

Ikigai ("a reason for being")

Domain 1: Values

Explanation– How I see the world

Purpose– Claim a path with vision and personal meaning

Quotation– "You have to be burning with an idea or a problem or a wrong that you want to right." (Steve Jobs)

Activity (5 minutes)–

We've already done the hard part for this domain! Now, simply copy the top three values you selected into the "Values" circle of the Venn Diagram.

Domain 2: Passions

Explanation– What I love

Purpose– Identify what makes you feel truly alive

Quotation– "If you can't figure out your purpose, figure out your passion. For your passion will lead you right into your purpose." (T.D. Jakes)

Activity (25 minutes)–

1. (10 minutes) Scan the five prompts that follow. Spend time reflecting on and/or responding to one or more of them. Feel free to jot down your responses on the back of this paper, or not.
 - a. *The Roller Coaster Effect*: Your passions may not lie on a safe, predictable path. Describe a time you stepped out of your comfort zone but came out of the experience with a feeling of excitement, even exhilaration.
 - b. *All You Need*: Our sources of joy are unique and personal. What are 10 things, people, or activities that you could not bear to live a week without?
 - c. *A Perfect Match*: Our passions may be clearer to others than to us. What present have you received that made you instantly amazed at how well the giver knows you?
 - d. *What Time Is It*: Recall the last instance when you completely lost track of time while engaged in an activity. (Sleeping doesn't count!) What were you doing?
 - e. *The Checkbook Truth*: While no one loves paying taxes, medical expenses, or debts, other categories that pop up frequently in financial statements may say something about your passions. Which of the following show(s) up the most, in frequency or dollar amount?
Adventure Art Books Charity Clothing Education Entertainment Fitness
Food Furnishings Music Pets Sports Technology Travel Vehicles Other
2. (5 minutes) Look at your responses to the prompts above. What do they have in common? Document those commonalities in the "Passions" circle of the Venn Diagram.
3. (10 minutes) Share highlights from what you discovered about your passions with the group. How do your passions relate to your values you identified earlier, or do they?

Kudo, Amanda. *My Little Ikigai Journal: A Journey into the Japanese Secret to Living a Long, Happy, Purpose-Filled Life*. St Martin's Press, 2018.