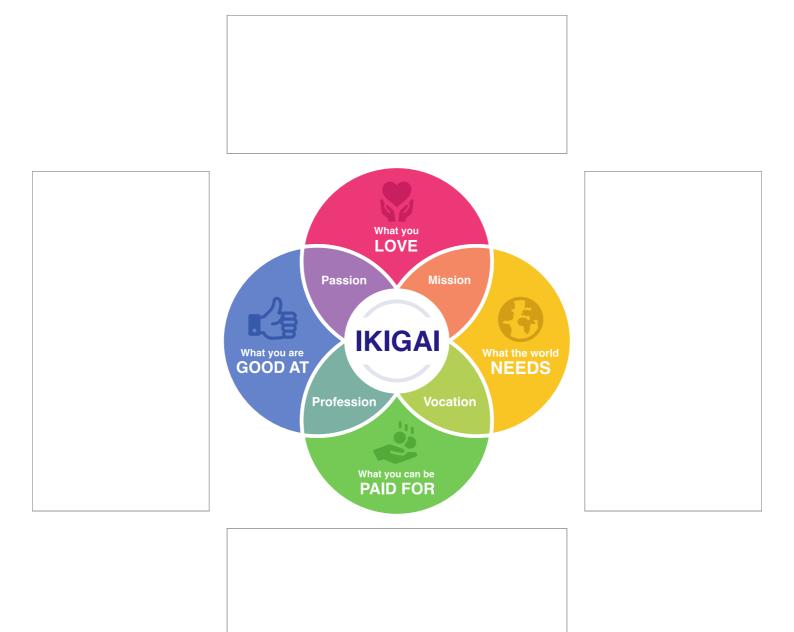
## Ikigai Worksheet

 Name:
 Age:
 Date:

The Ikigai Worksheet helps you explore your passions, strengths, and what gives your life meaning. Complete each section with your thoughts to discover your personal Ikigai, where these areas overlap.



**My ikigai discovery.** Reflect on what you've learned by filling out the spaces above. Consider what you've figured out about your passions, strengths, and the purpose that connects them all.