

Personal IKIGAI Canvas

Ikigai - the art of finding meaning in life

What is your reason to jump out of bed in the morning?
That is what the Japanese call "Ikigai", (pronounced Ick-ee-guy).

FOLLOW THESE 10 RULES TO FIND YOUR IKIGAI

- 1. Stay active and don't retire.
- 2. Leave urgency behind and adopt a slower pace of life.
- 3. Only eat until you are 80 per cent full.
- 4. Surround yourself with positive people & friends.
- 5. Get in shape through daily, gentle exercise.



- 6. Smile and acknowledge people around you.
- 7. Reconnect with nature.
- 8. Give thanks to anything that brightens your day and makes you feel alive.
- 9. Live in the moment.
- 10. Follow your ikigai.

Rules inspired by the book "Ikigai: The Japanese Secret to a Long and Happy Life" by Hector Garcia and Francesc Miralles

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NAME	DATE CREATED	DATE TO REVIEW	WHO TO REVIEW IT WITH
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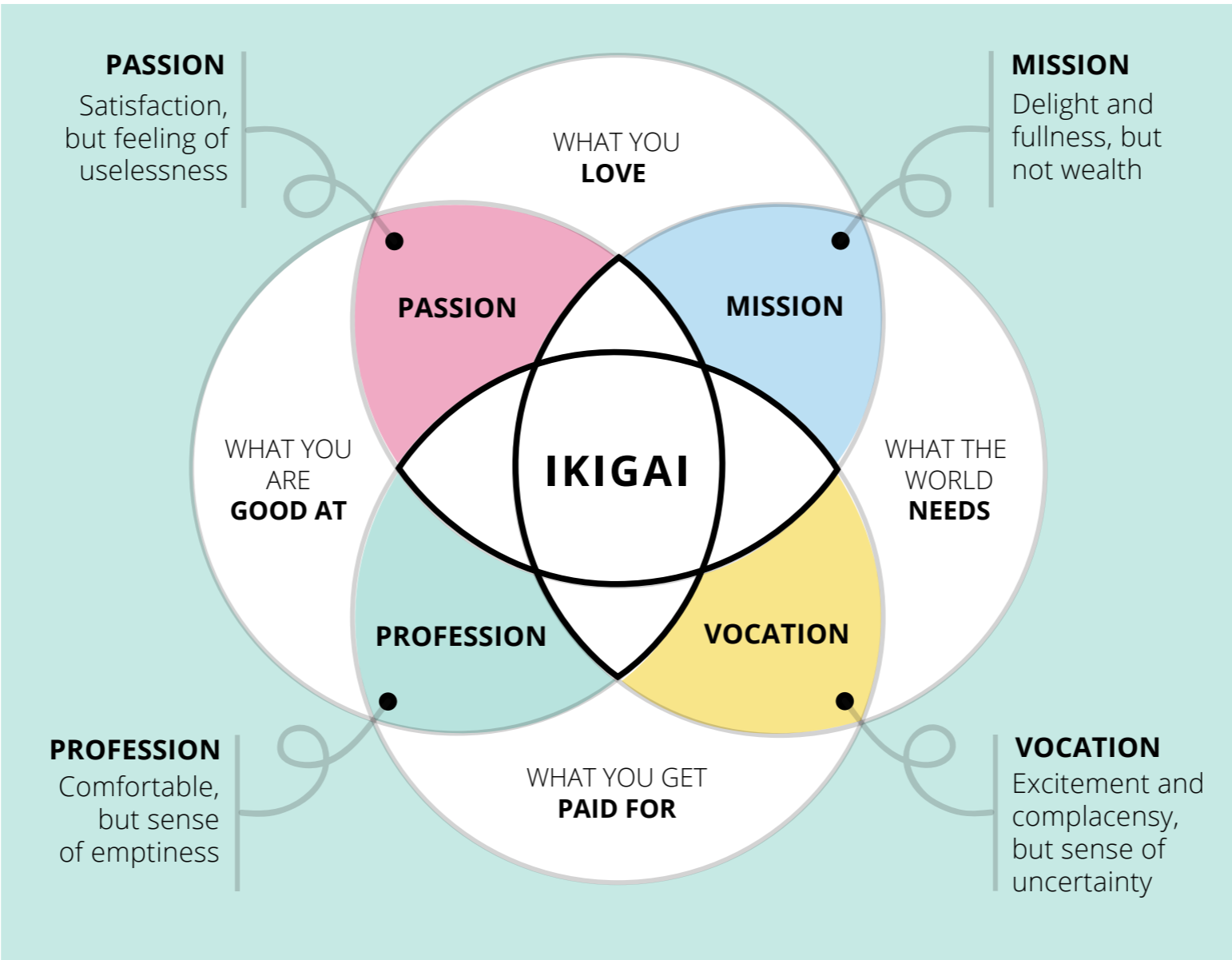
WHAT DO YOU ENJOY?

WHAT ARE YOU GOOD AT DOING?

WHAT FEELS MOST USEFUL TO YOU?

WHAT CREATES A SENSE OF FORWARD MOMENTUM FOR YOU?

HOW DO YOU RELATE TO OTHERS?



WHAT NEEDS TO CHANGE TO IMPROVE YOUR IKIGAI?
1. _____
2. _____
3. _____

ACTIONS YOU CAN TAKE?
1. _____
2. _____
3. _____

WHAT CAN YOU DO FOR OTHERS?
1. _____
2. _____
3. _____
4. _____
5. _____

WHAT SUPPORT WOULD YOU LIKE TO GET?
1. _____
2. _____
3. _____