

Reflective Worksheet – Ikigai: What you get paid for

What I Currently Get Paid For:

1. _____
2. _____
3. _____

What I Used to Be Paid For:

1. _____
2. _____
3. _____

Skills I Have That Could Be Monetized:

1. _____
2. _____
3. _____

What I Would Love to Be Paid For:

1. _____
2. _____
3. _____

What I'm Ready to Let Go Of (Compassionately):

1. _____
2. _____

My Affirmation:

"I can be paid for _____, _____, and _____. *I am open to discovering even more.*"

Optional Vision Prompt: *Imagine yourself one year from now. You are doing work that lights you up. You are respected, supported, and aligned with your values. What does a day in that life look like? Where are you? Who are you helping? What are you creating?*

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