

Exploring the Intersections

In this activity, you will take the insights you've gained from the Ikigai circles activity and start to generate some project ideas. You can repeat project ideas in more than one intersection.

Intersection: What You Love + What the World Needs

This intersection can lead to projects that align with your passions and make a positive impact on others:

- Organize a local art show to raise awareness for environmental conservation.
- Volunteer at an animal shelter to care for and rehome abandoned pets.
- Start a podcast or blog highlighting inspiring stories of people making a difference in your community.

Your ideas for Soulful Projects

Intersection: What You Love + What You Are Good At

This intersection represents personal growth or creative pursuits where your skills bring you joy:

- Launch a small baking business that shares your love of cooking.
- Create a YouTube channel to teach others about a hobby like photography or knitting.
- Write a memoir or blog about unique life experiences that combine your storytelling and writing skills.

Your ideas for Soulful Projects

Intersection: What You Are Good At + What the World Needs

This intersection helps you identify ways to use your skills for social good:

- Use your project management skills to help a non-profit streamline its programs.
- Offer pro-bono consulting services to small businesses in your community.
- Host free workshops on financial literacy for underserved populations.

Your ideas for Soulful Projects

Intersection: Who You Are + What You Are Good At

This intersection highlights projects that align with your personality and talents:

- Design a personal retreat that reflects your values and archetype, such as a nature retreat for introspection.
- Develop a craft project, such as a quilt or photo journal, that tells your life story.
- Offer an online course combining your personality and skills, such as mindfulness techniques tailored for introverts.

Your ideas for Soulful Projects

Who You Are + What the World Needs

This intersection focuses on projects that reflect your identity while benefiting others:

- Mentor young people in your community who face similar challenges to those you've navigated.
- Start a community book club focused on topics you're passionate about, such as social justice or sustainability.

- Create a support group for individuals transitioning to a new stage of life, like retirement or parenthood.

Your ideas for Soulful Projects

All Four Intersections

These projects combine all elements—your passions, skills, personality, and a sense of purpose:

- Launch a sustainable fashion line that reflects your love of design, sewing skills, and commitment to environmental impact.
- Start a community garden program that combines your love of nature, skills in horticulture, and desire to promote food sustainability.
- Create an art installation to raise awareness of mental health issues, blending your creativity, design skills, and passion for social change.

Your ideas for Soulful Projects

Which projects do you feel most drawn to at this time? Which projects light you up?

Write your insights from this activity on Your Soulful Guide.

There is an OPTIONAL Soulful Project Workbook which will be available in the final section where you will be looking at grounding your insights from this programme into your life – creating a soulful project may be something you want to consider then.