



“What do you want to be when you give up?”

The image features two large, thick, black L-shaped brackets. One is positioned on the left side, with its horizontal bar at the top and its vertical bar extending downwards. The other is on the right side, with its vertical bar at the top and its horizontal bar at the bottom. These brackets frame the central text.

IKIGAI (EE-KI-GUY)

The reason for being...

IKIGAI

Find your reason for being



What is IKIGAI?

- Ikigai is a Japanese concept of finding the reason for being
- Pronounced as ee-ki-guy
- Everyone has Ikigai, but the greatest challenge is to discover it
- Practicing Ikigai is proven to enrich an individual's personal life and the lives of others around them
- Ikigai enables an individual to find the contentment in life and the day-to-day tasks
- There can be as many ikigai's as you want in your life



What's
Your
Why

A hand is shown holding a small white question mark. The question mark is positioned to the right of the text "What's Your Why", with the top of the question mark's stem appearing to be part of the word "Why".



“THE GRAND ESSENTIALS TO
HAPPINESS IN THIS LIFE ARE
SOMETHING TO DO, SOMETHING TO
LOVE, AND SOMETHING TO HOPE FOR”

Washington Burnap

Tools that help me nurture my IKIGAI

1. Having an Ikigai journal to myself
2. Completing goal setting tasks each week
3. Undertaking self-assessment tasks and attending self-development workshops
4. Each night making a note of 3 things that I am grateful about and 3 things I would want to change
5. Having a to-do list each day and ticking off tasks as the day progresses

Lesson I learnt

The real joy in life comes from finding your true purpose and aligning it what you do every single day.

And that is why I am here today!

Thank
you