



Workbook

DISCOVER

IKIGAI

5 essential steps to start
feeling ikigai in your life.

VIBRANT IKIGAI COACHING



Discover Ikigai

The ikigai myth

Ikigai is a concept that many people believe involves doing something that you love, something you are good at, that the world needs, and that you can be paid for. You've all seen this Venn Diagram with 4 circles.



This is not ikigai

The **"Ikigai" Venn Diagram** was popularized in the West and was derived from what is known as the Purpose Venn Diagram.

Even though this Western diagram can be a helpful tool in personal development, the **Japanese concept of finding one's ikigai is much more than these 4 simple circles.**

Your ikigai doesn't necessarily involve work, making money, or what the world needs. As you pursue your ikigai, these may be extra benefits, but they are not the goal.

What is ikigai then?

IKI - GAI

The word ikigai is made up of the verb *ikiru* and the suffix *gai*.

Ikiru means **to live** and **gai** means **value** or **worth**.
Combined, the word ikigai broadly means **"the value of living"**.

Ikigai is often described as the **reason we get up in the morning**, and it shares similarities with the French concept of *"raison d'être"*. Ikigai is about knowing who you are as a person and **cultivating your inner potential**. It is about **living your values** and **being authentic** in your relationships, professional endeavors, and creative processes so you can enjoy a high level of **life satisfaction** and **fulfillment**.

Exploring your ikigai will help you:

- Understand and accept your true self
- Learn how to respect your personal needs
- Live a life aligned to your values
- Be in control of your decisions and your life
- Know the direction your life should take

Live your life with vibrancy, fulfillment, and empowerment by pursuing your ikigai.

We're going to reveal **5 steps** that will allow you to begin your journey towards finding and feeling your ikigai(s). Reflect on these 6 questions below.

Grab a tea, a pen, a notebook and sit comfortably. Start exploring your ikigai!

i. Appreciate the joy of small things

Ikigai resides in the realm of small things. The morning air, the cup of coffee, the ray of sunshine ... every day we do things that bring us joy and happiness. However, we often operate on auto-pilot in our daily rhythm and routines, forgetting to pay attention and appreciate these small joys. If we can put attention back on them and fully enjoy them in our everyday life, our days will be brighter and happier.

What are the small things that give you pleasure in your daily life?

We don't need grandiose motivational frameworks, but rather rely on the little rituals in our daily routines to keep us going. If you make a habit of having what you love as soon as you get up in the morning (ex: coffee/tea or chocolate) dopamine will be released in your brain, reinforcing the actions (getting up) prior to the receipt of your reward (coffee or chocolate).

How can you start your morning to feel happy and motivated?

2. Start Small

When we begin dreaming, defining our goals or engaging in a new activity, we need to start small. Otherwise, we'll feel overwhelmed and exhausted with the feeling of not succeeding or achieving anything. Start small and execute each step with attention. You'll get results, step-by-step. Step-by-step, you'll climb your mountain!

What is the first step toward one of your goals you want to take this week?

3. Be proactive

Boredom is a sign of poor mental health. In order to find and feel ikigai, you need to have new experiences, get out of your comfort zone and try new things. To do so, you need to be proactive - you need to take action. Trying new things will give you more confidence, broaden your skill set and expand your perspectives.

What is something new that you would like to try or do this week?

4. Be present as much as you can

Being in the here and now and enjoying every minute of what we are doing is a central tenet of ikigai. In our hyperconnected world it is often hard to concentrate on the task at hand without becoming distracted. This takes many moments of joy and happiness from us without us even realizing it.

We eat while watching TV, we walk while looking at our phones, we cook while listening to the news ...

In what activity will you try to be more present this week?

5. Accept who you are

Be comfortable with yourself. Accepting who we are as a person is a long journey. Societal pressures can make this journey hard, too. We are afraid to be judged or less loved if we show ourselves without any filters. But when we finally accept who we are, with the light and the dark, with our joys and struggles, then we can live fully and freely.

Can you identify areas in your life where you are not fully yourself?

What can you do to allow more of your true self to shine?

Are you looking for greater clarity on how to live a life true to yourself, fulfilling your needs with motivation and joy?

Our **unique 1:1 ikigai coaching program** concentrates on **identifying** and **fulfilling** the **8 needs of ikigai** as identified by the mother of ikigai, Kamiya Mieko, in her groundbreaking book *Ikigai Ni Tsuite* - considered the bible of ikigai.

Kamiya Mieko states that to have a strong sense of ikigai - to live a vibrant and fulfilling life - one must satisfy these 8 needs.


Karly & Chloé are two of only a few trained and **certified ikigai coaches** in the authentic Japanese philosophy of well-being.

Our coaching services will help you **understand yourself, find direction and live a life with a strong sense of well-being.**


If you want to know more about our services (2hr workshop & 1:1 coaching program), visit us on instagram **@vibrantikigai_coaching** and visit our website **www.vibrantikigaicoaching.com**.


Contact us and book your free discovery call today!


Visit our website to learn more about what we offer :

 www.vibrantikigaicoaching.com

Contact us to find and pursue your ikigai :

 contact@vibrantikigaicoaching.com

 [@vibrantikigai_coaching](https://www.instagram.com/vibrantikigai_coaching)

 [@vibrantikigaicoaching](https://www.linkedin.com/company/vibrantikigaicoaching)

We can't wait to work with you and watch you grow!

