Twitter Thread by Mind and Glory ■

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Give me 2 minutes and I'll show you an exercise to help you find your purpose.



The exercise is called Ikigai.

It is said to find your life’s worth or purpose and is widely used.

It has also played a role in Japan having the second highest life expectancy in the world.

Let’s break it down.

Ikigai can be split into 4 categories.

What:

- You love
- You are good at
- You can be paid for
- What the world needs

1. What do you love.

When asked, most people will tell you that they have never stopped to think about this because they live such busy lives.

This could be a hobby you get excited about or possibly the feeling of helping others.

There are no wrong answers.

2. What you are good at.

Take out a pen and paper and jot down everything you feel you are good at doing.

As humans we tend to undervalue what we are good at because we assume that there are others better than us.

Remember done is better than perfect.

3. What you can be paid for.

Look towards others that are currently being paid for what is you want to do.

- How did they get started ?
- Can you make a good living ?
- What troubles have they faced ?

Try to map out how you can turn this from an idea into reality.

4. What the world needs.

The world is changing all of the time. You have countless opportunities to spot gaps in the market.

Based on the simple principle of supply and demand.

You must provide a service that is valuable to those using it.

What you love and what you are good at will help you find.

= Your passion.

What you love and what the world needs.

= Your mission.

What the world needs and what you can be paid for.

= Your vocation.

And finally

What you can be paid for + What you are good at.

= Your profession.

Once you have taken time to brainstorm through each section, you should have an idea of what you can pursue to find your purpose.

Imagine your ideal day from start to finish. How does it make you feel ?

You will need to try out what you think you would be good at.

You may think that you would love to do a certain profession however in reality you may find it’s not for you.

It will take trial and error however following Ikigai should give you a better understanding.

A strong mind builds strong individuals.

Much like a muscle, your mind needs trained to encourage peak performance.

Enhance your way of thinking and achieve what you deserve with the help of 100 Mental Models:

https://t.co/JdNin6YbwM