

Ikigai



- Ikigai is a Japanese approach to living a happy and successful life, or having a sense of purpose. It is about discovering what you love doing, what you are good at and what the world needs, and focussing on the sweet spot where those three things come together.
- What gets you out of bed in the morning? Does it bring you joy and a sense of fulfillment?
- When have you experienced ‘flow,’ that sense of being totally absorbed in something you love doing?
- Is there something you could try this year, which might help you find your Ikigai, or your passion in life?

“The three grand essentials in this life are something to do, something to love, and something to hope for.”

Joseph Addison

“Life is not a problem to be solved. Just remember to have something that keeps you busy doing what you love, while surrounded by people who love you.”

Hector Garcia

