

LEAP & Ikigai Self-Assessment Worksheet

Instructions:

This worksheet will guide you through a series of reflective questions based on the LEAP and Ikigai frameworks.

Take your time to answer each section honestly, and use this tool to identify areas of alignment and potential growth in your career and life.

Section	Category	Question	Response
Section 1: Identify Your Ikigai	What You Love	What activities or topics make you lose track of time?	
Section 1: Identify Your Ikigai	What You Are Good At	What skills or talents do you possess that others often compliment you on?	
Section 1: Identify Your Ikigai	What the World Needs	What problems or issues in the world are you passionate about solving?	
Section 1: Identify Your Ikigai	What You Can Be Paid For	What career opportunities exist that align with your skills and passions?	
Section 2: Applying the LEAP Model	Location	Does your current location support your lifestyle preferences?	
Section 2: Applying the LEAP Model	Environment	Do your current company's values and mission align with your own?	
Section 2: Applying the LEAP Model	Aspirations	What are your long-term career goals (5, 10, 20 years)?	
Section 2: Applying the LEAP Model	Position	Does your current role utilise your strengths and skills?	

Section	Category	Question	Response
Section 3: Integrating LEAP and Ikigai	Balancing Passion and Practicality	How well does your current career balance your passions and practical needs?	
Section 3: Integrating LEAP and Ikigai	Adapting to Change	Have your passions, skills, or life circumstances changed recently?	
Section 3: Integrating LEAP and Ikigai	Setting Actionable Goals	What are three specific goals you can set to align your life and career with your LEAP and Ikigai assessments?	
Section 4: Personal Action Plan	Immediate Actions	What changes or actions can you take in the next 3 months to move closer to your ideal life and career alignment?	
Section 4: Personal Action Plan	Short-Term Goals (6-12 months)	What milestones do you want to achieve in the next year, both personally and professionally?	
Section 4: Personal Action Plan	Long-Term Vision (3-5 years)	Describe your ideal life and career situation in the next 3-5 years.	
Section 5: Reflection and Next Steps	Gained Insights	What insights have you gained from this assessment?	
Section 5: Reflection and Next Steps	Significant Change	What is the most significant change you want to make in your life or career?	
Section 5: Reflection and Next Steps	Needed Resources	What resources, support, or information do you need to achieve your goals?	