

The Ikigai Map

The Japanese word I wish I'd known before I retired — drawn as one page you can fill in.

Ikigai is "a reason to get up in the morning." It lives where four things meet. Take a quiet half hour, a pen, and honest answers — small ones count double. There are no wrong entries; this map is yours alone.

1 · What you love

Which moments make you forget the clock? (Coffee rituals, grandkids, gardening, a craft...)

2 · What you're good at

Forty years of work and life taught you things. Name the ones you still enjoy using.

3 · What the world needs

Who around you — family, street, temple, town — could use exactly what you have?

4 · What you can be valued for

What would people thank you for? (Paid or unpaid — thanks is the currency here.)

Your ikigai, this season

Look where your four lists overlap. Write it in one sentence — small and true beats grand and vague.

This map grew from the letter Ikigai — The Japanese Word I Wish I'd Known Before I Retired at behappyretired.com. One gentle letter a week, free. — Farook