

**Jessica Rojas**



# **FIND YOUR PURPOSE**

**Align Your Talents with  
Your Values to Reach  
Your Professional Goals**

---

[www.jessicarojasliscano.com](http://www.jessicarojasliscano.com)

---

# IKIGAI



Hi there! Ready to learn more about yourself and to discover your IKIGAI? 😊

Then, congrats!

Take a moment to focus solely on yourself today with this IKIGAI exercise. This is your time, so make sure to take time apart from your day to really focus on answering - you could also give yourself a day for each question, there's no rush.

Just make sure you are honest with your answers, no matter how "silly" they may seem to you or unconventional they might be.

**Agreed? Perfect!**

If you already know what an IKIGAI is, you can skip this page and continue to the exercise section of this document. However, if IKIGAI is a new concept to you, keep reading :-)

## IKIGAI: "HAVING A PURPOSE TO LIVE BY"

A Japanese concept, the word IKIGAI has no direct translation into English, but I'm sure you'll love the meaning of it.

Why? Because this concept brings together various aspects of our lives that together become a powerful guide to create a unique life path with purpose and happiness.

Let me tell you more about it! The Okinawa Island (Japan) is in one of the "blue zones," which is where people tend to live the longest on earth. It is the Island's people longevity that's brought attention to their way of living - they live life purposefully (IKIGAI).

Okinawa's inhabitants wake up every day knowing their life purpose - this is how they will contribute with that day to those around them and their environment.

They know that **every day counts and that they are here to provide their talents to society.**

That purpose is **essence and source of energy** to live for more than 100 years!

You can read more about [this Japanese concept here](#).

---

[www.jessicarojasliscano.com](http://www.jessicarojasliscano.com)

---



**YOUR LIFE  
PURPOSE,  
YOUR  
ESSENCE AND  
YOUR SOURCE  
OF ENERGY**

---

[www.jessicarojasliscano.com](http://www.jessicarojasliscano.com)

---

**Advice:** Find a picture of yourself to look at as you answer this section. If you're doing this from your laptop or computer, you can look for a picture on your cell phone; looking at a pic of yourself could help answer this document. Try it!

# IKIGAI



---

## YOUR LIFE PURPOSE, YOUR ESSENCE AND YOUR SOURCE OF ENERGY

(Grab a pen to write your answers)

\*\*\*Once you've answered the following prompts, you can use the diagram at the end of the document to gather your information in one place.\*\*\*

According to the IKIGAI philosophy, your life purpose can be discovered by getting a clear idea of the following:

### 1. WHAT DO I ENJOY DOING THE MOST IN LIFE? WHAT MAKES ME HAPPY?

The main purpose in life is to enjoy our time here, regardless of how long we stay on earth. Some people enjoy spending their time at work, hanging with friends or family, etc.

However, the goal of this exercise is to go beyond the above - really really ask yourself; what brings you a feeling of satisfaction and happiness? It is not just random that you find joy in some things more than in others.

You can write a list of things here or situations, anything that makes sense to you.

---

---

---

---

---

---

---

---

# IKIGAI



---

## 2. WHAT AM I GOOD AT?

We are born with everything we need to fulfill our mission in life and to be happy.

I know, it sounds too easy... but it's true. When we really look into what our talents and abilities are together with our personality traits and weaknesses/flaws, then we are able to understand better that we are destined to do something with what we know and with who we are.

Not everyone is good at everything, and although we can always learn new skills we will intrinsically be good for some things more than others; this is what we call "talent" (s).

What are your talents? What comes easy to you naturally?

What makes you stand out?

Remember you can describe your talents or list them - it's up to you :)

---

---

---

---

---

---

---

---

---

---

# IKIGAI



---

### 3. WHAT DOES THE WORLD NEED? HOW COULD I GIVE BACK?

If you observe your surroundings, your community, maybe city or country, you'll be able to see what's missing; whether this is in politics, technology, inclusivity, education, etc.

One of the areas of the IKIGAI philosophy focuses on how you can give back to your nearest community as this action is seen as the force that keeps you "alive."

When what we do every day or what we do very often is an act of service, then we are doing something meaningful with the time we have on earth.

**And that's the source of energy that keeps us going!**

Now, observe and write down your answers - **What does the world around you need from you and how can you with your unique talents do to give back?**

Remember: you can write a list of things or situations, what makes more sense to you.

---

---

---

---

---

---

---

---

---

---

# IKIGAI



---

#### 4. OK, IT IS ALSO IMPORTANT TO TAKE THE TIME TO FIGURE OUT THE FOLLOWING... HOW CAN YOU MAKE A LIVING FROM YOUR TALENTS, SKILLS AND WHAT YOU ENJOY DOING THE MOST?

Everything you do for work, whether that is management, human resources, product creation, accounting, etc. All of that, is a useful skills that you're paid for.

What's the value of the work that you do? How much are you being paid for the contribution you make every day at your current job?

**¡Don't take your income for granted!**

The salary you earn pays for your skills, knowledge, experience, creativity and other talents that you provide every day.

This awareness of how much your talents are worth to be paid for is crucial for you to be able to live off your life purpose.

Write now, only for yourself, how much your earn a week, a month and a year. This information will be useful for when you want to change careers and/or for when you want to start your own freelance business.

---

---

---

---

---

---

---

---

---

---

# IKIGAI



When you are aware of what your life purpose is, you are then able to start living a meaningful life and with more options for yourself - in that way you'll be able to feel happy and content about various aspects of your life, even professionally.

Give your best every time you can!

And now, what I promised; your diagram of IKIGAI.



[www.jessicarojasliscano.com](http://www.jessicarojasliscano.com)



# Jessica Rojas



## Hi!

**My name  
is Jessica and  
I'm your  
career coach**



Learn more about me [here](#).

What does it mean to be a career coach?

It means that my passion is to help you work your unique talents and develop your desired skills in connection with your chosen professional path.

➔ I invite you to recognize your 3 Pillars of Success with this 3-min. video.

---

Let's connect on [Youtube](#) [Instagram](#), [Facebook](#), [LinkedIn](#) 😊

---