



Self Assessment

Personality Tests

Use the free tool below to explore and assess who you are, taking time to read the results for each.

16 Personalities (Myers-Briggs): <https://www.16personalities.com>

Ikigai

The word ikigai means “a reason to live.”

It comes from a combination of two Japanese words: *iki* referring to life, and *kai*, which roughly means “the realization of what one expects and hopes for”.

Ikigai is created with four core elements:

1. what you love (your passion)
2. what the world needs (your mission)
3. what you are good at (your vocation)
4. what you can get paid for (your profession)

Your assignment

Begin to start mapping out your Ikigai chart. Use the prompts below to guide you through the process.

What you love

This question is about figuring out what you find fun, interesting and motivating

- What would you do if you didn't have to worry about making money?
- How would you spend your time on a long vacation or a free weekend?

- What's exciting to you and gets your juices flowing when you do it?
- What could you enthusiastically talk about for hours on end?

What the world needs

This question is meant to figure out what you can give to the world, your culture or your family.

- What problems in your society would you like to help solve immediately?
- What issues in your community/ the whole world touch you emotionally?
- Are people willing to part with their resources to buy what you're selling?
- Will your work still be relevant a decade (or even a century) from now?

What you are good at

This question is meant to figure out your natural gifts: your talents and skills.

- What parts of your current job are you effortless good at?
- What are you among the best in your workplace/community (or even the whole world) at?
- With some more education and experience, could you be among the best at what you do?

What you can be paid for

This question is about the things that can put bread on your table, whether you enjoy them or not.

- Lately, have you been paid for what you do? Have you ever been paid for what you do? If not, are other people being paid for this work?
- Are you already making a good living doing what it is that you're doing? Can you eventually make a good living doing this work?

Write key words, phrases and ideas that come up in each circle. Once you have some answers to these questions, you can start looking at the various places where they intersect. Ask friends and family what key words come up for them when they think of you? Explore and push boundaries here.

Think about all these elements and the connections they have to each other. The idea is to have all the intersecting parts in balance: right at the centre of your chart is the answer to your personal ikigai.

Reflection

Reflect on what you discovered and write a 500-word summary. Utilizing some of the phrases that the assessments use to describe your personality type, assess which you agree with or don't agree with. Were there any surprising results? Do you think this was a fair assessment?

Next, take what you've learned from your Ikigai chart and share what did you learn from this exercise? What areas were easy or challenging? What did you realize about yourself? Were you able to identify specific strengths or new opportunities?

Were there any surprises or ah-ha moments? How do you feel with the results? How do the findings here overlap or not with your personality test? Do you feel there is more clarity or revelations that you didn't see before?

Want more? Here's some more goods to read!

<https://www.forbes.com/sites/chrismyers/2018/02/23/how-to-find-your-ikigai-and-transform-your-outlook-on-life-and-business/#4d7faa582ed4>