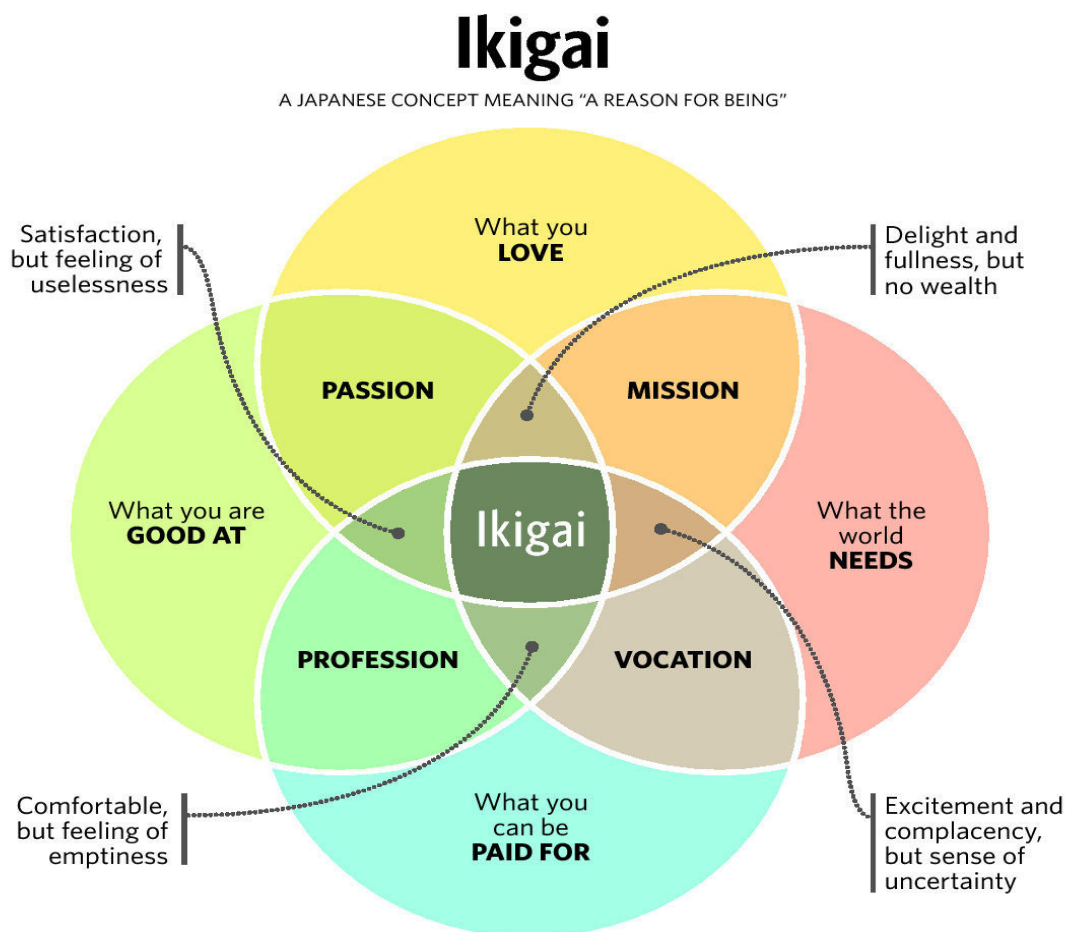


LEADERSHIP & PURPOSE

There are lots of approaches you can take to think about your Purpose in Life. An Eastern approach to this is to find your Ikigai. If you have used other approaches before – try this as well and see what else you discover.

Ikigai is a Japanese term that roughly translates to ‘a reason for being’. To discover your Ikigai, you must first find what you are most passionate about. Then, you find the medium through which you can express that passion. Many people have found that knowing your Ikigai and putting it into action generates a more easeful, fulfilled, and balanced daily routine and ultimately life.

The model below is a slightly westernised version of Ikigai. The approach commonly used to define your Ikigai is to make four lists: what you love, what you are good at, what the world needs/you value, what you can get paid for. The cross section of the four lists is your Ikigai.



SOURCE: dreamstime

TORONTO STAR GRAPHIC

Finding Your Ikigai

Over the next few weeks, set aside a few 10-minute blocks to ponder the following four questions.

What do I love? (passion)

.....
.....

What am I good at? (vocation)

.....
.....

What can I be paid for? (profession)

.....
.....

What does the world need? (mission)

.....
.....

Reflect on how they change each time you do it. Which bits stay consistent? Which bits change? Where do you need to do some deeper thinking?

.....
.....

When you are comfortable with your answers, start to pull things into the cross section to create “Your Ikigai – Your Reason for Being”.

Now start to think about purposeful actions you can take on a daily basis that are true to your Ikigai. These actions might relate to:

Your work - what you decide to do for your work, as well as how you go about contributing, managing and leading at work.

Your family and friends - who you decide to form deep connections with, how you interact with people, how you choose to socialise.

Your hobbies - how you decide to spend your free time, the activities you like to pursue.

