

Your Ikigai questions!



MY INNER CREATIVE



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MYINNER.CREATIVE

THEARTOFBUJO



MYINNERCREATIVE



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Establishing your core values

ACCEPTANCE
ACCOMPLISHMENT
ACCOUNTABILITY

EXPLORATION
EXPRESSIVE
FAIRNESS

PRESENT
PRODUCTIVITY
PROFESSIONALISM

ACCURACY
ACHIEVEMENT
ADAPTABILITY
ALERTNESS

FAMILY
FAMOUS
FEARLESS
FEELINGS

PROSPERITY
PURPOSE
QUALITY
REALISTIC

ALTRUISM
AMBITION
AMUSEMENT
ASSERTIVENESS

FEROCIOUS
FIDELITY
FOCUS
FORESIGHT

REASON
RECOGNITION
RECREATION
REFLECTIVE

ATTENTIVE
AWARENESS
BALANCE
BEAUTY

FORTITUDE
FREEDOM
FRIENDSHIP
FUN

RESPECT
RESPONSIBILITY
RESTRAINT
RESULTS-ORIENTED

BOLDNESS
BRAVERY
BRILLIANCE

GENEROSITY
GENIUS
GIVING

REVERENCE
RIGOR
RISK

CALM
CANDOR
CAPABLE
CAREFUL

GOODNESS
GRACE
GRATITUDE
GREATNESS

SATISFACTION
SECURITY
SELF-RELIANCE
SELFLESS

CERTAINTY
CHALLENGE
CHARITY
CLEANLINESS

GROWTH
HAPPINESS
HARD WORK
HARMONY

SENSITIVITY
SERENITY
SERVICE
SHARING

CLEAR
CLEVER
COMFORT
COMMITMENT

HEALTH
HONESTY
HONOR
HOPE

SIGNIFICANCE
SILENCE
SIMPLICITY
SINCERITY

COMMON SENSE
COMMUNICATION
COMMUNITY

HUMILITY
IMAGINATION
IMPROVEMENT

SKILL
SKILLFULNESS
SMART

COMPASSION
COMPETENCE
CONCENTRATION
CONFIDENCE

INDEPENDENCE
INDIVIDUALITY
INNOVATION
INQUISITIVE

SOLITUDE
SPIRIT
SPIRITUALITY
SPONTANEOUS

CONNECTION
CONSCIOUSNESS
CONSISTENCY
CONTENTMENT

INSIGHTFUL
INSPIRING
INTEGRITY
INTELLIGENCE

STABILITY
STATUS
STEWARDSHIP
STRENGTH

CONTRIBUTION
CONTROL
CONVICTION
COOPERATION

INTENSITY
INTUITIVE
IRREVERENT
JOY

STRUCTURE
SUCCESS
SUPPORT
SURPRISE

COURAGE
COURTESY
CREATION

JUSTICE
KINDNESS
KNOWLEDGE

SUSTAINABILITY
TALENT
TEAMWORK

CREATIVITY
CREDIBILITY
CURIOSITY
DECISIVE

LAWFUL
LEADERSHIP
LEARNING
LIBERTY

TEMPERANCE
THANKFUL
THOROUGH
THOUGHTFUL

DECISIVENESS
DEDICATION
DEPENDABILITY
DETERMINATION

LOGIC
LOVE
LOYALTY
MASTERY

TIMELINESS
TOLERANCE
TOUGHNESS
TRADITIONAL

DEVELOPMENT
DEVOTION
DIGNITY
DISCIPLINE

MATURITY
MEANING
MODERATION
MOTIVATION

TRANQUILITY
TRANSPARENCY
TRUST
TRUSTWORTHY

DISCOVERY
DRIVE
EFFECTIVENESS

OPENNESS
OPTIMISM
ORDER

TRUTH
UNDERSTANDING
UNIQUENESS

EFFICIENCY
EMPATHY
EMPOWER
ENDURANCE

ORGANIZATION
ORIGINALITY
PASSION
PATIENCE

UNITY
VALOR
VICTORY
VIGOR

ENERGY
ENJOYMENT
ENTHUSIASM
EQUALITY

PEACE
PERFORMANCE
PERSISTENCE
PLAYFULNESS

VISION
VITALITY
WEALTH
WELCOMING

ETHICAL
EXCELLENCE
EXPERIENCE

POISE
POTENTIAL
POWER

WINNING
WISDOM
WONDER

1. Start by circling the words that stick out to you or cause an immediate reaction in you. Which words align closest to your feelings?

SELECT THE TOP 12 VALUES

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Are there any key words evident with the words you have selected? Groups you can put them in such as finance, travel, career or family?

KEY WORDS

YOUR 3 CORE VALUES

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

What do you love?

When working on something or doing something – what are the tasks you get lost in?

What would you do if money wasn't an option?

If you had some spare time, what would you spend your time doing?

What gets you really excited?

If you were asked to present to a room full of people on a topic, what would it be?

Goals towards your passion:

Are there any goals you can set to get more aligned with your passion?

-
-
-
-

Passion

How would you rate your passion out of 10?

What are you good at?

What practical skills are you talented at?

What social skills are you good at?

Have you won any awards?

Are there any ways you can develop or foster your talents?

Are there any part of your current job you find effortless or easy? That you enjoy doing?

Goals towards your talents:

Are there any goals you can set to get more aligned with your talents?

Talents

How would you rate your talents out of 10?

What does the world need from you?

Are there any social/ environmental or economic problems you want to help solve?

Are there issues in your community or at work that touch you emotionally?

Are there any volunteer organizations that seem to fit in and align well with your values?

If you were to ask the people around you, what would they say you are an advocate for?

Has anyone ever said you were good with people or animals? Specifically the elderly, children etc?

Goals towards your impact:

Are there any goals you can set to get more aligned with your personal values?

Impact

How would you rate your impact on the world out of 10?

What do you get paid for?

Do you feel that you are doing enough in your current career path?

Is there any overlap with your career and your other 4 aspects of Ikigai?

Do you use your talents and passions in what you do for a career?

Did you study or can you study further to develop your career? What professional development do you have planned?

What results bring you the most satisfaction?

Goals towards your career:

What goals can you put in place to better align your career to your other aspects of Ikigai?

-
-
-
-

Career

How would you rate your current career out of 10?

Tying it all together


YOUR 3 CORE VALUES



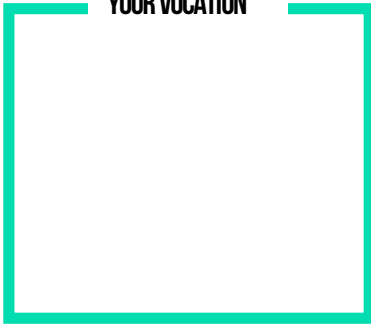
YOUR PASSION



YOUR MISSION



YOUR VOCATION



YOUR PROFESSION



DESCRIBE YOUR IKIGAI



Set those goals!

DUE DATE:

THEME

GOAL

What do you want to achieve?

WHY

How will reaching this goal improve your life

TARGETS

- S
- M
- A
- R
- T

ACTIONS

10 Small actions to do to reach your goal. Think of small, achievable activities for taking action?

_____	<input type="checkbox"/>
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MILESTONES

If you are a rewards based person – think of some small or big rewards for you reaching your milestones towards this goal

SUPPORT

People to ask for support, guidance or accountability

RESOURCES

Resources or encouragement needed for this goal

NOTES AND INSPIRATION

REWARD