

IKIGAI – HOW TO

We worked with the Ikigai concept in several steps:

- 1) First, we gave participants the context of Blue zones (<https://www.bluezones.com>). Then we presented the participants the whole model of ikigai, each of 4 main areas, circles, one by one. Participants then should fill in their responses in each of the areas. Give participants enough time to complete this task. The don't have to write their answers in the circles, they just write them down on the paper. Each area was supported by few additional questions: e.g. What am I good at? (What are my skills? What can I do without too much effort?), What do I love? (What are my passions? What cannot I live without?), etc.
- 2) In the other program, after the pilgrimage, participants had first time to add any answer for the 4 main questions, they found during the pilgrimage. Then we presented them the 4 main intersections: Mission, Passion, Vocation, Profession. Then they have time to write their ideas for their intersections individually. Then they create couples (based on their wish), where they share their answers. In the end they shared briefly in the whole group where they are now on their way to ikigai
- 3) In the next program, participants should write down the personal letter for themselves, where they should write the answer for question Where you want to be on your way to ikigai at the end of the year? The letters are closed, and they should open it at the end of the year.
- 4) Then, they write down, what to do to reach their goals in next 3 months, in next 14 days and in next 60 minutes. Then they get those 60 minutes. Afterwards we share in the whole group what they have done.

Resources:

- <https://www.youtube.com/watch?v=RJ5Srezh190>
- <https://www.youtube.com/watch?v=BTgnQ5qZLII&t=524s>

