



## Create your own personal ikigai diagram

1. Take the sheet of paper with the small ikigai diagram
2. Draw the 4 intersecting circles
3. Fill out the circles with items from both your personal life, and work life
  - For work life items – try to list specific items – can be anything you like (e.g – ECG interpretation/ procedures/ Research/ Education/ Management/Quality improvement etc.)
4. Be creative! Use it as an aid to discover your purpose!
5. Review the items, and think about combining them together if that helps