



Fill in the four circles, look for where they meet, notice what you already do, then try one small experiment. Typed answers save in your browser and, if you are signed in, also to your account.

01 What I love

Things you enjoy for their own sake, even if nobody pays you or notices. Think about what you would do on a free afternoon.

Things I love doing, or learning about:

1.

2.

3.

4.

5.

6.

02 What I am good at

Skills, strengths and things you do well, from practical to personal. If you struggle to name them, think of what other people ask your help with.

Things I am good at:

1.

2.

3.

4.

5.

6.

03 What the world needs

The world can mean your household, your street, your workplace or a wider cause. What would be missed if it were not done? What problem do you care about?

Needs I notice and care about:

1.

2.

3.

4.

5.

6.

04 What I can be paid for

Work or skills that someone could pay for, now or later.
Include ideas you have not tried. This one can be shaped by
money and circumstances, so be practical and kind to
yourself.

Things I could be paid for, or could learn to be:

1.

2.

3.

4.

5.

6.

05 Where the circles meet

Look back at your lists. Where do two or more circles touch? Write down any pairing, however rough. Not every circle has to meet.

Love and good at Something from both lists	Good at and needed Something from both lists	Needed and paid for Something from both lists	Paid for and love Something from both lists
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Anything that appears on three or four lists? Or a pattern I notice?

06 What I am already doing that feels like this

You may not need to start something new. Look through your ordinary week for moments that feel absorbing, useful or meaningful.

Moments in my week when time passes easily, or I feel useful:

Small things count: cooking, helping, tidying, making, explaining.

Which of these could I do a little more of?

07 One small experiment this week

Pick one small thing that is easy to try, takes a few hours at most, and can be undone. Examples: spend an hour on something from your love list, ask someone what they notice you do well, or help with something in your needs list. When to get more support: if you have felt low or without purpose for weeks, talk to your GP. If you are thinking about harming yourself or ending your life, call Samaritans on 116 123 (UK and Ireland), call or text 988 (US), or find a line at findahelpline.com. More routes: selfgrowth.org/help.

My experiment, and when I will do it:

Before: how meaningful does my week feel right now?

1 2 3 4 5 6 7 8 9 10

Not at all

Very

After: how did the experiment feel?

1 2 3 4 5 6 7 8 9 10

Flat

Meaningful

What did I notice? What do I want to repeat, change or drop?

When you're done, a moment to reflect

- Which circle was easiest to fill in, and which was hardest? What does that tell you?
- Did anything on your lists surprise you?
- Is there something on your lists you have put off because it does not look like a proper job or goal?
- What would a small, gentle step towards one of your overlaps look like?
- Is there a part of this you would like to talk through with a friend, a coach or a counsellor?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/ikigai-worksheet



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.