

The Ikigai Worksheet

The practical version — by Japan, Practically

Ikigai is often drawn as a four-circle Venn diagram of passion, mission, profession and vocation. That version was popularised in the West around 2014 — it is not the Japanese idea. In Japan, ikigai is closer to the small, specific reasons that make getting up worthwhile: a morning coffee, a person you help, work that absorbs you. This sheet helps you notice yours.

1. What small thing are you looking forward to tomorrow morning?

2. When did you last lose track of time? What were you doing?

3. Who did you make a little better off this week — and how?

4. What feels worth doing even when no one is watching or paying?

This week's micro-ikigai (one tiny version you can actually do):