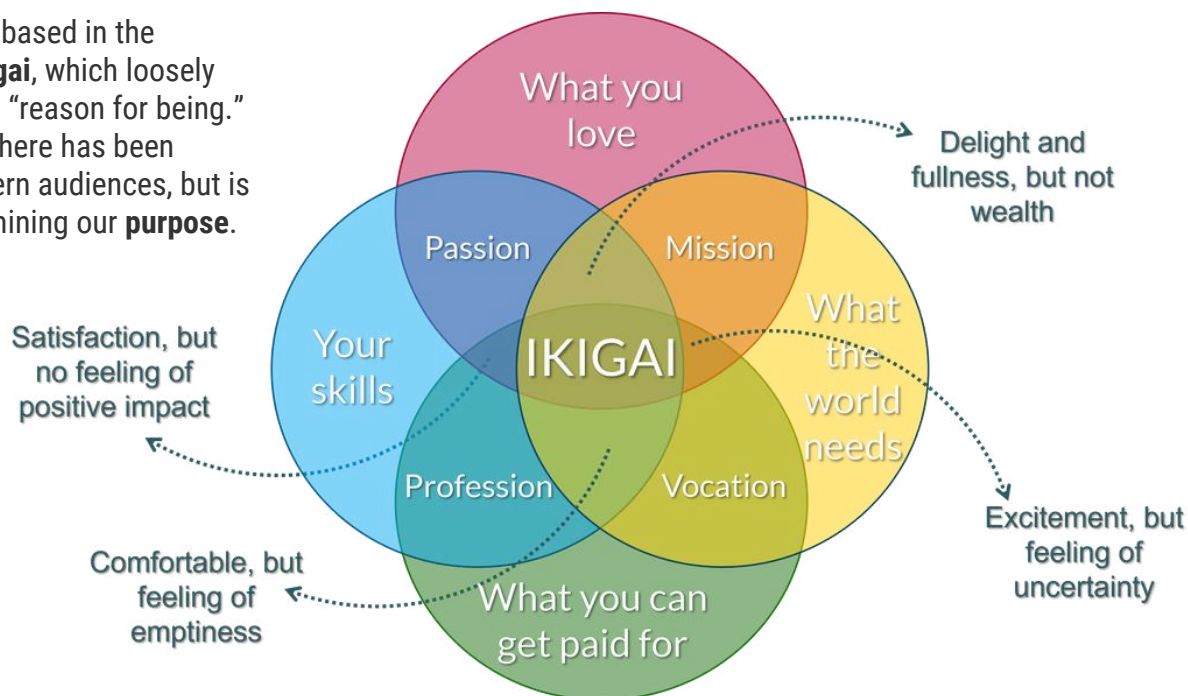


# Explore Your Purpose

One helpful tool is based in the Japanese term **Ikigai**, which loosely translates to mean “reason for being.” The model shared here has been modified for Western audiences, but is very useful in examining our **purpose**.



- 1 What are you good at?** List your talents, skills, and strengths.
- 2 What do you love?** List the things you love to create/build/do.
- 3 Find your passions.** What overlap do you see between items in steps 1 and 2? Some are skilled writers (step 1) and love to write about specific topics (step 2). Others are skilled networkers (step 1) and love to help people in specific areas (step 2). There's no one way to find your passion -- it all depends on how your talents intersect with what you love.
- 4 What does the world need?** Don't focus on the big things here, like, "We need world peace." Instead, think of the micro-needs in your local community and networks. Be as specific as you can.
- 5 Find your mission.** Find the overlap between steps 2 and 4 to determine what you love to do that would be helpful to the world.
- 6 What can or do you get paid to do?** List all your sources of income and revenue.
- 7 Find your vocation.** Find the overlap between steps 4 and 6 to determine what you can do for the world that you can get paid to do.
- 8 Find your profession.** Find the overlap between steps 1 and 6 to determine the talents/skills/strengths that you can get paid to do.
- 9 Find your ideal career and purpose.** Combine your passions, sense of mission, vocation, and professional skills to help determine your ideal career and the purpose that will drive you in that career.

