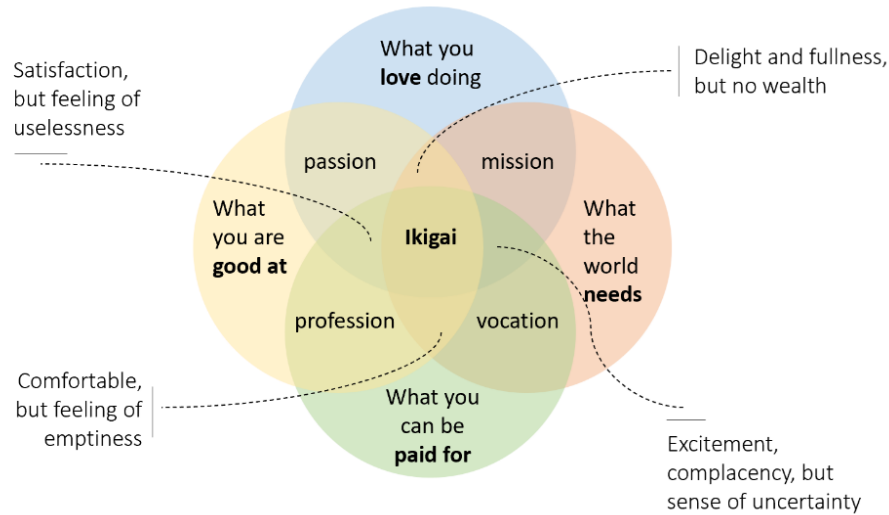


## Career Tips Thursday – 25 January 2024

### Find your Ikigai for career satisfaction

**Ikigai** is a Japanese concept that means your **'reason for being.'** 'Iki' in Japanese means **'life,'** and **'gai'** describes **value or worth.** Your **ikigai** is your **life purpose** or your bliss. It's what brings you joy and inspires you to get out of bed every day.



### 1. Finding my Ikigai. Guiding questions for your reflection

1. What I **love** doing

- Things I love to do
- Activities that make me feel good
- Things I would do even if I was not paid for

2. What the world **needs**

- My colleagues need...
- My stakeholders need...
- The people I serve need...
- The people around me need...

3. What I can be **paid for**

- Currently I make a living with...
- Now I am paid to do...
- In the future I would like to get paid for...

4. What I am **good at**

- Everything I am good at because of my experience or innate ability
- Anything I would like to be good at in the future



UNITED NATIONS



1. **Mission:**

What I love doing + What the world needs

2. **Vocation**

What the world needs + What I can be paid for

3. **Profession**

What I can be paid for + What I am good at

4. **Passion**










What I am good at + What I love doing

**What's my ikigai?**

**2. Connect your ikigai to what drives you**

1. If I were guaranteed only one from the nine options, but nothing else, my choice would be:

2. What drives me the most? The line-up of my 9 motivators in order of importance for me:

The 9 motivators (according to the Motivational Map concept)		Order of importance 9 = most important 1 = least important
	<b>DEFENDER</b> Seeks security, predictability, stability	
	<b>FRIEND</b> Seeks belonging, friendship, fulfilling relationships	
	<b>STAR</b> Seeks recognition, respect, social esteem	
	<b>DIRECTOR</b> Seeks power, influence, control of people/resources	
	<b>BUILDER</b> Seeks money, material satisfactions, above average living	
	<b>EXPERT</b> Seeks knowledge, mastery, specialisation	
	<b>CREATOR</b> Seeks innovation, identification with new, expressing creative potential	
	<b>SPIRIT</b> Seeks freedom, independence, making own decisions	
	<b>SEARCHER</b> Seeks meaning, making a difference, providing worthwhile things	

3. How can your top motivator support your ikigai (purpose in life)?



UNITED NATIONS



### My Ikigai

What I **love** doing

**Passion**

**Mission**

What I am **good at**

What the **world needs**

**Ikigai**

**Profession**

**Vocation**

What I can be **paid for**

