

Cornell Note Taking – Brian

Main Ideas	Details
<p>Key points of ikigai</p> <ol style="list-style-type: none">1. Give Thanks2. Don't fill your stomach3. Stay active, don't retire4. Reconnect with Nature	<p>Ikigai is a Japanese Way of Life. These are four of many concepts why people from Okinawa live long and healthy.</p> <ol style="list-style-type: none">1. It's all about gratitude both for the living and the non-living2. Just eat what you need, not overeat – this transfers for everything in life (debauchery)3. The moment you retire and do nothing, that's when you decay – keep your hobbies, activities, routines4. We are happiest with nature – there is a connection with the Earth and it actually helps our immune system too
Summary	
<p>We do ikigai our own ways, but this is a template for living a long, healthy life: via gratitude, living simply, staying active but not to the point of stress, and being one with nature.</p>	