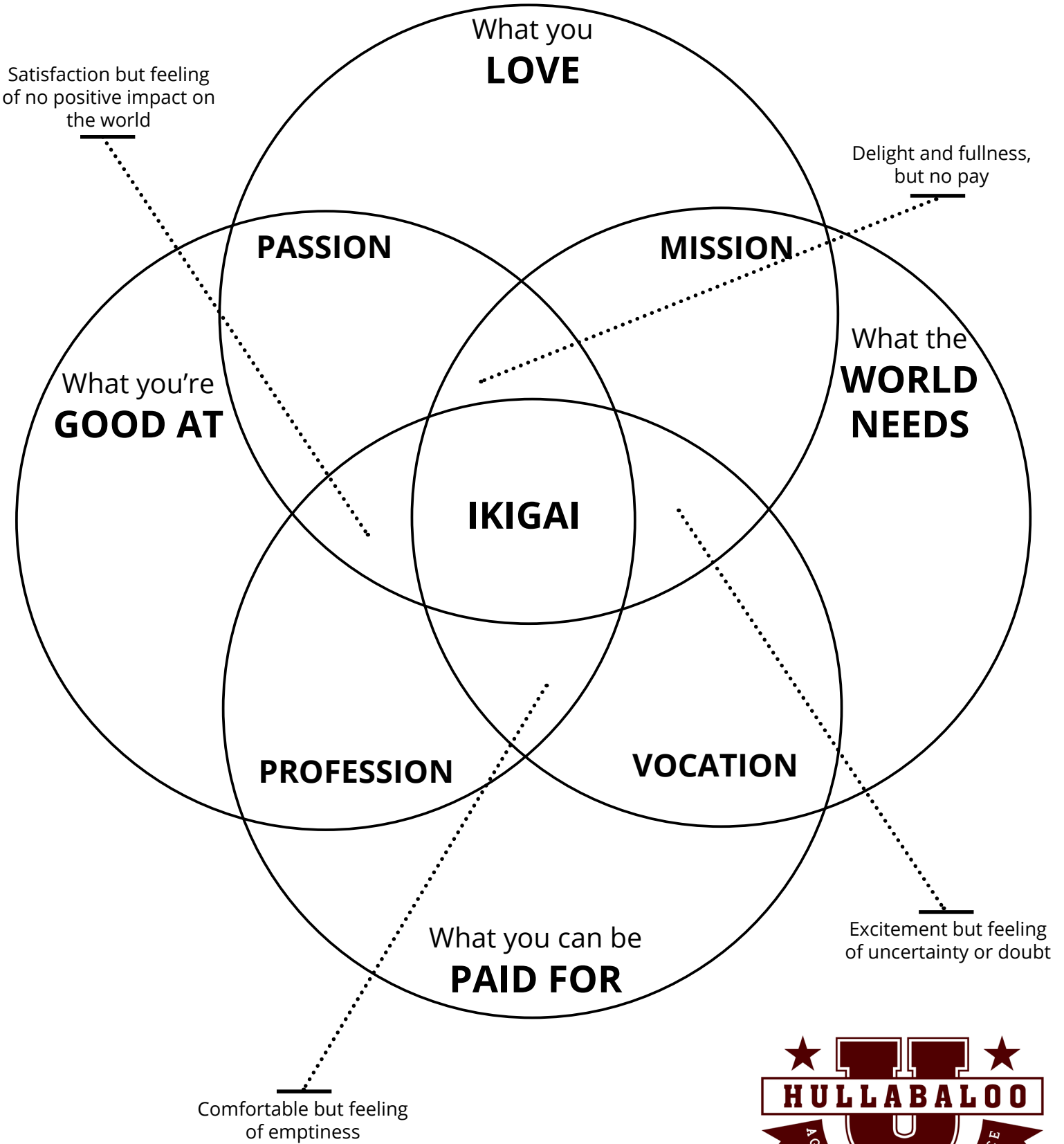


IKIGAI

(a Japanese concept meaning "life worth" or "a reason for living")



FINDING YOUR IKIGAI

requires concrete action followed by thoughtful reflection

Discover what you LOVE

Action:

- Ask someone close to you where they have seen the biggest spark in you.
- For a week, record what you are doing when you feel most engaged and motivated without trying.
- Take the Strong Interest Inventory and/or Meyers-Briggs Type Indicator and attend a workshop offered by Counseling & Psychological Services.
caps.tamu.edu/career-counseling

Reflect:

- What are those things that bring you the most comfort/joy?
- What do you get excited talking about?
- What are you naturally drawn to?
- What are activities that you “get lost in” (in a good way) when time seems to pass quickly?

Discover what you’re GOOD AT

Action:

- Take the CliftonStrengths inventory and attend workshops offered by Student Activities to discover your Strengths.
tx.ag/cliftonstrengths
- Take the Strong Interest Inventory and/or Meyers-Briggs Type Indicator and attend a workshop offered by Counseling & Psychological Services.
caps.tamu.edu/career-counseling

Reflect:

- What are your biggest accomplishments? What skills did it take to achieve them?
- What skills/talents seem to come naturally to you that might be hard for others around you?
- What is easy for you to motivate yourself to do even better?

Discover what you can be PAID FOR

Action:

- Schedule an appointment with a career advisor in the Career Center to discuss options by calling (979) 845-5139.
- Take the SIGI3 self-assessments offered by the Career Center tx.ag/sigi3
- Check out jobs and salaries of Aggies who recently graduated. tx.ag/graddata
- Take the FOCUS 2 Career Self-Assessment and/or the Strong Interest Inventory offered by Counseling & Psychological Services to explore majors and careers.
caps.tamu.edu/career-counseling
- Complete an inventory of your “work values” - the aspects of a job that bring you satisfaction.
tx.ag/careervalues
- Shadow/talk to someone in a career you are considering to give you an idea of the day-to-day tasks of this occupation.

Reflect:

- What occupations match your values, interests and skills?
- What careers have you considered in the past (and what about those jobs do you think you would enjoy?) If you have decided against a career, what is it about the career that you think you might not like?

Discover what the WORLD NEEDS

Action:

- Check out the Occupational Outlook Handbook and/or O*NET Online to learn about the job outlook for hundreds of different occupations in the United States
bls.gov/ooh
onetonline.org

Reflect:

- What are problems/issues/challenges in society that you feel passionate about?
- How can you use your talents and abilities to better the world?