Find your Ikigai ("your true calling")

Ikigai is a Japanese concept that attempts to identify your "life's purpose" or your "true calling." It's similar to the French phrase "raison d'etre" (your "reason for existence"). The concept can be useful if you're trying to choose a career path, or decide upon which skill to pursue.

When your chosen activity is one that you are **good at**, one that **you love**, are **paid well for**, and has **value to the world**, then your mind will find this activity enjoyable. If you can discover a skill that fulfills all four of these traits, then you may have found your lkigai!

In the table below, write down at least 3-5 skills that you're considering pursuing. Then answer the four questions with a number between 1 and 10. Sum all your points in the final column. The skill that has the most points, might just be your lkigai.

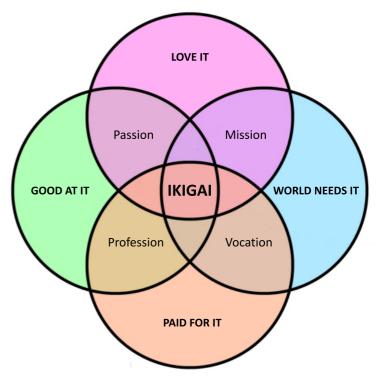


Diagram based on Mark Winn's rendition of the Ikigai methodology—derived from Andrés Zuzunaga's source diagram (2014).

<u> </u>	LOVE IT	GOOD AT IT	PAID FOR IT	WORLD NEEDS IT	
Skill Name	How much do I love this skill?	How good am I (or could be) at this skill?	How likely am I to get paid well for this skill?	How much will this skill benefit the world?	Total Points
Video Editing	6	7	9	8	3 <i>0</i>