

SIDE A: PRACTICAL

Ikigai Approach to Job Search

Pre-Workshop Worksheet

Presented by Katherine Eriksen, CPHR
Founder, Cat & Mouse Recruitment

Ikigai is a Japanese concept translated as "a reason for being." It sits at the intersection of what you love, what you are good at, what the world needs, and what you can be paid for. This worksheet guides you through the pre-work so you arrive at the workshop ready to build your personal Ikigai map.

How to use this worksheet

- Take 20–30 minutes to reflect honestly — there are no right or wrong answers.
- Write quickly and openly; patterns often emerge later.
- Complete Sections A–D before the workshop (Parts 2 & 3 are done together).

SECTION A

What Do You Love?

What activities make you lose track of time?

Things I naturally gravitate toward

Topics, hobbies, conversations, or experiences that consistently pull your attention

SECTION A (CONTINUED)

Moments When I Felt Most Alive

Describe 2–3 moments in life when you felt deeply fulfilled or joyful.

People often associate me with...

What do people say you are passionate about?

SECTION B

What Are You Good At?

Achievements I'm proud of

Skills I Feel Confident Using

Check any that apply:

- ☐ Listening ☐ Organizing ☐ Teaching ☐ Creating ☐ Problem-solving
- ☐ Encouraging others ☐ Strategic thinking ☐ Leadership ☐ Building relationships
- ☐ Writing ☐ Speaking ☐ Technical skills ☐ Caring for others
- ☐ Learning quickly ☐ Adaptability ☐ Other: _____

My natural strengths (expand on the ones you checked, or add others):

Things people ask me for help with:

SECTION C

What Does the World Need?

Problems I care about

What issues frustrate or concern you?

If I could improve one thing in the world, it would be...

Ways I enjoy helping others

Causes or communities I care about

SECTION D

What Can You Be Rewarded For?

What people would likely pay me for

Opportunities I'd Like to Explore

- Coaching ■ Teaching ■ Entrepreneurship / side hustle ■ Creative work
■ Community leadership ■ Consulting ■ Wellness / support work ■ Skilled trades
■ Writing / speaking ■ Other: _____

Work or contributions others value in me:

Experiences where I felt useful and appreciated:

Identifying Patterns

Review your answers from Sections A–D and look for themes.

What themes or repeated words appeared in your answers?

Where do your interests and skills overlap?

What strengths connect with what you care about?

What surprised you?

Your Ikigai Map

In the spaces below, write key words or phrases for each circle of your Ikigai.

What You Love

What You Are Good At

What the World Needs

What You Can Be Paid For

Overlap Reflections

Passion (What you love + what you are good at)

Profession (What you are good at + what you can be rewarded for)

Mission (What you love + what the world needs)

Vocation (What the world needs + what you can be rewarded for)

Pulling It All Together

What feels like the strongest intersection of all four areas?

A small step I can take in the next 30 days:

www.catandmouserecruitment.ca • katherine@catandmouserecruitment.ca • 403-437-0472