



The self-assessment questionnaires of passions, values, and talents are valuable tools in the process of exploring Ikigai. They allow the client to clarify and become aware of their deep motivations, guiding principles, and unique strengths. By answering a series of targeted questions, the client is led to think in a structured way about these fundamental aspects of their identity and potential.

The questionnaires about passions invite the client to explore what excites them, what inspires them, and what gives them a sense of fulfillment. The questions might concern their favorite activities, interests, subjects that spark their curiosity, experiences that have brought them great satisfaction. For instance: "In what activities do you feel most alive and engaged? What are the subjects that you could talk about for hours on end without growing tired?"

Julie, a client passionate about photography, realized through a questionnaire about passions that her love for this art went beyond a mere hobby. She became aware of the importance of creativity and visual expression in her life, which led her to consider a career change in this field.

The questionnaires on values allow the client to identify the fundamental principles that guide their decisions and give meaning to their life. The questions explore the qualities that the client admires in others, the causes that matter deeply to them, the criteria they use for assessing a successful life. For example: "What are the three values that you consider essential to your life? If you imagine your eulogy, what qualities would you like to have remembered about you?"

During an Ikigai coaching, Mark realized through a questionnaire on values that honesty,

generosity, and justice were non-negotiable principles for him. That realization helped him understand his discomfort in his current company, where those values were little respected, and led him to seek a more professionally aligned environment with his deep beliefs.

The questionnaires on talents invite the client to identify their strengths, natural skills, and unique abilities. The questions are about the areas in which the client excels, the compliments they often receive, activities that come easy and smoothly to them. For instance, "In what areas do you feel especially competent and confident? What are the talents that others recognize and appreciate in you?"

Sophie, a client talented in organization and planning, became aware of the extent of her skills through a questionnaire about talents. She realized that her ability to manage complex projects and coordinate teams was a unique strength she could leverage in her career.

The coach uses these questionnaires as a starting point for a deeper exploration with the client. The answers serve as a basis for rich exchanges and enlightening realizations. The coach can also propose additional exercises to refine the understanding of passions, values, and talents, like ranking values or searching for concrete evidence of talents.

It is important to note that self-assessment questionnaires are not "perfect" or exhaustive tools. They provide a first image, a base for reflection, but do not replace continuous exploration and introspection. The coach encourages the client to remain open and curious, to refine their understanding of themselves through experiences and feedback from their surroundings.

Self-assessment questionnaires of passions, values, and talents are valuable tools to initiate reflection and awareness in Ikigai coaching. They allow structuring self-exploration and highlighting essential aspects of the client's identity and potential. Used relevantly and combined with other approaches, they help lay the foundations of an authentic and fulfilling Ikigai.

Points to remember:

- Self-assessment questionnaires of passions, values, and talents are valuable tools in the process of exploring the Ikigai. They allow the client to clarify and become aware of their deep motivations, guiding principles, and unique strengths.
- Questionnaires on passions help the client identify what excites them, inspires them, and gives them a sense of fulfillment. They explore their favorite activities, their interests, and the experiences that have given them great satisfaction.
- Questionnaires on values allow the client to identify the fundamental principles that guide their decisions and give meaning to their life. They explore admired qualities, important

causes, and criteria for a successful life.

- Questionnaires on talents invite the client to recognize their strengths, natural skills, and unique abilities. They focus on areas of excellence, received compliments, and activities that seem easy and smooth.

- The coach uses these questionnaires as a starting point for in-depth exploration with the client. The answers serve as the basis for rich exchanges and enlightening realizations.

- The self-assessment questionnaires are not exhaustive and do not replace continuous exploration and introspection. They provide a first image and a basis for reflection to structure self-exploration and highlight essential aspects of the client's identity and potential.