



*EnOne Series*

# Start Your Year with Purpose

*IKIGAI Template*

# Finding your Purpose



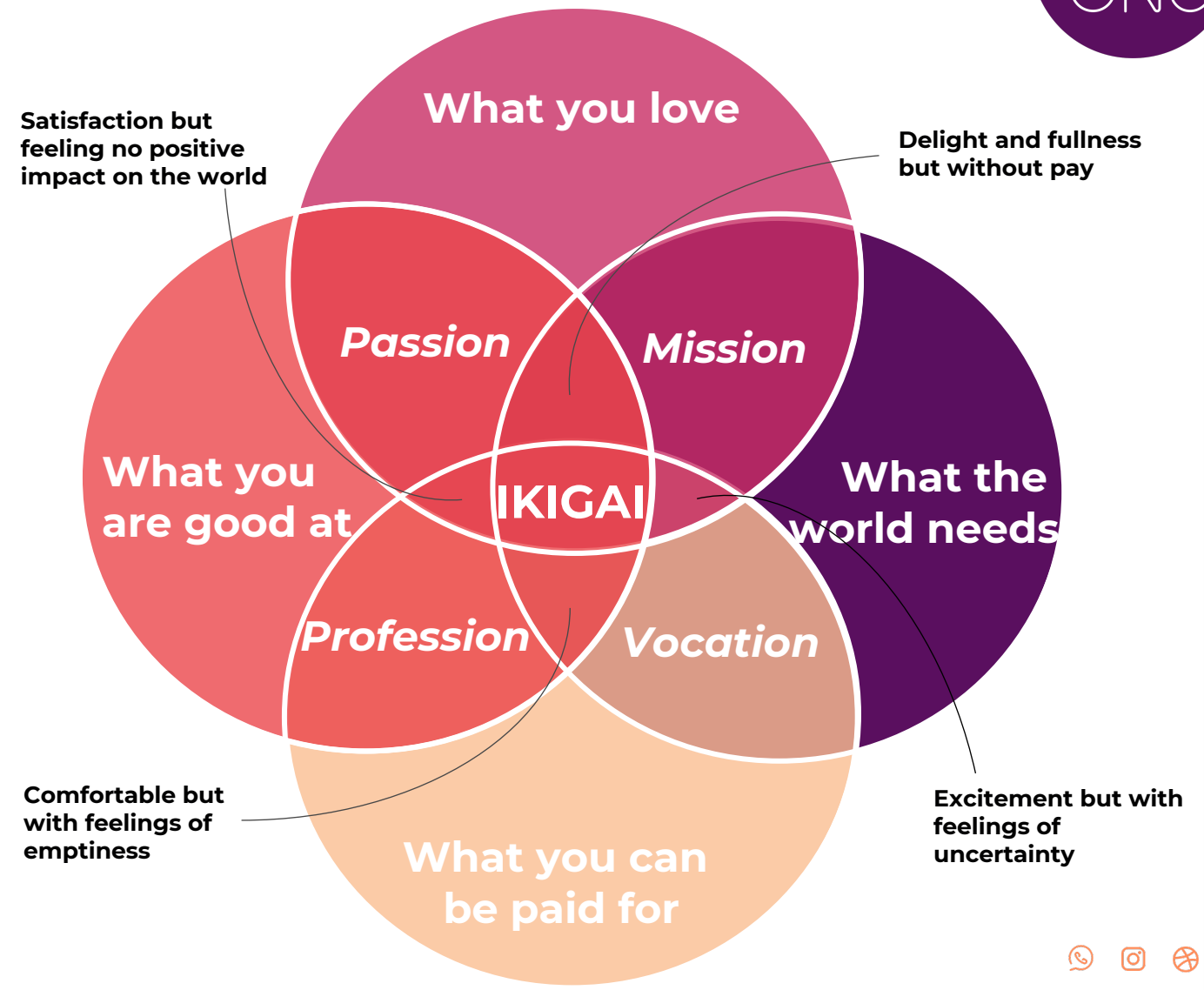
**with IKIGAI**

# IKIGAI – My Purpose Flower

«Ikigai (生き甲斐, pronounced [ikigai]) is a Japanese concept that means "a reason for being". The word refers to having a direction or purpose in life, that which makes one's life worthwhile, and towards which an individual takes spontaneous and willing actions giving them satisfaction and a sense of meaning to life.

- The term ikigai compounds two Japanese words: iki (生き) meaning "life; alive" and kai (甲斐) meaning "effect; result; fruit; worth; use; benefit - a meaning for [to] life; something that makes life worth living; a raison d'etre".»

source: <https://en.wikipedia.org/wiki/Ikigai>





# Preparation

- **Take at least one hour alone and undisturbed, ideally outdoors, and answer the questions on the following pages 4 to 11.**
- **Sleep a night over it.**
- **Create your own IKIGAI on page 12.**
- **Best is to work on your IKIGAI in several iterative steps so that your subconscious can process your thoughts, and new ideas can come to your mind.**
- **It is important to concentrate fully, with your undivided attention, and to immerse yourself into the questions with an open channel to your intuition.**

# What am I Good at?

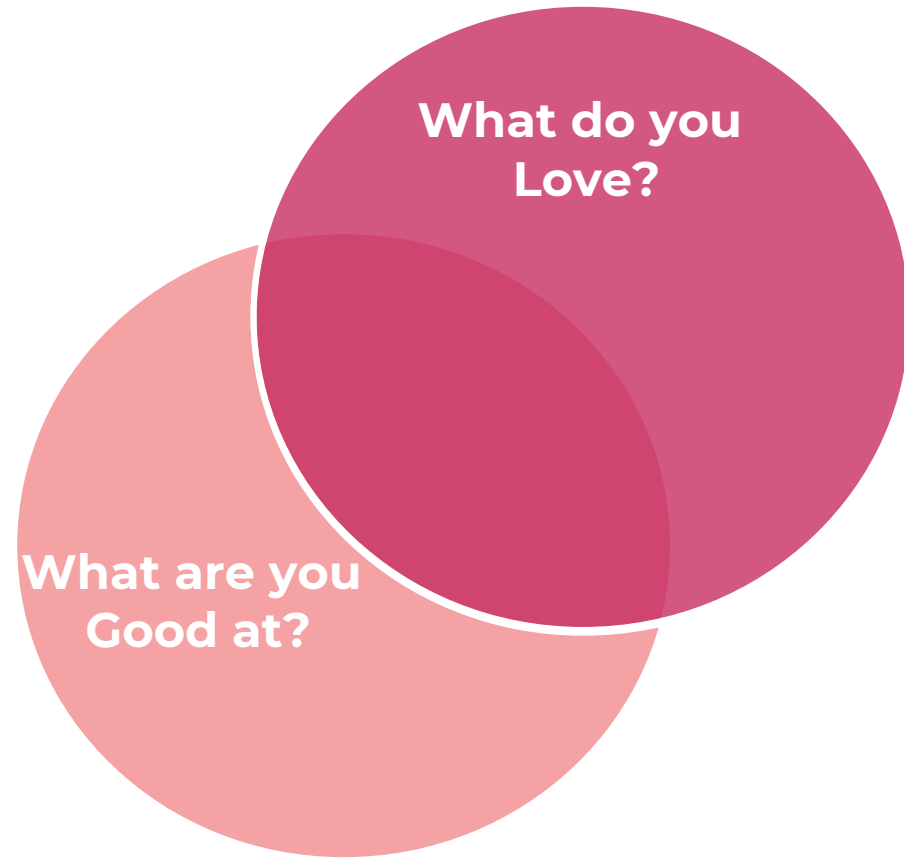


- ✓ ...
- ✓ ...
- ✓ ...
- ✓ ...
- ✓ ...



# What do I Love?

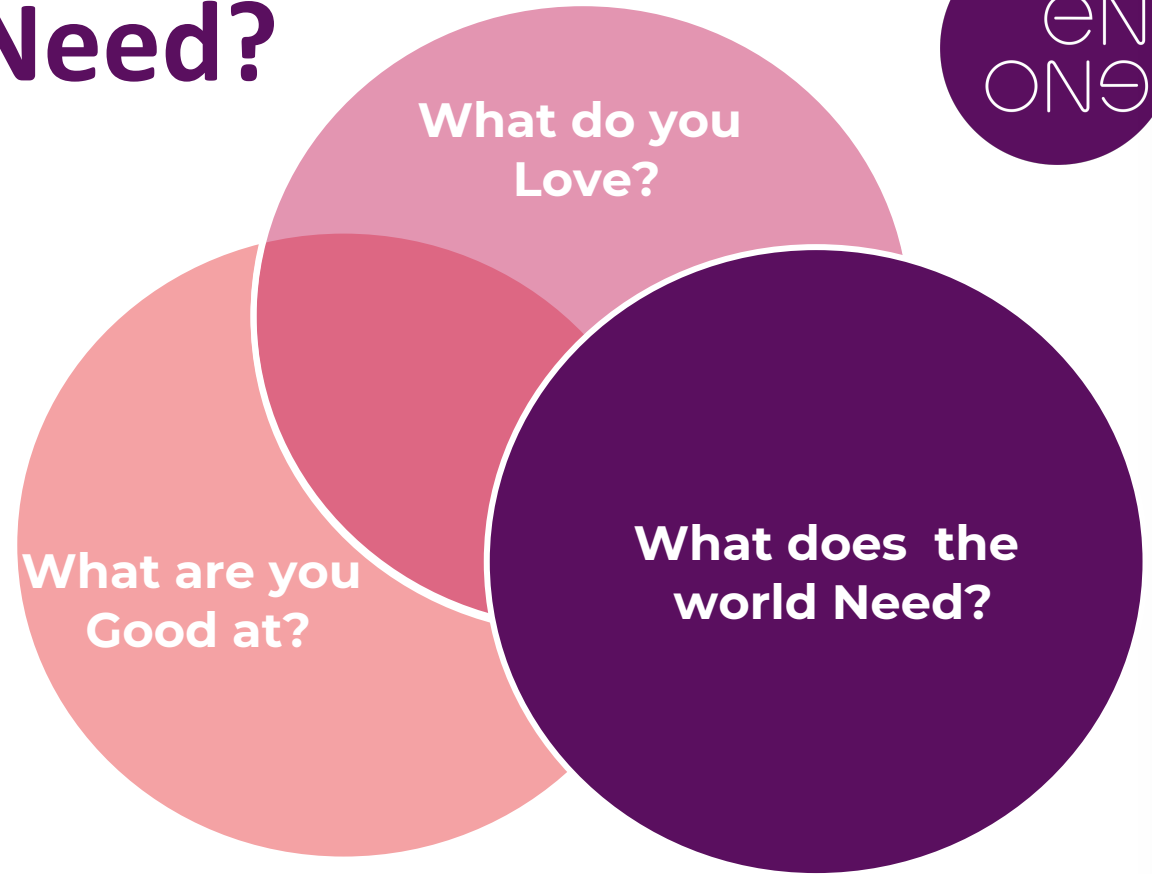
- ✓ ...
- ✓ ...
- ✓ ...
- ✓ ...
- ✓ ...



# What does the world Need?



- ✓ ...
- ✓ ...
- ✓ ...
- ✓ ...
- ✓ ...



# What can I be paid for?



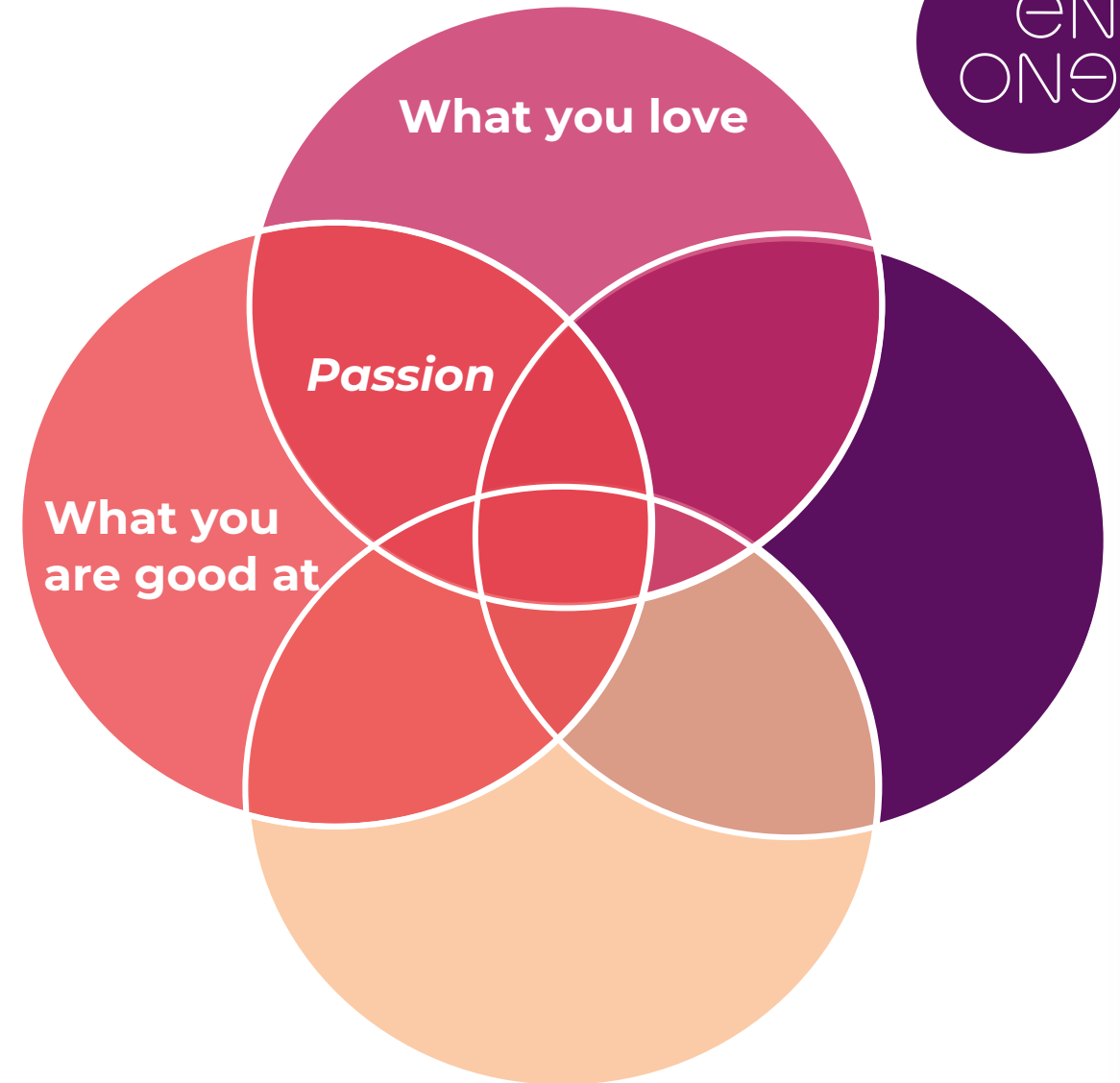
- ✓ ...
- ✓ ...
- ✓ ...
- ✓ ...
- ✓ ...





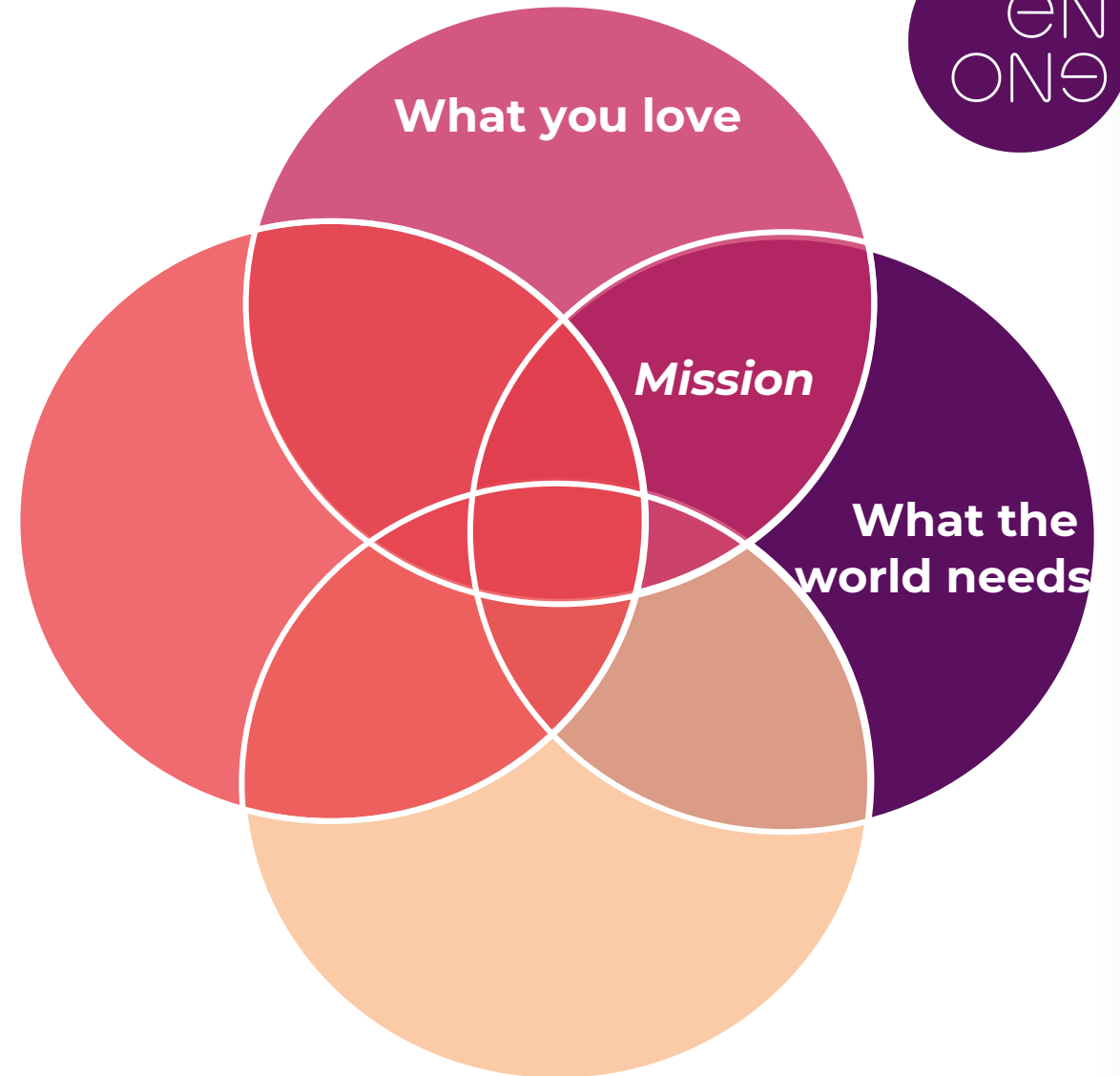
# My Passion

✓ ...



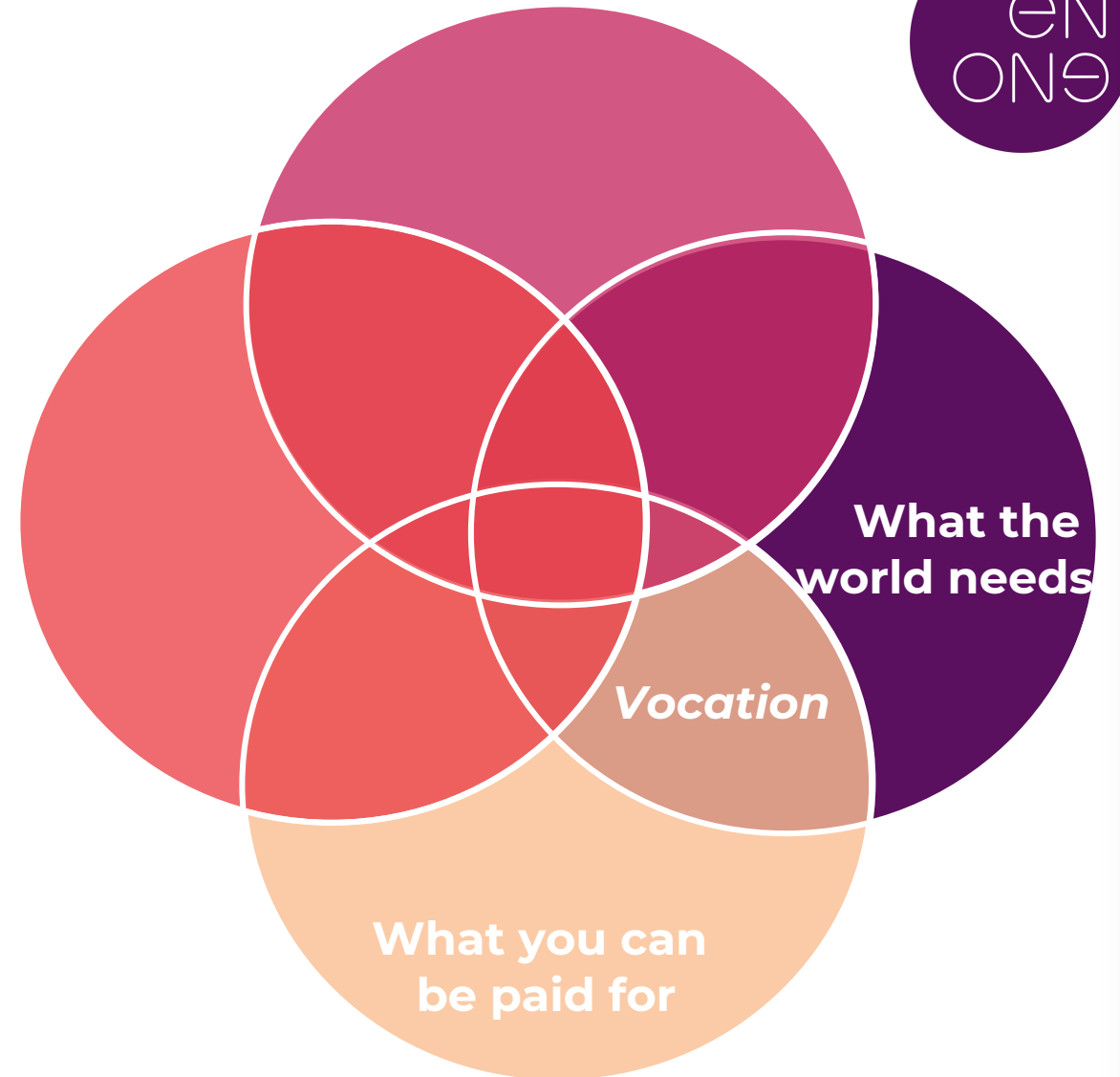
# My Mission

✓ ...



# My Vocation

✓ ...



# My Profession

✓ ...



# My Life Purpose

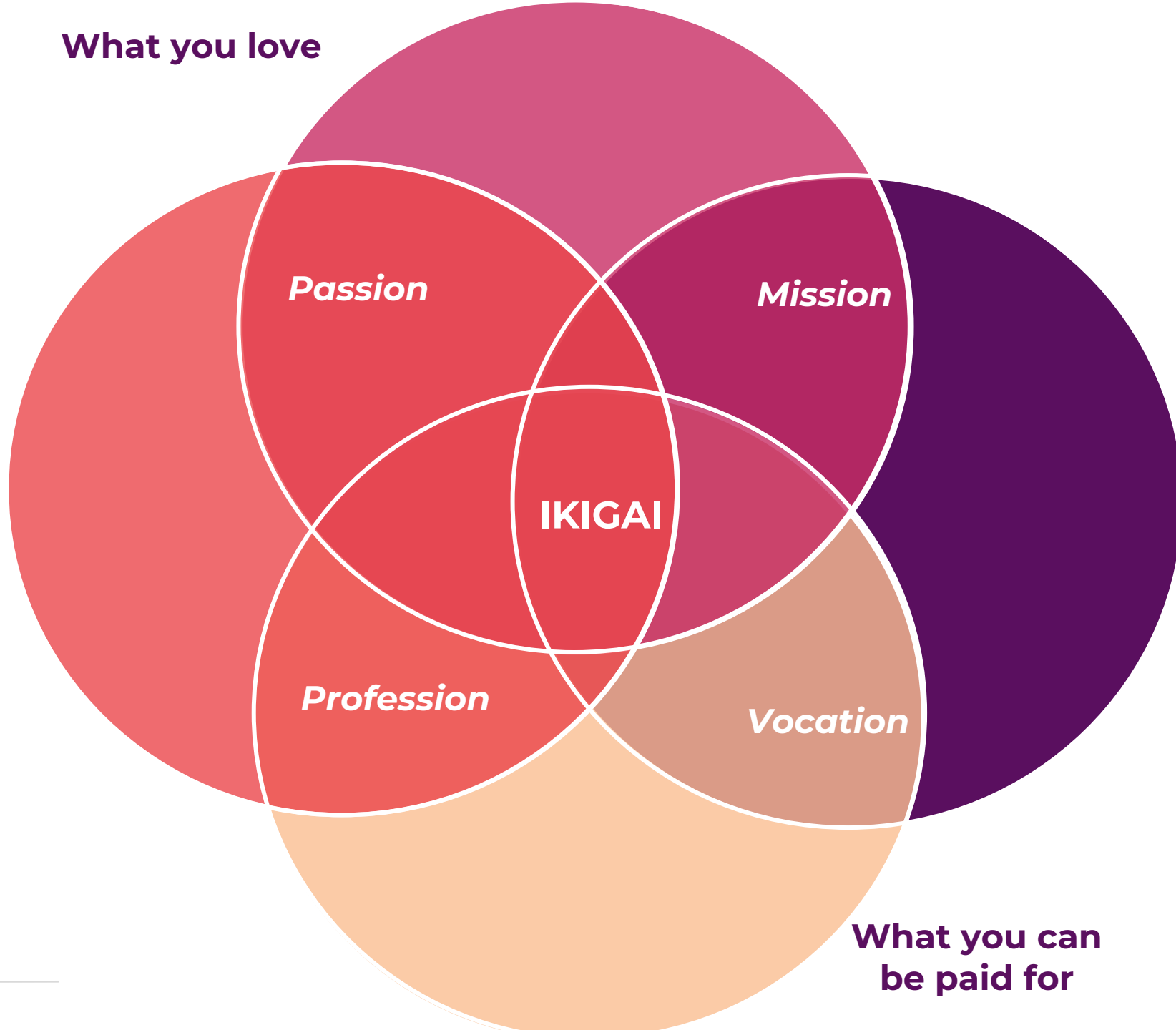
*Summarise it here, in a short, concise sentence...*



**What you love**



**What you  
are good at**



**What the  
world needs**

**What you can  
be paid for**

# Questions? Please contact Ralph



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