

FUNSHEET DISCOVER YOUR IKIGAI



■ IKIGAI

**ABSOLUTELY
WRITE**
WITH ADITI SURANA

WM
IVM PODCASTS

DISCOVERING YOUR IKIGAI

Questionnaire: (Mark every Yes as 1 point & count your score at the end.)

Do you struggle to get out of bed on workdays?

The way you wake up feeling and the first thoughts you have in the morning will determine the rest of your day. If you struggle to get out of bed then you will most likely struggle with the rest of the day. If you wake up embracing the day with a sense of purpose you'll most likely have a productive and fulfilling day.

Do you practice a morning routine?

Having a morning routine that includes hydration, light exercise, a meditative practice, journaling and gratitude exercises can help you win the morning. And, if you win the morning, you win the day.

Do you know what your core values are?

Ikigai is ultimately about understanding who you are and being true to yourself in your relationships, work and creative pursuits. To know who you are is to know your core values.

Do you practice a hobby at least three times a week?

A creative pursuit is vital for personal growth and development. Pursuing a hobby is a way for us to creatively express ourselves. If you do not pursue a hobby, now would be a good time to start.

Do you have a role at work or within your family or social group that gives you a sense of purpose?

Our roles give ourselves a sense of person and define who we are. Ultimately we want to feel useful, contribute and have a positive impact on the people around us and our environment.

- Do you often reach or experience a state of flow in your work or while pursuing a hobby?*

Positive psychologist Mihály Csíkszentmihályi, who popularized the term in his 1990 book, describes flow as “being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you’re using your skills to the utmost.”

- Do you see your good friends often?*

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent loneliness and give you a chance to offer needed companionship, too.

- Do you have at least one intimate relationship?*

Intimacy is a sense of closeness that develops over time between two people, whether it is with friends, family or romantic partners. Intimacy is vital for our well being as it allows us to express our true identity and experience love.

- Are there small things in your daily life that give you pleasure?*

Appreciating the small things in life involves focusing our attention on what is pleasurable, nurturing, and sustaining in our lives. It means practicing gratitude for those everyday things that are easy to take for granted or miss altogether.

- Are there several things in your life that make life worth living?*

If you know what makes your life worth living then that’s where your ikigai lies. The key to answering this question is being specific about what makes your life worth living.

Here's an approach to find ikigai in your profession:



What you love?

What do you care about?

What the world needs?

What you can get paid for?

After my research on Ikigai, I have come to realise that ikigai can be available in every action that we take. We need not look at it only from a professional angle. The pillars will help us understand -
How do you experience ikigai in the times to come?

Pillar 1: Starting small

According to Ikigai, It doesn't matter what you do. Mopping the floor, organizing papers or talking to a client. Treat the work you do as if you were the most efficient person on this planet. Do it diligently & carefully. Be attentive and focus on attaining the best results you can at the moment.

Can you think of some examples for when you **feel connected to small things?**

Kodawari is a _____ standard, to which the individual adheres to in a committed manner.

Do you have personal standards to do certain things even **when no one is watching?** Give 3 examples:

1.

2.

3.

Pillar 2: Releasing yourself

Many times, you stand in the way of your own creativity by having all your focus on your own self.

Think of a moment when you worked for -

Being recognised:

Being validated:

What would change in your work style or relationships if the external validation wouldnt drive you?

Pillar 3: Harmony and sustainability

Do you recognise the difference when you are goal oriented vs process oriented?

Give 2 examples when you were goal oriented:

Give 3 examples when you were process oriented:

Pillar 4: The joy of small things

Ikigai believes that "Satisfaction comes when you create something from _____, where people take pleasure and satisfaction in both the _____ and the _____."

- If you have to do at least one thing you love to do every single day, then what all can you choose?

- Have you pursued a hobby in the past? What was your experience?

Pillar 5. Being in the here and now

“Work becomes an **end in itself**, rather than something to be endured /as a means of achieving something else”

I've spoken about this in the Flow episode - Listen to it [here](#).

I'm attaching a page of Graphotherapy practice called '**flow of thoughts**'. Graphotherapy is an act of making conscious alterations in your handwriting in order to create desired changes in your personality and behaviour. Learn this stroke by carefully watching this [video](http://tiny.cc/flowstroke): <http://tiny.cc/flowstroke> and practise it for the next 7 days.

Book Reference:

The Little [Book](#) of Ikigai: The Essential Japanese Way to Finding Your Purpose in Life by [KenMogi](#).

#COVID INITIATIVE

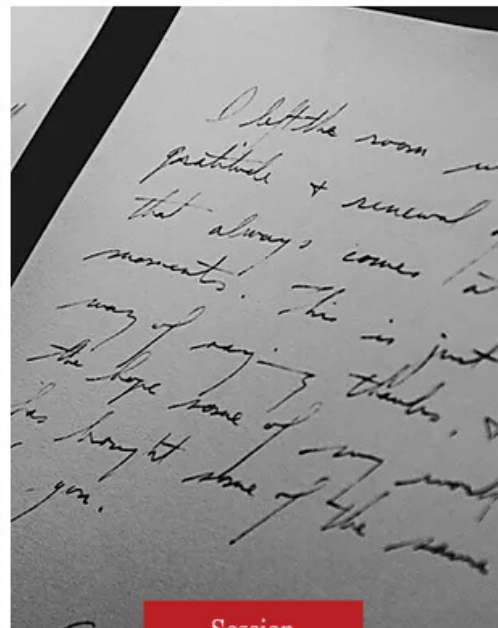
Lockdown is not a breakdown. Let's deal with anxiety together.



Journal

Journal Write Now

A 21 day free anti anxiety journaling workshop that will help you be more equipped to deal with your challenges, stress & anxiety.



Session

Written Gift

A free handwriting analysis session with Aditi, everyday till the lockdown continues in India for whoever wishes to connect, speak and resolve something.

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