

Ikigai 7 Needs Self-Assessment

How Fulfilled Are You?

Kamiya Mieko's research identified **7 core needs** that contribute to a meaningful and fulfilling life. This self-assessment can help you identify which of these needs are strong in your life and which may need more attention.

You can definitely do this exercise on your own, or if you prefer to do this with me, just reach out to me at david@saltnpepper.sg.

Instructions:

- Rate yourself on each of the 7 needs using the scale below:
 - **1:** Not fulfilled at all
 - **2:** Somewhat unfulfilled
 - **3:** Neutral
 - **4:** Somewhat fulfilled
 - **5:** Fully fulfilled
- Add up your total score at the end.
- Use the reflection section to note any areas you want to improve.

Scoring

- **Total Score:** __ / 35
- **21 - 35:** Your needs are well-balanced! Keep nurturing your sense of Ikigai.
- **14 - 20:** Some areas may need attention. Which ones stand out the most?
- **Below 14:** You might feel unfulfilled. Start by focusing on 1 - 2 key areas.

Salt N Pepper - Ikigai Play Coach

Rate (1 - 5)

1. Life Satisfaction (生きがい感)	Score
“How satisfied am I with my overall life?”	
2. Change and Growth (変化と成長)	
“Am I learning, evolving, and challenging myself?”	
3. A Bright Future (明るい未来)	
“Do I have goals, dreams, and something exciting to look forward to?”	
4. Resonance (共鳴)	
“Do I feel connected and in harmony with others?”	
5. Freedom (自由)	
“Do I have control over my life and choices?”	
6. Self-Actualisation (自己実現)	
“Am I becoming the best version of myself?”	
7. Meaning and Value (意味と価値)	
“Do I feel that my work and actions contribute to something meaningful?”	

Reflection

If you scored low in one or more areas, what small action can you take this week to improve that area?