



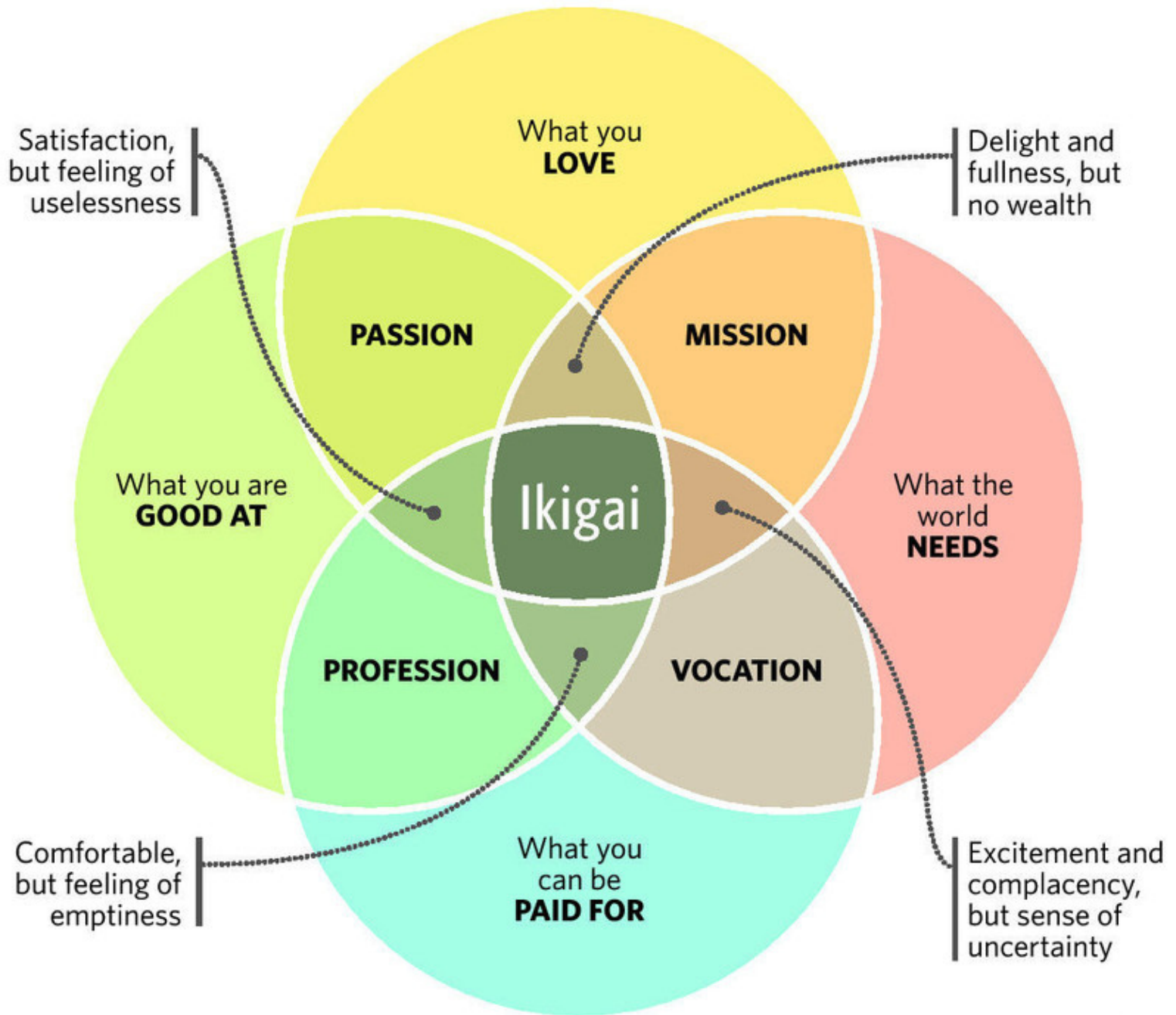
DON'T GIVE UP THE DAYDREAM

Ikegai Workbook

WWW.LAURAEELLERA.COM

Ikigai

Said as 'ik-e-guy' is a Japanese concept meaning "A reason for being". It takes what you are passionate about and adds in what people need and will pay for to find a profitable purpose for you



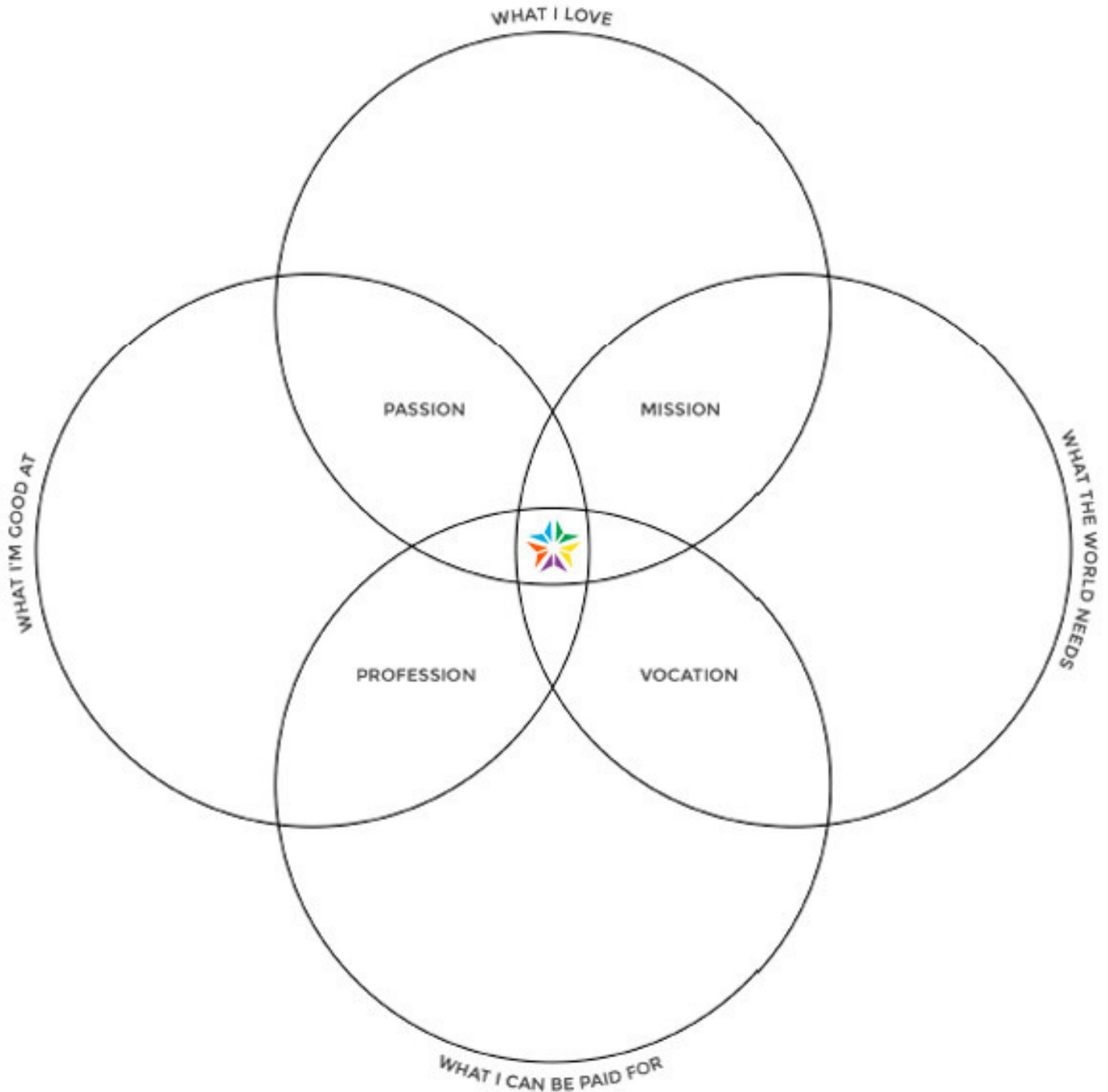
SOURCE: dreamstime

TORONTO STAR GRAPHIC

Ikigai

Fill out the below with what you are good at and what you love as well as what the world needs (i.e. a problem you can solve) and what you can get paid for.

For more ideas on this, check out episode 017 on the podcast.



Action

Work through the model to find your Ikigai.

Come and join us in The Daydreamers Club and give a shout if you get stuck on any of this.

And then come and share your findings!