

Finding Direction & Purpose with IKIGAI



The
Sanctuary
Method

www.TheSanctuaryMethod.net

How to Fill Out Your Ikigai Chart

The IKIGAI **Chart** consists of four overlapping circles, each representing a key aspect of your life. Where they all intersect in the middle is your *IKIGAI*—your *reason for being*.

Grab a pen, find a quiet space, and reflect deeply as you go through each section. Start with the exterior sections and work your way into the center.

Identify Your Core Strengths: Write down multiple answers in each section—don't overthink it! It's better to write whatever comes to mind than to hold yourself back. You can always refine your answers later.

As you work your way to the center, choose items from the outer sections that combine the two qualities, for example: What You're Good At + What you Love = Your Passion.

Once you have completed Your Passion, Mission, Vocation and Profession, repeat the process of choosing items that fit two of the neighboring sections into one. Then do it one final time to get to your Ikigai.

1. What You Love (Passions & Interests)

- What activities make you lose track of time?
- What brings you excitement, joy, or deep satisfaction?
- What topics do you naturally enjoy learning about?

2. What You're Good At (Skills & Strengths)

- What skills have you developed over the years?
- What do people often compliment you on?
- What comes easily to you but seems hard for others?

3. What the World Needs (Ways You Can Serve Others)

- What problems do you care about solving?
- What issues in the world frustrate or inspire you to take action?
- How can your strengths be used to improve someone's life?

4. What You Can Be Paid For (Income Opportunities)

- What skills or knowledge could you monetize?
- What are people willing to pay for that you can provide?
- What industries or professions align with your talents?

's IKIGAI Chart

Date: __/__/__

