

# Ikigai Brainstorm

## What do I like (love)

- o What would I do even if I weren't paid?
- o What do you find yourself drawn to when you have extra time?
- o What do you do when you have found yourself in "flow" (lost track of time, energized)?

Write everything that comes to mind and ask friends/family for help!

## What am I good (great) at

- o What do people come to you for?
- o What have you picked up or learned more easily than others you know?
- o What do you do more easily and effortlessly than others you know?

Write everything that comes to mind and ask friends/family for help!

