WHAT DOES IT MEAN?

A Japanese word meaning “a reason for being”. Although the search for it can be profound and lengthy, it’s discovery is said to bring satisfaction and meaning to life.

What you LOVE
- What do I love to do?
- What would I do if money was no object?
- What would my friends say makes me happy?

What the WORLD NEEDS
- What are things affecting the world?
  - Your country? Your state? Your community?
- What could make things better?
- What are ways that I can contribute?

What you are GOOD AT
- What skills have I picked up over my lifetime?
- What makes me feel powerful or in-control?
- When I was growing up, what was I known for?
- What accolades do I take for granted?

What you can be PAID FOR
- What are potential careers?
- What are opportunities that I can be compensated for that might not exist yet?
- What services do I provide that others might be willing to pay for?

WAYS TO EXPLORE

TALK WITH SOMEONE
Friends, family, teachers, professors, mentors, counselors, coworkers, social media, and employers can give you the insight into various career paths and that information may help guide yours.

TRY IT OUT
Volunteer, intern, job shadow, or find paid work to experience it for yourself.

GET INVOLVED
Participate in an organization, club or group to meet others and have new and varied experiences.

RESOURCES

There are several online resources to help you explore different occupations further:

My Next Move (www.mynextmove.org) allows you to explore careers, find out information on industries, and has a simple interest profile to match you with potential careers.

Career One Stop (www.careeronestop.org) provides resources for individuals at various stages of their career.

O*Net (www.onetonline.org), the Occupation Information Network, summarizes the tasks, KSAs, Technology and requirements for hundred of different jobs in the United States.
FINDING YOUR IKIGAI

Start by answering the questions for 1, 2, 3, and 4 and then start to find overlapping or similar ideas, concepts, or activities as you move towards the center.

What are you GOOD AT?

What do you LOVE?

What does the WORLD NEED?

What can I be PAID FOR?