

Ikigai

Ikigai is a Japanese concept that means "a reason for being". The word refers to having a meaningful direction or purpose in life, constituting the sense of one's life being made worthwhile, with actions (spontaneous and willing) taken towards achieving one's ikigai resulting in satisfaction and a sense of meaning to life.

An ikigai can serve as a compass to navigate both career and life decisions:

- It's challenging. Your ikigai should lead to mastery and growth.
- It's your choice. You feel a certain degree of autonomy and freedom pursuing your ikigai.
- It involves a commitment of time and belief, perhaps to a particular cause, skill, trade, or group of people.
- It boosts your well-being. Ikigai is associated with positive relationships and good health. It gives you more energy than it takes away.

How to use it:

1. Ask yourself the questions presented at the edge of the four circles.
2. Annotate your answers using sticky notes. This will create the map of your current ikigai.
3. Use different sticky notes colors to differentiate what is true today and what you want to achieve.
4. Now test it and use this map as your compass to life.

Sources:
<https://en.wikipedia.org/wiki/Ikigai>
<https://medium.com/@uttamkumar/ikigai-is-a-japanese-concept-that-means-a-reason-for-being-f798d015b47c>
<https://medium.com/better-humans/the-japanese-concept-ikigai-is-a-formula-for-happiness-and-meaning-8e497e5afa99>

