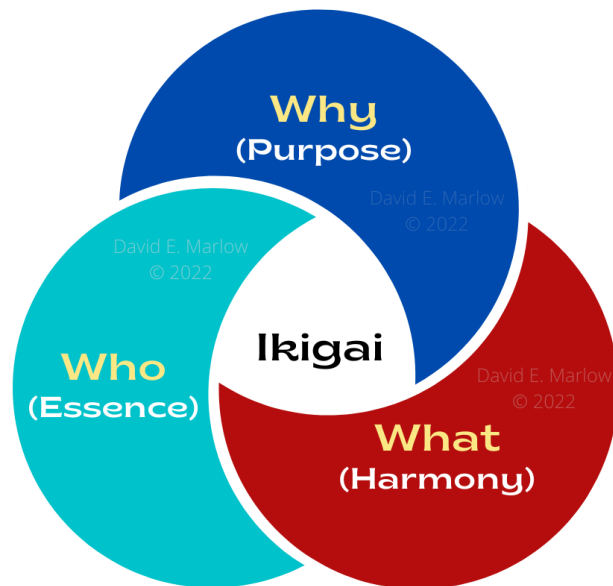


# Ikiverse Worksheets



# Verbs Exercise

To live into our Ikigai/Purpose requires action, and action words are verbs.

Exercise: Below is a list of verbs. Pick out at least three verbs from each column which most excite you. Feel free to add to the list verbs or forms of verbs if you think of any which more applicable. From that list of 18 (or more) ultimately narrow your choices to three. These are the action words which will help uncover your future activities.

accomplish	acquire	adopt	advance	affect	affirm
alleviate	amplify	appreciate	ascend	associate	believe
bestow	brighten	build	call	cause	choose
claim	collect	combine	command	communicate	compel
compete	complete	compliment	compose	conceive	confirm
connect	consider	construct	contact	continue	counsel
create	decide	defend	delight	deliver	demonstrate
devise	direct	discover	discuss	distribute	draft
dream	drive	educate	elect	embrace	encourage
endow	engage	engineer	enhance	enlighten	enlist
enliven	entertain	enthuse	evaluate	excite	explore
express	extend	facilitate	finance	forgive	foster
franchise	further	gather	generate	give	grant
heal	hold	host	identify	illuminate	implement
improve	improvise	inspire	integrate	involve	keep
know	labor	launch	lead	light	live
love	make	manifest	master	mature	measure
mediate	model	mold	motivate	move	negotiate
nurture	open	organize	participate	pass	perform
persuade	play	plan	possess	practice	praise
prepare	present	produce	progress	promise	promote
provide	pursue	realize	receive	reclaim	reduce
refine	reflect	reform	regard	relate	relax
release	rely	remember	renew	resonate	respect
restore	return	revise	sacrifice	safeguard	satisfy
save	sell	serve	share	speak	stand
summon	support	surrender	sustain	take	tap
team	touch	trade	translate	travel	understand
use	utilize	validate	value	venture	verbalize
volunteer	work	worship	write	yield	zest

# VALUES EXERCISE

1. *Determine your core values.* From the list below, choose and write down every core value that resonates with you. Do not overthink your selections. As you read through the list, simply write down the words that feel like a core value to you personally.

If you think of a value you possess that is not on the list, be sure to write it down as well.

Ability	Abundance	Acceptance
Accomplishment	Achievement	Adaptability
Adventure	Affection	Affluence
Alertness	Ambition	Anticipation
Appreciation	Approachability	Artfulness
Assertiveness	Assurance	Attentiveness
Audacity	Availability	Awareness
Awe	Balance	Beauty
Being-ness	Belongingness	Benevolence
Blissfulness	Boldness	Bravery
Brilliance	Briskness	Buoyancy
Calmness	Camaraderie	Candor

Capability	Care	Carefulness
Certainty	Challenge	Charity
Charm	Chastity	Cheerfulness
Clarity	Classy	Cleanliness
Cleverness	Closeness	Cognizance
Comfort	Commitment	Compassion
Competence	Complacency	Completion
Composure	Concentration	Confidence
Conformity	Congruency	Connection
Consciousness	Consistency	Contentment
Continuity	Contribution	Control
Conviction	Conviviality	Coolness
Cooperation	Copiousness	Cordiality
Correctness	Courage	Courtesy
Craftiness	Creativity	Credibility

Cunning

Curiosity

Daring

Decisiveness

Decorum

Deepness

Deference

Delicacy

Delight

Dependability

Depth

Desire

Determination

Devotion

Devoutness

Dexterity

Dignity

Diligence

Diplomacy

Direction

Directness

Discernment

Discretion

Discipline

Discovery

Discretion

Diversity

Dreaming

Drive

Duty

Dynamism

Eagerness

Economy

Ecstasy

Education

Effectiveness

Efficiency

Elation

Elegance

Empathy

Encouragement

Endurance

Energy

Enjoyment

Enlightenment

Entertainment

Enthusiasm

Exactness

Excellence

Excitement

Exhilaration

Expectancy

Expediency

Experience

Expertise

Exploration

Expressiveness

Extravagance

Extroversion

Exuberance

Evolution

Facilitating

Fairness

Faith

Fame

Fascination

Fashion

Fearlessness

Fidelity

Fineness

Finesse

Firmness

Fitness

Flexibility

Flow

Fluency

Fluidity

Focus

Fortitude

Frankness

Freedom

Friendliness

Frugality

Fun

Gallantry

Generosity

Gentility

Giving

Grace

Gratefulness

Gratitude

Gregariousness

Growth

Guidance

Happiness

Harmony

Health

Heart

Helpfulness

Heroism

Holiness

Honesty

Honor

Hopefulness

Hospitality

Humility

Humor

Hygiene

Imagination

Impact

Impartiality

Impeccability

Independence

Industry

Ingenuity

Inquisitiveness

Insightfulness

Inspiration

Instinctiveness

Integrity

Intelligence

Intensity

Intimacy

Intrepidity

Introversion

Intuition

Intuitiveness

Inventiveness

Joy

Judiciousness

Justice

Keenness

Kindness

Knowledgeableness

Lavishness

Leadership

Learning

Liberation

Liberty

Liveliness

Logic

Longevity

Love

Loyalty

Majesty

Mastery

Maturity

Meekness

Mellowness

Meticulousness

Mindfulness

Moderation

Modesty

Motivation

Mysteriousness

Neatness

Nerve

Obedience

Open-mindedness

Openness

Optimism

Opulence

Order

Organization

Originality

Outlandishness

Outrageousness

Passion

Peacefulness

Perceptiveness

Perfection

Perseverance

Persistence

Persuasiveness

Philanthropy

Piety

Playfulness

Pleasantness

Pleasure



Plentiful-ness	Poise	Polish
Popularity	Potency	Practicality
Pragmatism	Precision	Preeminence
Preparedness	Presence	Privacy
Proactivity	Proficiency	Professionalism
Prosperity	Prudence	Punctuality
Purity	Qualification	Quietness
Quickness	Realism	Readiness
Reason	Recognition	Recreation
Refinement	Reflection	Relaxation
Reliability	Resilience	Resolution
Resolve	Resourcefulness	Respect
Restfulness	Restraint	Reverence
Richness	Rigor	Sacredness
Sacrifice	Sagacity	Saintliness

Sanguinity	Satisfaction	Security
Self-control	Selflessness	Self-realization
Self-reliance	Sensitivity	Sensuality
Serenity	Service	Sexuality
Sharing	Shrewdness	Significance
Silence	Silliness	Simplicity
Sincerity	Skillfulness	Smartness
Sophistication	Solidarity	Solidity
Solitude	Soundness	Speed
Spirit	Spirituality	Spontaneity
Stability	Stillness	Strength
Structure	Substantiality	Success
Sufficiency	Support	Supremacy
Surprise	Superb	Supremacy
Sympathy	Synergy	Tactfulness

2. *Group all similar values together from the list of values you just created. Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop those least important. See the example below.*

Abundance Growth Wealth Security Freedom Independence Flexibility Peace	Acceptance Compassion Inclusiveness Intuition Kindness Love Making a Difference Open-Mindedness Trustworthiness Relationships	Appreciation Encouragement Thankfulness Thoughtfulness Mindfulness	Balance Health Personal Development Spirituality Well-being	Cheerfulness Fun Happiness Humor Inspiration Joy Optimism Playfulness
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3. *Choose one word within each grouping that best represents the label for the entire group. Again, do not overthink your labels. There are no right or wrong answers. You are defining the answer that is right for you. See the example below – the label chosen for the grouping is bolded.*

Abundance Growth Wealth Security <b>Freedom</b> Independence Flexibility Peace	Acceptance Compassion Inclusiveness Intuition Kindness Love <b>Making a Difference</b> Open-Mindedness Trustworthiness Relationships	Appreciation Encouragement Thankfulness Thoughtfulness <b>Mindfulness</b>	Balance Health Personal Development Spirituality <b>Well-being</b>	Cheerfulness Fun <b>Happiness</b> Humor Inspiration Joy Optimism Playfulness
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Values columns and notes:

# Create verse

Using the three verbs and one  
value and begin to create a  
sentence

I \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_, (your three  
verbs) \_\_\_\_\_, (your core value theme) \_\_\_\_\_,  
the impact or people.

Example

I encourage, empower and enable people to be all they were meant to be.

---

I \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_.

---

I \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_.

---

I \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_.

---

I \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_.

---

I \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_.