

LIFEBYSAL

The Ikigai Purpose Assessment

A guided reflection to help you understand what gives you energy, where your strengths meet real needs, and what kind of life you want to build.

Purpose, made practical.

Name: _____

Date: _____

How to use this assessment

There is no perfect answer. Use this workbook as a pause button. Write quickly, be honest, and look for patterns rather than trying to define your entire life in one sitting.

Set aside: 20–30 minutes **Bring:** curiosity, honesty and a pen

Your goal is not to find one magical purpose. It is to identify the direction that feels worth exploring next.

Part 1 · What do you love?

The first part of Ikigai is about energy, curiosity and meaning. Think beyond hobbies. What makes you feel engaged, useful, alive or deeply interested?

What activities make you lose track of time?

What topics could you talk about or learn about for hours?

When do you feel most energized?

What experiences have felt deeply meaningful to you?

What would you make more time for if you had fewer constraints?

Part 2 · What are you good at?

Purpose becomes more practical when it connects with strengths. Consider skills you have developed through work, life, relationships, challenges and experience.

What do people consistently come to you for help with?

What problems do you solve well?

Which strengths have helped you through difficult situations?

What skills do you want to be known for?

What are you better at today than you were five years ago?

Part 3 · What does the world need?

This is about contribution. “The world” can mean your family, workplace, community, customers, industry or a small group of people you care about.

What problems do you wish someone would solve?

Who do you most want to help?

What change would make you proud to contribute to?

Where do your strengths create meaningful value for others?

What do you believe people need more of?

Part 4 · What can you be paid for?

Purpose does not require ignoring economic reality. Explore where your strengths and contribution can create sustainable value.

Which skills or outcomes are people willing to pay for today?

What could you become highly valuable at with more practice?

What type of work could support the lifestyle you want?

What financial needs or responsibilities must your purpose respect?

What opportunities could combine meaning with economic sustainability?

Part 5 · Find the pattern

Review what you wrote. Do not look for one perfect answer. Look for recurring words, themes, people, problems and activities.

What I love	What I'm good at
What the world needs	What I can be paid for

What themes appear more than once?

Where do your energy and strengths overlap?

Where do contribution and opportunity overlap?

What possible direction becomes visible?

Part 6 · Your next move

Purpose becomes useful when it changes a decision or a behavior. You do not need a five-year plan. Choose one direction to explore.

What do I want more of in my life?

What do I want less of?

What is one decision I have been avoiding?

What is one experiment I can run in the next 30 days?

Who can I talk to that may help me see this more clearly?

My 30-day commitment

For the next 30 days, I will _____

because _____

A final reflection

If I designed the next chapter of my life around what matters most—not what looks impressive—what would I do differently?

Remember

Ikigai is not a one-time answer. Your purpose can evolve as your circumstances, responsibilities, strengths and aspirations change. Revisit this assessment when you enter a new chapter.

LifeBySal · Purpose, made practical.