

Your *Ikigai*

Part 1: “*Ikigai*” (生き甲斐) is a Japanese word meaning “reason for being” or “reason for getting up in the morning.”

What is your *ikigai*? Can you identify it right now? What is the most important thing in your world right now? What is driving your activities? Write this in the space below:

Part 2: Every day this week, take note: When you ask yourself the question “what is on my mind today? What do I have to get done? Is it the same every day? Can you get any meaning from the way you answer this question? Fill out each day as you wake up, not all at one time:

DayOne	
DayTwo	
DayThree	
DayFour	
DayFive	
DaySix	
DaySeven	