



Let's
find
your Ikigai.

**A CARD GAME TO DISCOVER YOUR
LIFE'S PASSION AND PURPOSE**



Let's find your Ikigai has been developed for educational purposes in the field of non-formal education, within the cooperation project "**Eesti & España - together for our youth**", which involves **Ethos MTÜ** and **Valdeorras Vive**.

With this game we want to invite young people to reflect in a deeper way than usual in finding their true **passion and vocation**. We seek to promote constructive dialogues and a better self-knowledge. The cards can be used at events and gatherings with people of all ages.

Author: Lucas Docampo Gacio

Visuals: Aleksandra Galkina

ABOUT US

Ethos MTÜ and **Valdeorras Vive** are organizations focused on empowering young people, especially in rural areas. We participate in the Erasmus+ programme to provide learning and growth opportunities in Estonia, Spain and abroad.


We believe that everyone has the potential to be an entrepreneur and we focus on rural youth to provide them with the necessary tools and resources for success. We help find their IKIGAI and make their visions a reality!

www.ethosmtu.com

ABOUT IKIGAI

IKIGAI helps you discover which goals and passions you should pursue. The focus is taken out of the virtual world, and prioritises you in the here and now.

The birth of IKIGAI dates back to ancient times, but was first popularized in the early 1960's. The philosophy is based on a practice that requires deep and thorough **self-reflection** to discover your life's passion and purpose.



EUROOPA NOORED

Since 2014, **Euroopa Noored** have been coordinating the European Union's Erasmus+ programme for education, youth and sport in the youth field in **Estonia**.

Euroopa Noored supports young people's participation, entrepreneurship and fulfilment, strengthens the quality and internationalisation of youth work and promotes the development of youth policies.

www.europanoored.eu

ERASMUS+

Erasmus+ is an EU program that promotes mobility and skill development for young people, with a focus on enhancing their competitiveness, active citizenship, and social engagement.

The program offers opportunities for youth involvement in volunteer projects, exchanges, professional training, and learning programs across Europe. Erasmus+ is a platform for youth growth and integration in Europe.

www.erasmus-plus.ec.europa.eu




Erasmus+

DEEP TALKS

Divide participants into pairs and seat them at a table or comfortable space for reflection. Provide each pair with one of the 4 Ikigai cards, and invite each pair to exchange their responses, spending a similar amount of time on each of the four Ikigai questions.

The game ends when the participants have talked in depth about each of the four cards. At the end, the whole group is brought together and the pair is invited to present their conclusions to the audience.



CARD EXCHANGE

Gather your group and give an Ikigai question card to each participant. Encourage them to pair up and take turns answering each other's questions. As they finish, have them exchange cards and continue meeting with new partners.

Once all participants have had a chance to answer all the questions or the set up time has expired, bring the group together to wrap up the exercise and reflect on their newfound connections.



ART GALLERY

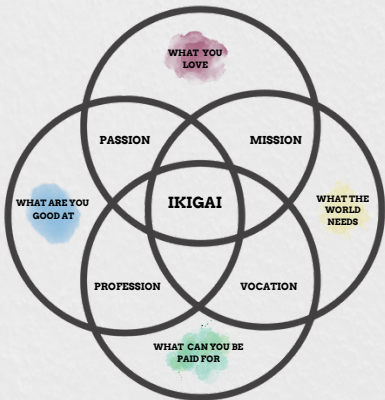
Give a card to each participant and invite them in groups of four to create a painting that visually answers their question. When the drawings are ready, invite them to share their artwork with the rest of the group and explain their motives. At the end of the activity, you can create a gallery with the results.



SPEED DATING

Distribute two cards to each participant and place them in two circles, one outer and one inner, with the same number of participants facing each other. Each question needs between one to three minutes to be answered in the pair, and at the end of the time, rotate the participants randomly to answer several different questions.







What you love doing



What can you be paid for



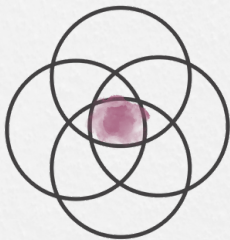
What are you good at



What the world needs

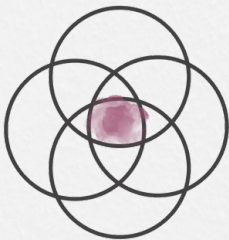


**What is your favorite activity
that makes you feel like a
fish in water?**



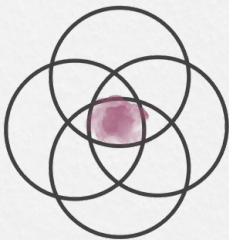


**What did you dream of for
your future adult life when
you were a child?**



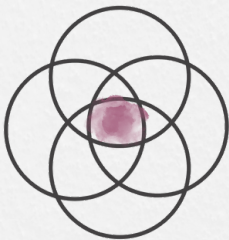


What personalities inspire you and make you feel like you can achieve everything?



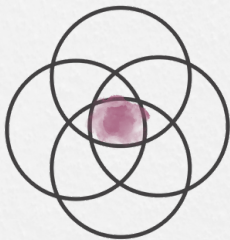


**What would you like to learn
or improve to become a real
master?**





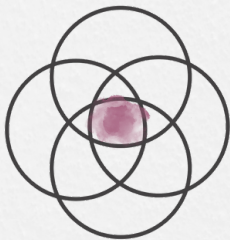
**What did you use to play
when you were a child for
hours without getting bored?**





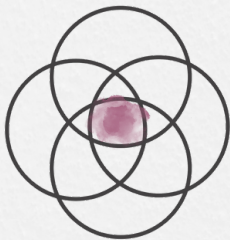
**If you had all the time in the
world, what would you do
every day?**

WHAT YOU LOVE



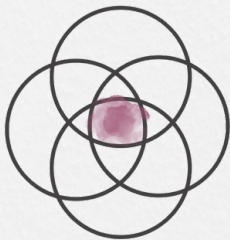


**What's your favorite memory
and why does it mean so
much to you?**



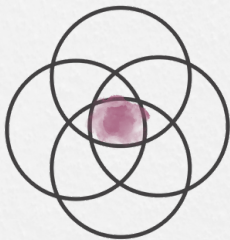


**If you could have any
superpower, what would it
be and why?**



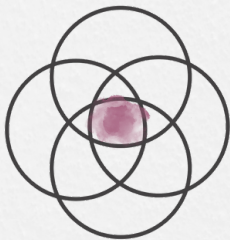


What's the most spontaneous thing you've ever done and why did you do it?





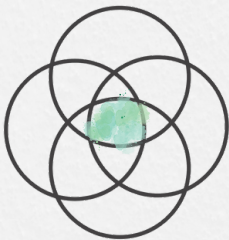
**If you had to describe yourself
in three words, what words
would you choose and why?**





**What would be your
"superpower" for solving
problems and making
people happy?**

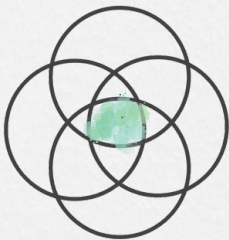
WHAT CAN YOU BE PAID FOR





**What dream do you want to
make a reality with a
business or initiative?**

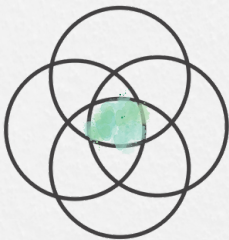
WHAT CAN YOU BE PAID FOR





**What do you think is
necessary for business
success?**

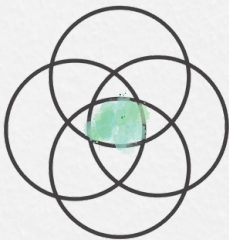
WHAT CAN YOU BE PAID FOR





**How do you imagine yourself
making a profit?**

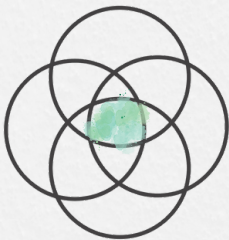
WHAT CAN YOU BE PAID FOR





What are your most important values or beliefs and how can you make them shine through a business?

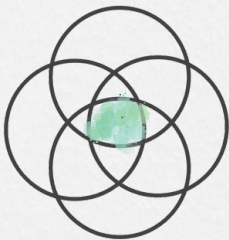
WHAT CAN YOU BE PAID FOR





What do you enjoy doing the most, and how could you turn that into a product?

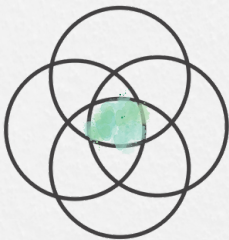
WHAT CAN YOU BE PAID FOR





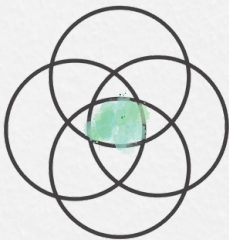
**What is a skill or talent that
you have that others are
willing to pay for?**

WHAT CAN YOU BE PAID FOR





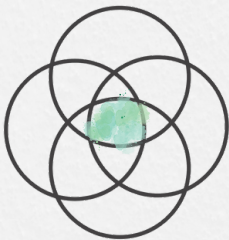
What are your biggest passions and how could you turn them into a career or business?





**What would you do if you had
to start a business
tomorrow?**

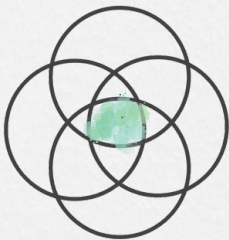
WHAT CAN YOU BE PAID FOR





**Can you think of a time when
you helped someone solve a
problem?**

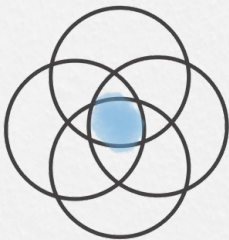
WHAT CAN YOU BE PAID FOR

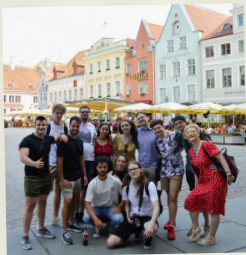




**What have been your biggest
successes or achievements
in the past?**

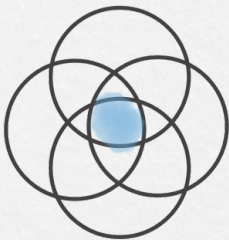
WHAT ARE YOU GOOD AT





**What do you consider your
unique skills or abilities?**

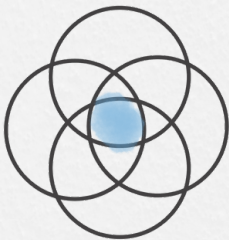
WHAT ARE YOU GOOD AT





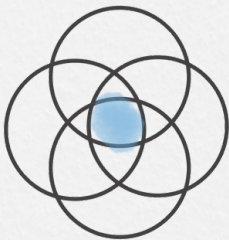
**What do you feel confident
about when you think about
your future?**

WHAT ARE YOU GOOD AT





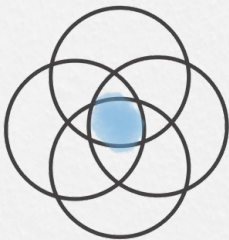
What compliments have you received from others that have made you feel proud?





**What activities or tasks do
you enjoy doing and feel
confident about?**

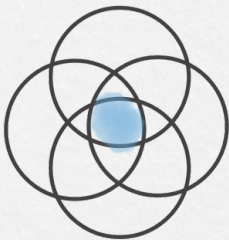
WHAT ARE YOU GOOD AT





**What are you proudest of
accomplishing in your life?**

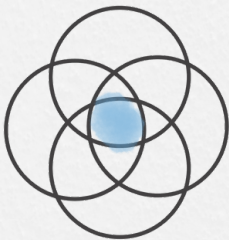
WHAT ARE YOU GOOD AT





What comes easy to you that others struggle with?

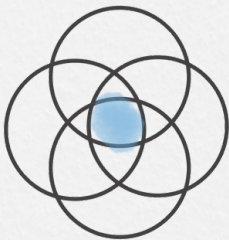
WHAT ARE YOU GOOD AT





**When have you received
recognition for your skills or
abilities?**

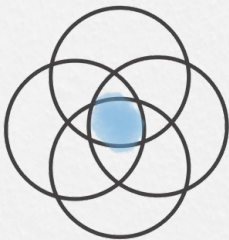
WHAT ARE YOU GOOD AT





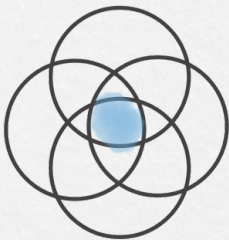
**What is one thing a person
should learn about you?**

WHAT ARE YOU GOOD AT



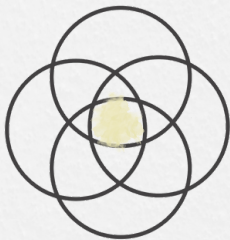


**What was one of the most
ridiculous idea or creation
you had as a child?**



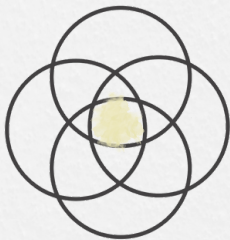


**What are some of the biggest
challenges that face your
community?**



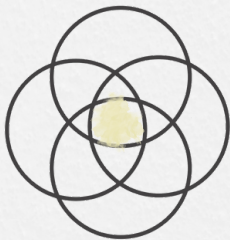


What are some of the unmet needs or problems that you see in the world?



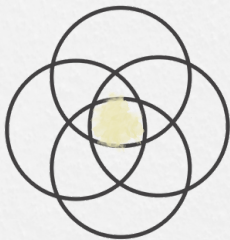


**How can you contribute to
creating a better future for
yourself, your community,
and the world?**



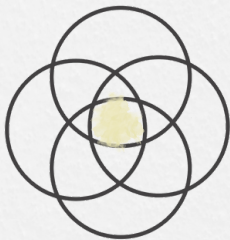


**What kind of changes do you
want to see and why is it
important to you?**



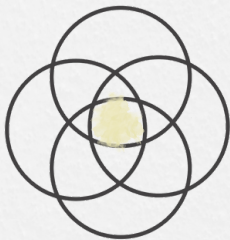


What kind of business would you start if money wasn't a concern and why?



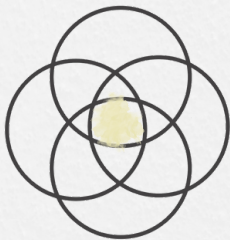


If you could wave a magic wand and solve one problem in the world, what would it be?



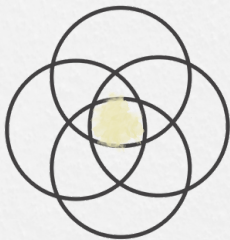


**If you could have a
conversation with any
historical figure, who would it
be and what would you ask?**



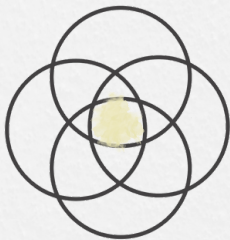


If you could invent a new product that would change the world, what would it be?





If you were the mayor of your town, what would be the first change you would make?





**What would you like to
volunteer in your
community?**

