



YOUR IKIGAI
& LIFE DESIGN

MODULE 1

NOMAD ATELIER



STEP 1 / LISTEN TO YOURSELF

It all begins with knowing ourselves. Take time to observe from afar, at what comes natural to you, what you're good at, what energizes and excites you. Think about your skills, passions, natural talents and what the world needs.

WHAT DO YOU LOVE TO DO (not work-related)?

IF YOU COULD DO ANYTHING AND KNOW YOU WOULD SUCCEED, WHAT WOULD IT BE?

WHAT IS STOPPING YOU FROM PLAYING BIGGER OR GETTING WHAT YOU WANT?



STEP 2 / KNOW YOUR WHY

Nothing will fulfill you more than being aligned with whom you truly are and doing what you love. You must listen to feel and know your purpose. As we connect more with our inner compass and intuition, it will be easier to choose with intention.

WHAT IS THE ONE THING YOU WOULD LIKE PEOPLE TO REMEMBER YOU FOR?

WHAT ARE YOUR VALUES? WHAT DO YOU WANT TO STAND FOR?

WHAT MOTIVATES YOU IN WHAT YOU DO?

WHAT CAN PEOPLE LEARN FROM YOU?



WHAT ARE YOU REALLY GOOD AT?

IN YOUR PROFESSION, WHAT IS IT THAT SETS YOU APART FROM OTHERS?

WHAT IS UNIQUE ABOUT THE WAY YOU DO THINGS?

WHAT LEGACY WOULD YOU LIKE TO LEAVE BEHIND?



STEP 3 / FIND YOUR IKIGAI

The concept of Ikigai, is a japanese term that means "**reason for being**". This framework is about designing a lifestyle where you connect your passions, talents with something truly meaningful that the world needs and willing to pay for. Begin exploring below your Ikigai.



WHAT DO YOU LOVE THAT YOU'RE ALSO GOOD AT?

WHAT DO YOU LOVE THAT THE WORLD ALSO NEEDS?

WHAT ARE YOU GOOD AT THAT YOU CAN BE PAID FOR?

WHAT DOES THE WORLD NEED THAT YOU CAN BE PAID FOR?
