

## Play 28: Ikigai

Ikigai is the alignment between what energizes you, what you do well, and how you contribute as a leader. Use these questions to assess where your current work is aligned—and where adjustment may be needed.

1. What aspects of my work consistently give me energy rather than drain it?
2. Where do my skills genuinely make a difference to others?
3. Which responsibilities feel natural to me, even when demanding?
4. What part of my work would I continue even without recognition?
5. Where might I be externally successful but internally misaligned?
6. How does my work serve others beyond myself?
7. Is my current way of working sustainable over the next five to ten years?
8. What strengths or interests have evolved recently?
9. If I adjusted one element of my role for better alignment, what would it be?
10. What one small experiment can I run this week to test better alignment?

Take one insight from your answers this week and test it in your next decision/team interaction.