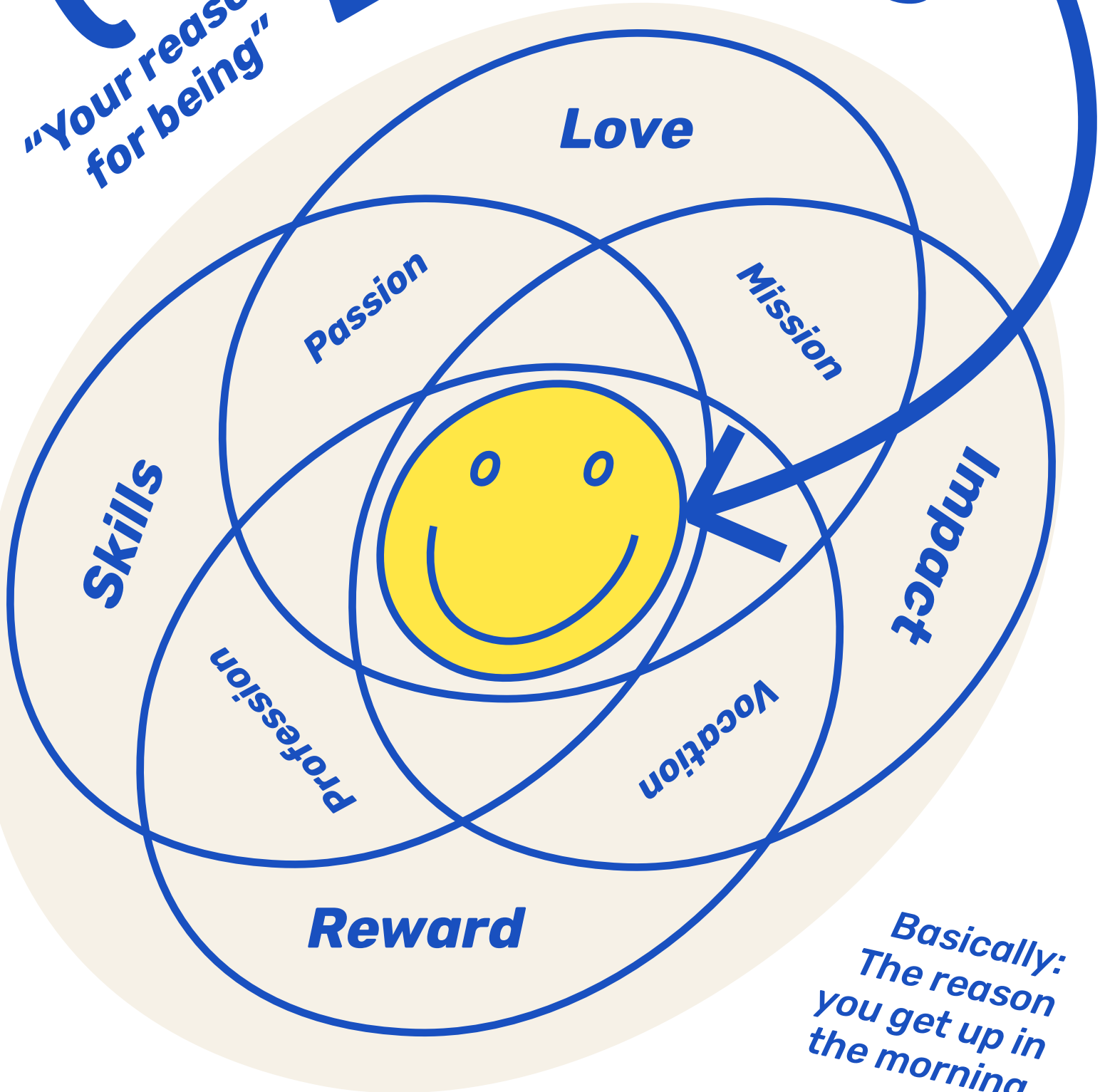


# (Quick) Ikigai Exercise

"Your reason for being"



Basically:  
The reason  
you get up in  
the morning.



Simply  
Ask yourself:

  
**Do I love  
what I do?**

↓  
What do I  
love to do?

  
**Am I good  
at it?**

↓  
What (else) am  
I good at?

  
**Do people  
need it?**

↓  
What would the  
world need?

  
**Do I get what  
I'm worth?**

↓  
What (else) could  
I get paid for?

-> Tip!

Opposite them:

- What do I hate?
- What am I bad at?
- What don't we need?
- What won't I get paid for?

If you need help,  
want the next exercise,  
or if any of your answers is a  
firm "no"... I'm happy to help!

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