

# Career Ikigai (Purpose in Life) Alignment Assessment



Ikigai is an ancient Japanese philosophy that has enveloped the way Japanese people live. Some believe it's even the **reason for their happiness and longevity**. It's **what brings you joy and inspires you to get out of bed every day**.

*It's important to mention that while traditional Japanese philosophy focuses on finding your bliss, western interpretation has used ikigai as a method of finding your dream career.*

Knowing & aligning to your ikigai can help you:

- **Align** with your **purpose in life**
- Make a **positive impact** on the planet
- **Design your ideal work lifestyle**
- **Create a healthy work-life balance**
- Pursue your **career dreams**
- **Perform at your best**
- **Do what you love** most
- **Create joy & happiness** in your existence
- **Create strong social connections** at work

Please rate each item on a scale of 1-5. Please choose one number and do-not write decimal, such as 3.5. Select the answer that best represents your feelings, thoughts, and behaviors regarding your desirable balance. Choose How often/ true each statement is for you.

1	2	3	4	5
Less True				More True
Never	Rarely	Sometimes	Often	Always

## 1. LOVE (10)

- a. I cannot see myself doing something else than what I'm doing now \_\_\_\_\_
- b. If money was not a question, I would work in the same current position \_\_\_\_\_
- c. I build solid friendships/work relationships at work \_\_\_\_\_
- d. I'm proud of my current job position \_\_\_\_\_
- e. I have a vision or image of where I'm heading in my career or profession \_\_\_\_\_
- f. I feel fulfilled in my current career path \_\_\_\_\_
- g. I do what I love \_\_\_\_\_
- h. I will recommend my work to my friends \_\_\_\_\_

- i. I'm doing what I have always dreamed of \_\_\_\_\_
  - j. When I'm waking up, I'm happy & want to go to work \_\_\_\_\_
2. GOOD AT (13)
- a. My skills & strengths are used for more than 80% of the tasks I'm doing \_\_\_\_\_
  - b. I feel challenged in your work (but enjoy it) \_\_\_\_\_
  - c. My life is mentally rich and fulfilled \_\_\_\_\_
  - d. When finished work, do you come back energized & happy \_\_\_\_\_
  - e. At work, I feel my opinion counts \_\_\_\_\_
  - f. I work in my area of competency \_\_\_\_\_
  - g. I feel fully engaged in my work and activities \_\_\_\_\_
  - h. I know what is expected from me \_\_\_\_\_
  - i. I'm doing what I'm good at \_\_\_\_\_
  - j. I feel engaged and creative in my work \_\_\_\_\_
  - k. I feel that I am contributing to my team \_\_\_\_\_
  - l. When I'm at work I do tasks that I like \_\_\_\_\_
  - m. I feel energized by my work \_\_\_\_\_
3. WORLD NEEDS (8)
- a. I believe my current work is meaningful to me and others \_\_\_\_\_
  - b. I understand my career mission \_\_\_\_\_
  - c. I work in a team that contributes to the improvement of the human condition or world \_\_\_\_\_
  - d. I feel I will be remembered as somebody that made a positive impact on earth by my close ones \_\_\_\_\_
  - e. I believe that I have some impact on someone \_\_\_\_\_
  - f. I feel my existence is needed \_\_\_\_\_
  - g. I feel that I am contributing to the society \_\_\_\_\_
  - h. I feel part of something bigger than myself \_\_\_\_\_
4. PAID FOR (4)
- a. I'm well paid for the results that I deliver \_\_\_\_\_
  - b. I feel I'm valued at my work \_\_\_\_\_
  - c. I feel what I have in life is well balanced by the effort I put in my work \_\_\_\_\_
  - d. I'm satisfied with the current compensation offered by my employer \_\_\_\_\_
5. LIFE BALANCE (5)
- a. Do you feel supported at work? \_\_\_\_\_
  - b. I feel I can control my time to do what I want \_\_\_\_\_
  - c. I have time to perform out of work activities \_\_\_\_\_
  - d. I feel I have enough time in my day to do my work tasks and enjoy my hobbies \_\_\_\_\_
  - e. My life balance fulfills my human needs \_\_\_\_\_

## Score Interpretations:

- **Total Score Less than 80:**

This score indicates a high likelihood that your life is not currently balanced, and you feel very dissatisfied by your current situation. You feel often underused and may find yourself thinking *“I’m working for money, as soon I can find another opportunity, I’m leaving my company or career”*. This may be due because you are experiencing burn-out OR because you are working in the wrong field and wrong career path.

You may be experiencing signs of lack of energy and motivation. You feel most probably frustrated and hopeless. It is possible that you are not satisfied with your current career because it is not aligned with your core values and personality.

We see from this assessment a misalignment with your core values, what you love and what you are good at. We would strongly recommend you work with *DevelUpLeaders* on our Career IKIGAI program to identify your deeper purpose in life. We will help you define your new career path that you will feel you never have to go to work ever again.

- **Total Score 80-120:**

This score indicates a high likelihood that you are relatively satisfied in your career. You often come back from work exhausted and just want to lay down on the sofa. You feel your career is moving but you feel frustrated and feel emptiness and dissatisfaction in the work you are doing. You may be doing that fulfills your needs in a monetization standpoint, but you feel uselessness and no excitement to work in your current job. You may be thinking of leaving your current job but didn’t act in this direction yet.

You maybe feel underused and working on tasks that you either don’t like or even worse you are not good at and spend lot of energy to have very little result. You may be even thinking you are aligned with your core values and don’t feel you have the impact you would like in life. Your career satisfaction is impacted by your personality traits.

We see from this assessment some satisfaction in your work, but due to some misalignments with your core values, what you love and what you are good at, you feel drained at the end of the day. We would recommend you work with *DevelUpLeaders* on our Career IKIGAI program to identify your deeper purpose in life. We will help you define your new career path that you will feel you never have to go to work ever again.

- **Total Score 120-160:**

This score indicates a high likelihood that you are moderately well satisfied in your career. You may feel your career is moving well but still have some areas of frustration and dissatisfaction. You are one of the lucky who are very satisfied with your situation in life. You have probably worked hard to be where you are and seem to know yourself well. You can revel in your accomplishments and successes. You are well fulfilled by your job, but probably still looking at opportunities,” just in case!”

You feel fulfilled by your career and your skills and strengths may be well used in your current job but has still some area you could improve such as, doing what you love, doing more tasks that you are good at, have a more meaningful impact on people and your environment. You feel well aligned with your vision of your life.

We see from this assessment a good alignment between your purpose in life and your work, but you are still not at the level of full fulfillment and want to explore more into yourself to reach this famous IKIGAI. We would recommend you work with *DevelUpLeaders* on our Career IKIGAI program to identify your deeper purpose in life. We will help you define your new career path that you will feel you never have to go to work ever again.

- **Total Score More than 160:**

This score indicates a high likelihood that you know yourself very well and align your actions with your purpose in life. You are one of this lucky few who reach an almost full career IKIGAI. You are fully flourished by your work and believe in what you are doing. Your career is moving at the expected rhythm or even faster that you were expecting. You have probably worked hard to be where you are and seem to know yourself on tip of your fingers. You can revel in your accomplishments and successes.

You feel fulfilled by your career and your skills and strengths that are well used to fulfill your purpose in life. You may have some few adjustments to do reach a total alignment with your vision of your life.

We see from this assessment a good alignment between your purpose in life and your work, but you are close to the full fulfillment and want to explore more into yourself to reach a higher level of career IKIGAI. We would recommend you work with *DevelUpLeaders* on our Career IKIGAI program to identify your deeper purpose in life. We will help you define your new career path that you will feel you never have to go to work ever again.

**Disclaimer :** This assessment is not intended to provide psychological or psychiatric diagnosis and your completion of the assessment does not indicate a professional counseling or coaching relationship with the creators or administrators of the test.