

● Live



# IKIGAI

*The reason for being.*



# OKINAWA ISLAND AND IT'S SECRETS:



- 88% population of Okinawa lives more than 100 years .**
- They have a glowing face and healthy body.**
- They have the least mental disorder cases in the world.**



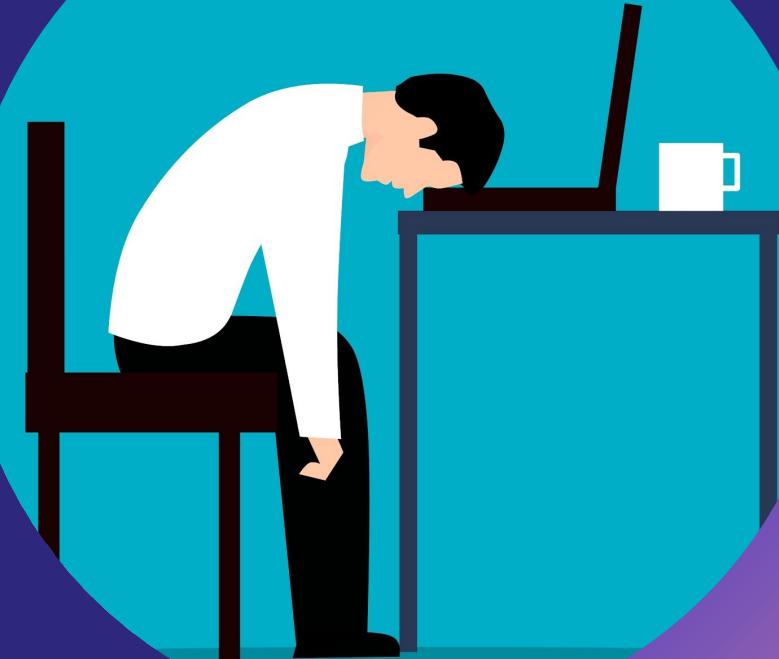
**Lets move to a very  
interesting topic-**



**Imagine  
yourself sitting  
on your  
balcony on a  
peaceful  
sunday  
evening**



You suddenly  
realize you have  
to go to office  
tomorrow and  
you feel  
extremely  
anxious.



**You start to feel very irritated and agitated.**

**Demotivation overpowers you.**

**You feel like not going to office at any cost.**

**This happens when you do something you don't love.**



# What is 'Ikigai'

**Obtaining the feeling of consistency and self satisfaction by doing -**

- What you love**
- What you are good at**
- What the world needs**
- What can get you paid**



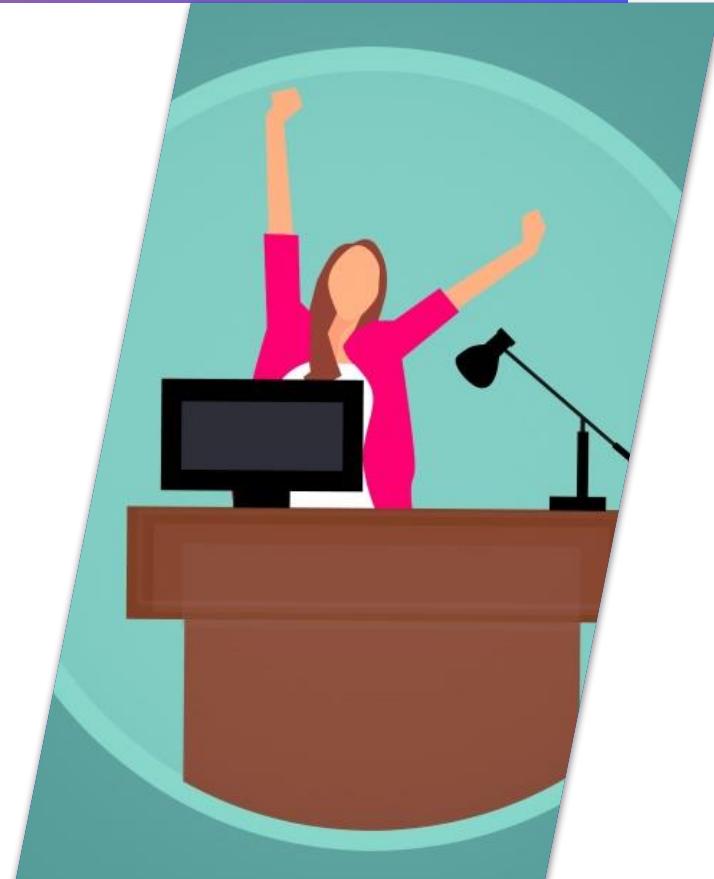


A job that you love :

# **Do you love your job ?**

**How many of you love what you do ? It is almost next to impossible to get a job .**

**Even if you get one , you may not be good at it , or it would not satisfy your pocket, or it wouldn't be doing any good to anyone .**





A job that you are  
good at :

# Are you good at what you do?

**Motivational speaker and businessman Ankur warikoo said that he was working as a counsellor in the U.S which he was very good at but hated doing . Hence he quit his job at last.**

**You maybe in the same position , which may take all the optimism out of you.**



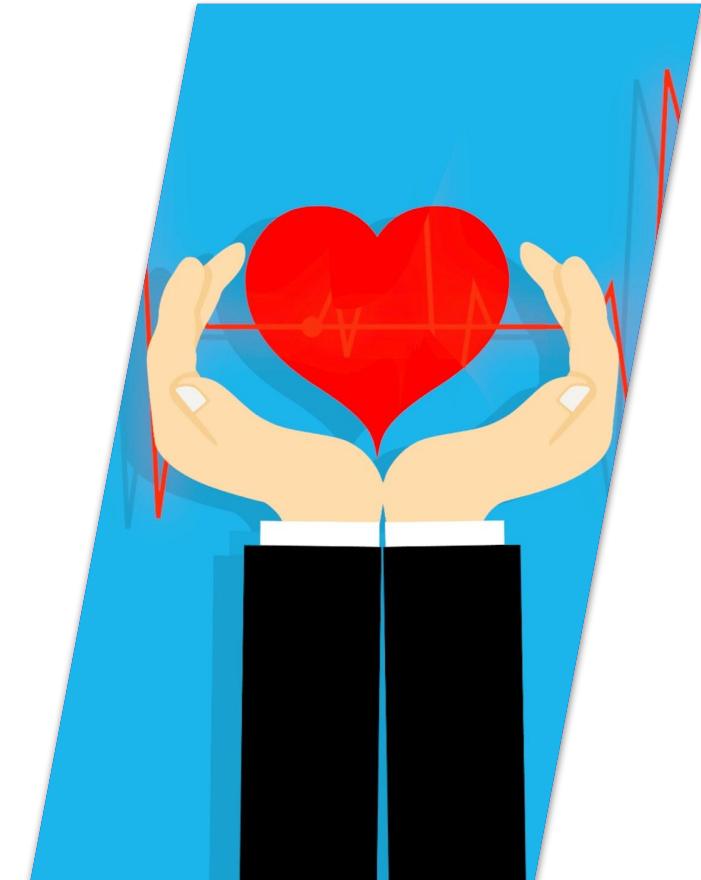


A job that this  
world needs :

# Are you doing something that the world needs?

You may be doing something that you love, or that in which you are good at , or something that pays you well , but would be a hindrance to global peace.

It would make you feel good for sometime , but in longer run, it will make you feel useless and unimportant.



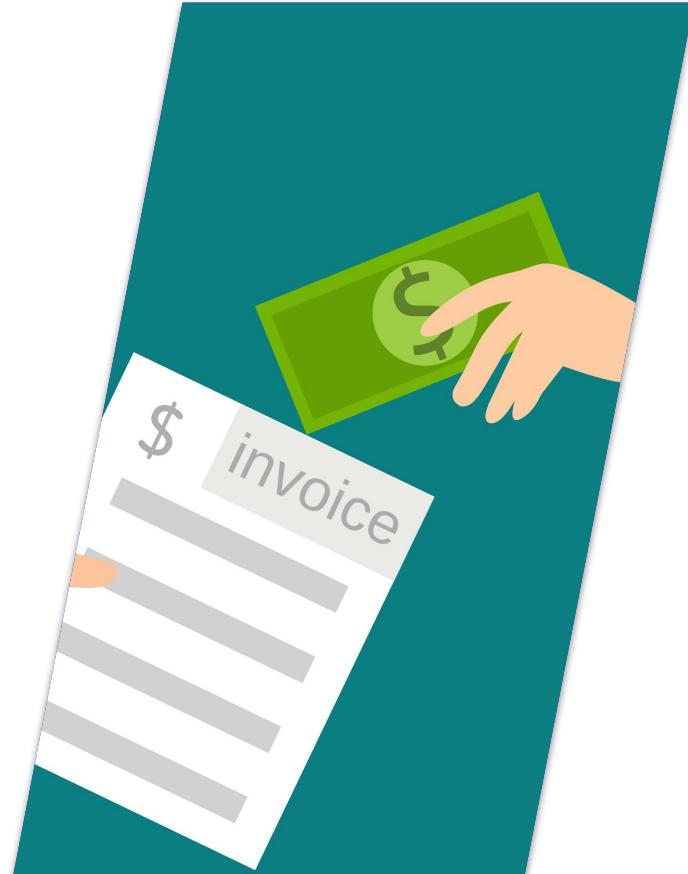


A job that gets you paid.

# Is your dream job paying you well?

Your job might be something that you love to and you are good at too . it might be something that is good for the world as well but might not pay you well.

After all dreams don't fill appetite .





# Slides in - ‘Ikigai’

# What is Ikigai ?



**Ikigai is a path , a journey , a way of life ; not a destination.**

**Hence , the benefits of ikigai are infinite. It's a process that will lead you to saying “Today was a great day”, every single day.**

# HISTORY BEHIND THE JAPANESE CONCEPT OF “IKIGAI”.

**‘IKI’ means life and ‘ GAI’ means value . The concept goes back to the 8th century, Japan. Japanese people believe in mental contentment more than anything .**

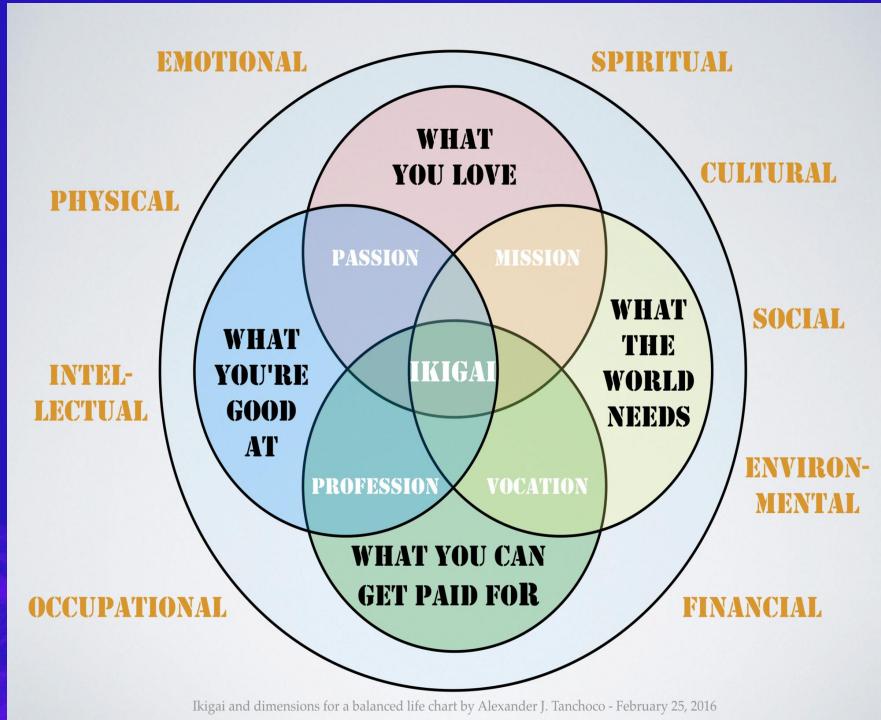
**When a survey was conducted to understand the longevity and robustness of the native japanese, many bewildering facts were uncovered.**

**The retirement age in Japan is 70 years and in some places, none at all. Japanese people barely go to gyms and is the most obscure business amongst all.**



How can Ikigai help  
me?

Can it actually change  
my entire life



**Ikigai suggest you to find a job that comprises all these four components.**

**In doing so, you will always be excited to go to work  
 You will be appreciated , because you are good at what you do  
 You will feel respected , because people around you needs you  
 And  
 You will always have some cents in your pocket.**

# 4 steps to embrace your Ikigai:

Create small goals.

Create a support system



Plan it out

Test it out.



Let's find your ikigai.  
Are you ready?



Will you answer some  
questions?



When I was a child, I loved  
doing ...



If money didn't matter, I  
would be a ...



If i believed I could not fail, I  
would...



I completely lose track  
of time, when i am...



I am most happy with  
who I am when...



I am really good at...

If I didn't care about what  
others think of me, I  
would...



In my free time, I...



If I only had 6 months  
to live, I would spend  
my time ...



If I were to die  
tomorrow, I would  
regret that I did not...



**Easy steps I can follow to be happy -**



Have you seen the future?  
Don't stress and meet  
everyone cheerfully.  
Don't stress for what you  
don't know .



**Grow and/or cook  
your own meal.**



Meet and spend healthy  
time with your friends



# The 80% rule





**Stand in every 30 minutes.**



Engage in “flow” activities.

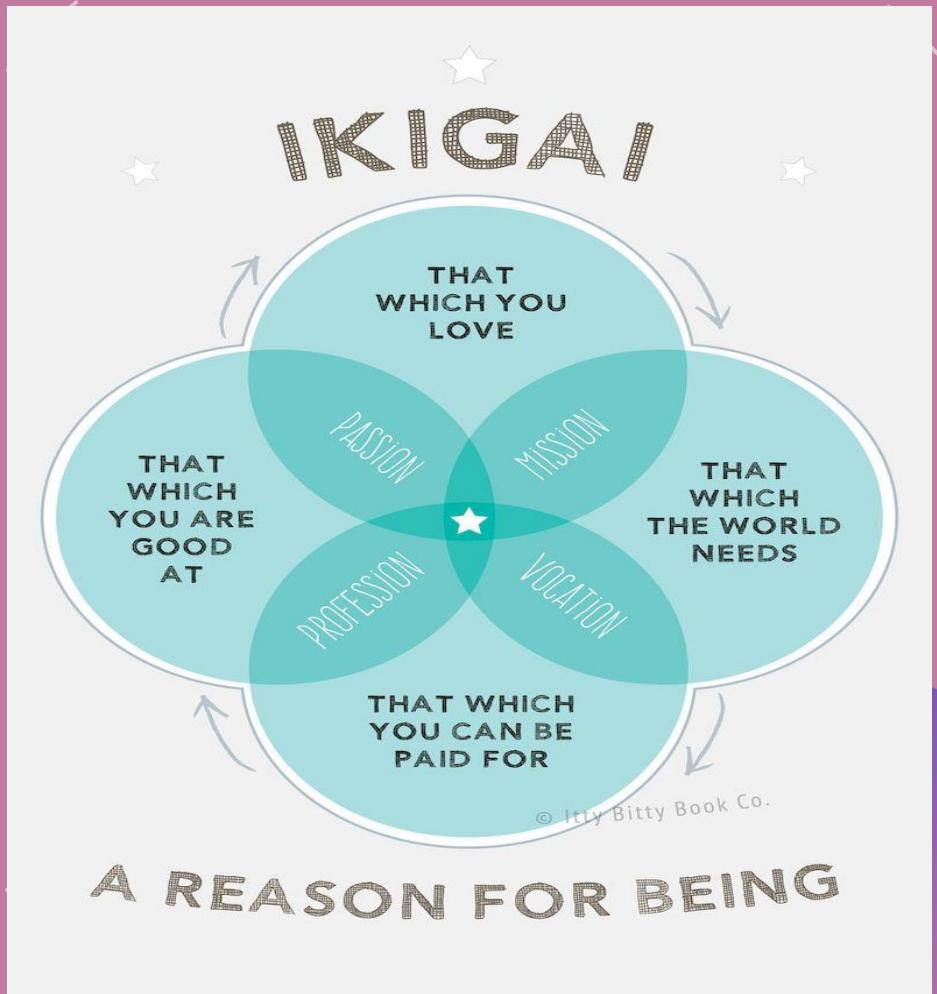
- Famous books on Ikigai



- ❑ IKIGAI: The Japanese secret for a long and happy life.
- ❑ Ikigai for leaders and organisations.
- ❑ Ikigai: Giving everyday meaning and joy.
- ❑ How to ikigai.



# By Mark Winn.



**Why Japanese  
people are the  
happiest and  
live longest in  
the world ?**



# Steps to embrace your Ikigai :

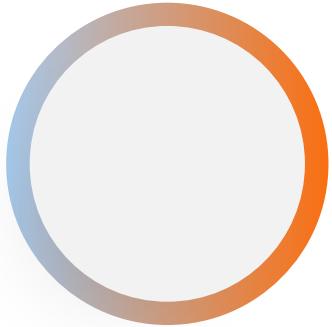
Create small  
goals.

Create a support  
system.

Plan it out .

Test it out.

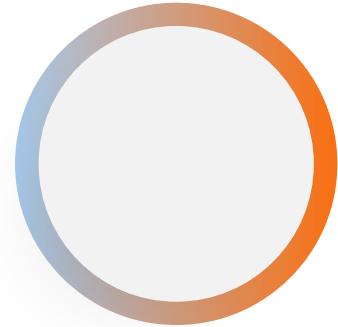
## **Challenges you might face while discovering your Ikigai -**



**Feeling overwhelmed**



**Feeling the scarcity of  
time .**



**Fear based thinking.**

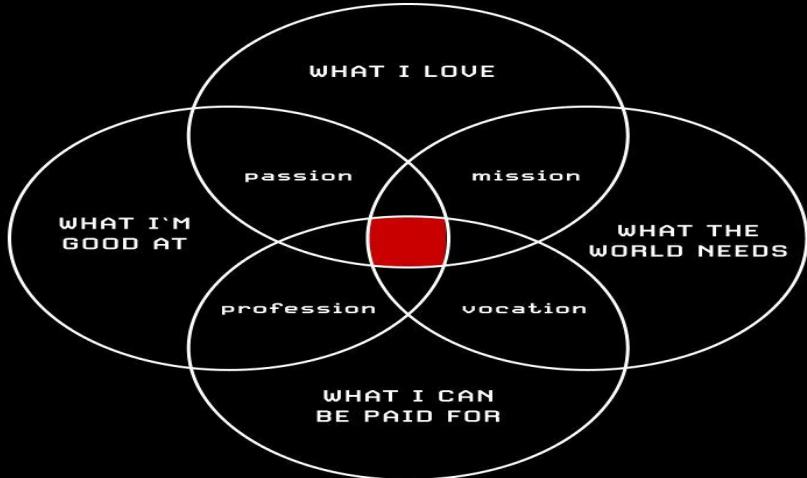


The world awaits you....

# Activity time !

# ICONS - ACCESSIBILITY





YOUR IKIGAI

# **Books to know more about Ikigai –**

**Thanks for watching!**

# ICONS - ANALYTICS – PAGE 1



# ICONS – ANALYTICS – PAGE 2



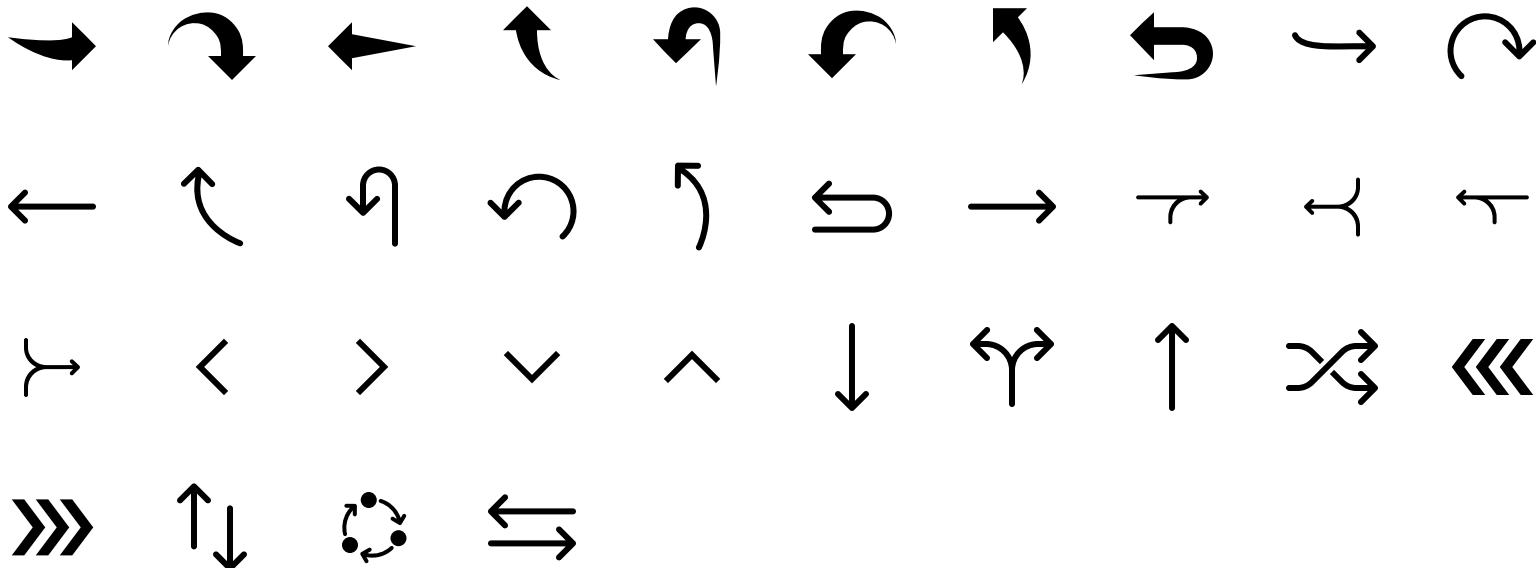
# ICONS - ANIMALS



# ICONS - APPAREL



## ICONS - ARROWS



# ICONS – ARTS – PAGE 1



## ICONS - ARTS – PAGE 2



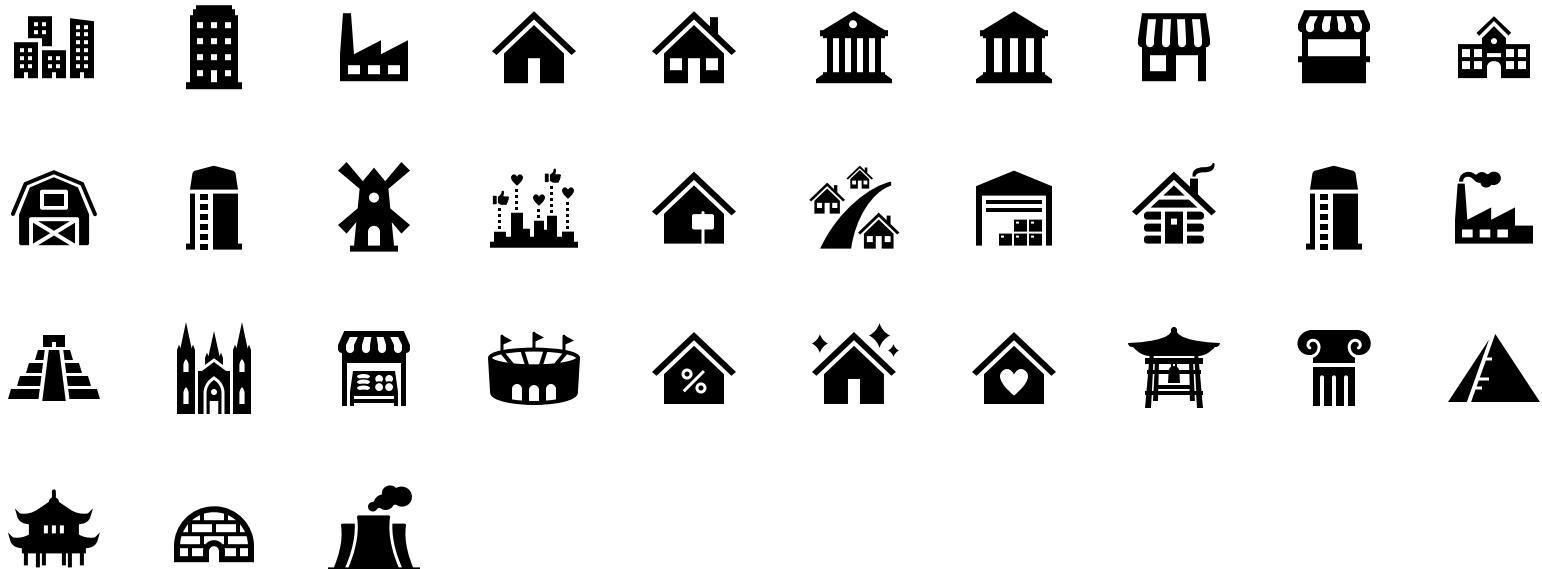
# ICONS – BODY PARTS



## ICONS – INSECTS AND BUGS



## ICONS - BUILDINGS



# ICONS – BUSINESS – PAGE 1



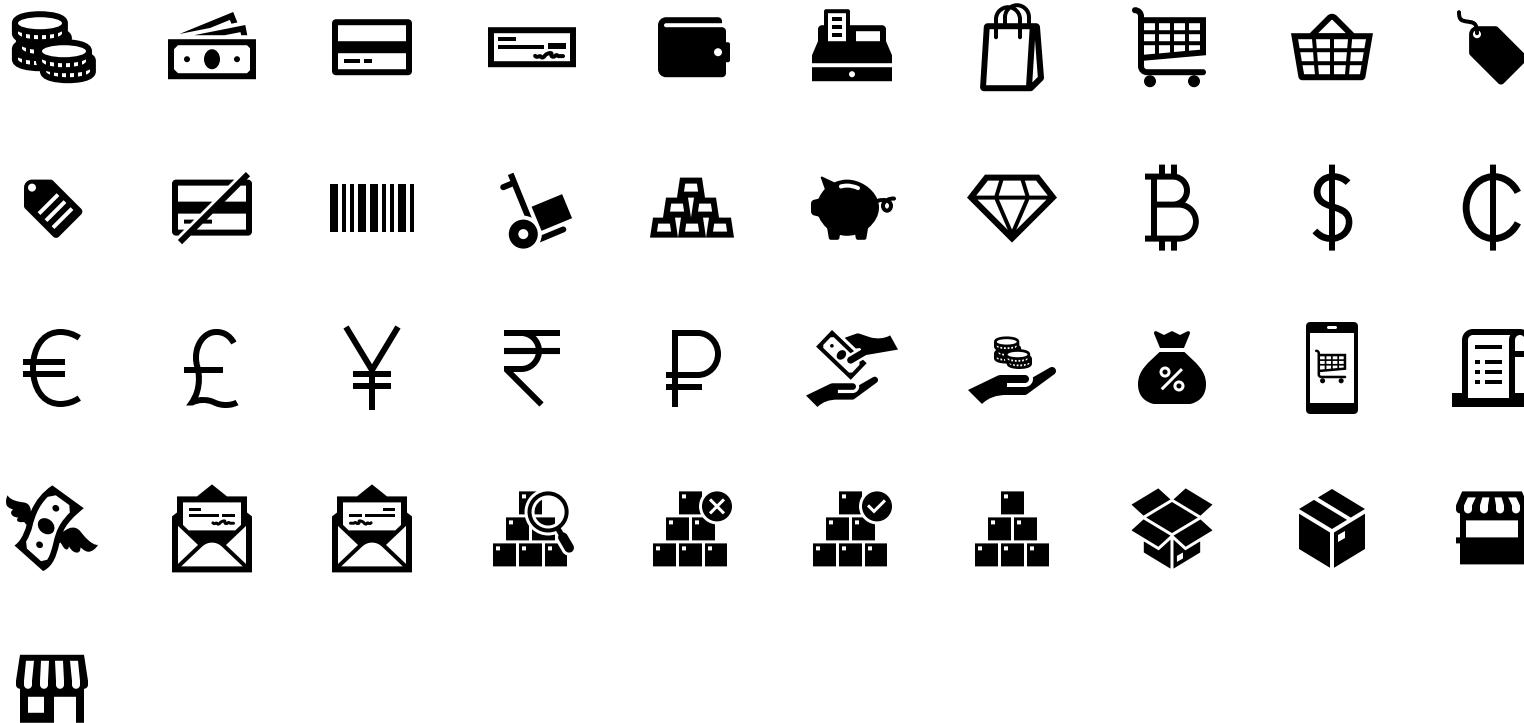
# ICONS - BUSINESS – PAGE 2



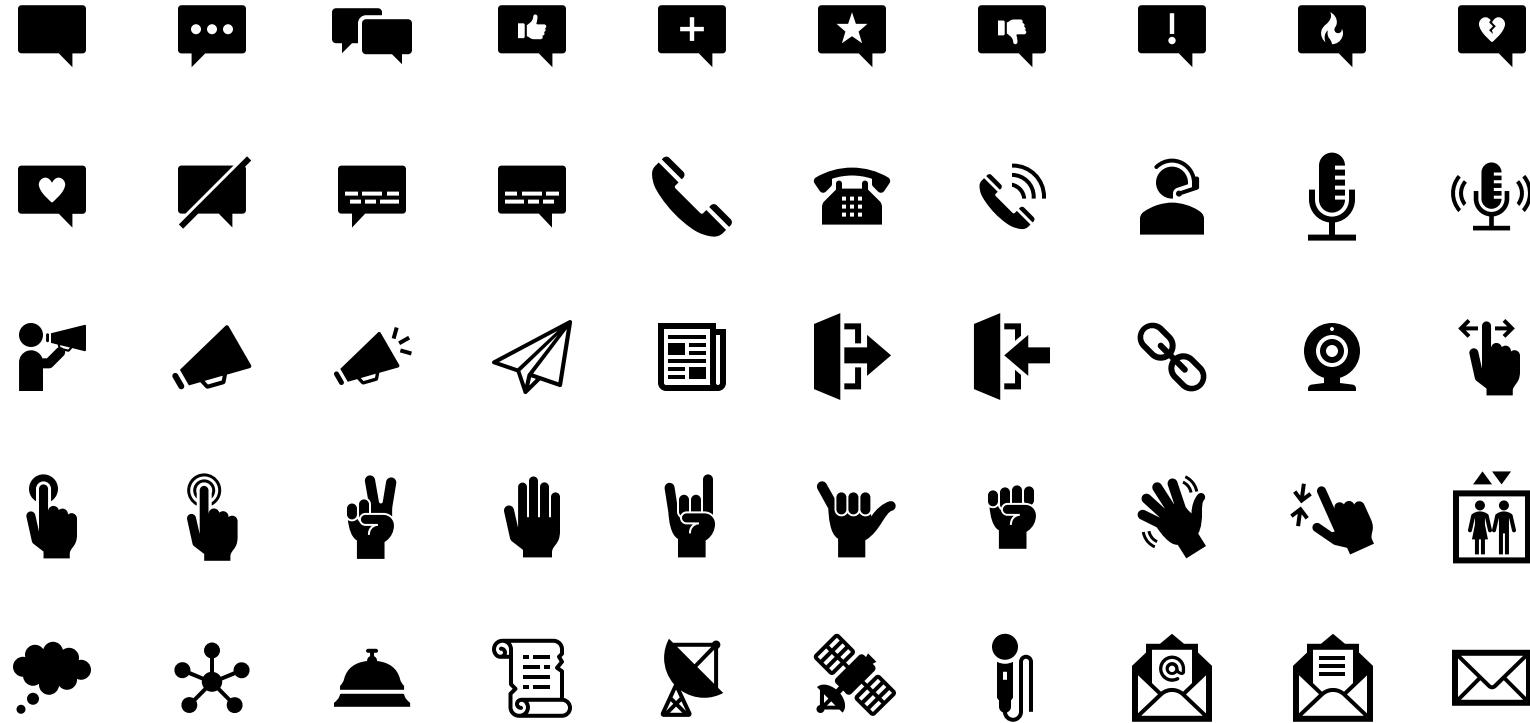
# ICONS - CELEBRATION



# ICONS - COMMERCE



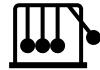
# ICONS - COMMUNICATION



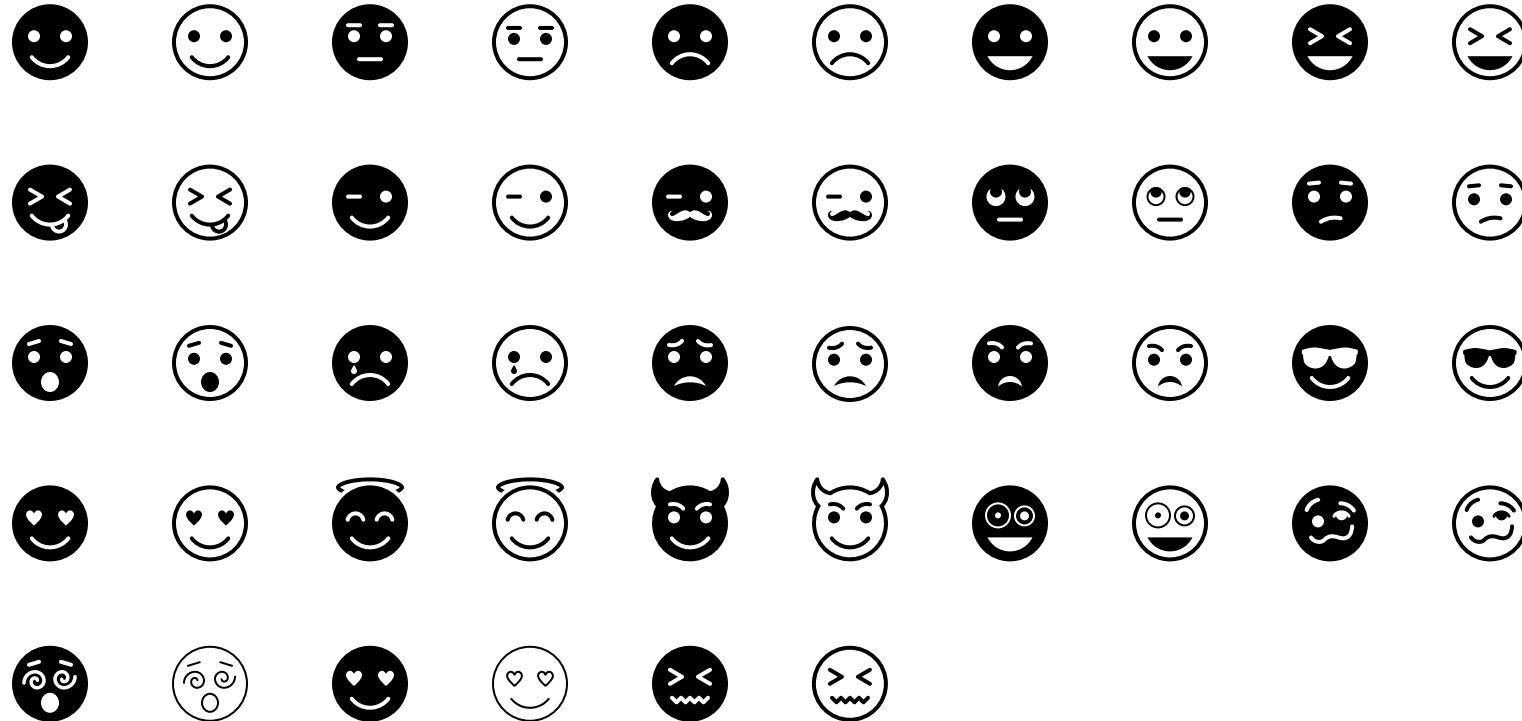
# ICONS – EDUCATION – PAGE 1



## ICONS - EDUCATION – PAGE 2



# ICONS - FACES



ICONS – FOODS AND DRINKS –  
PAGE 1



# ICONS – FOODS AND DRINKS – PAGE 2



# ICONS – HOLIDAYS – PAGE 1



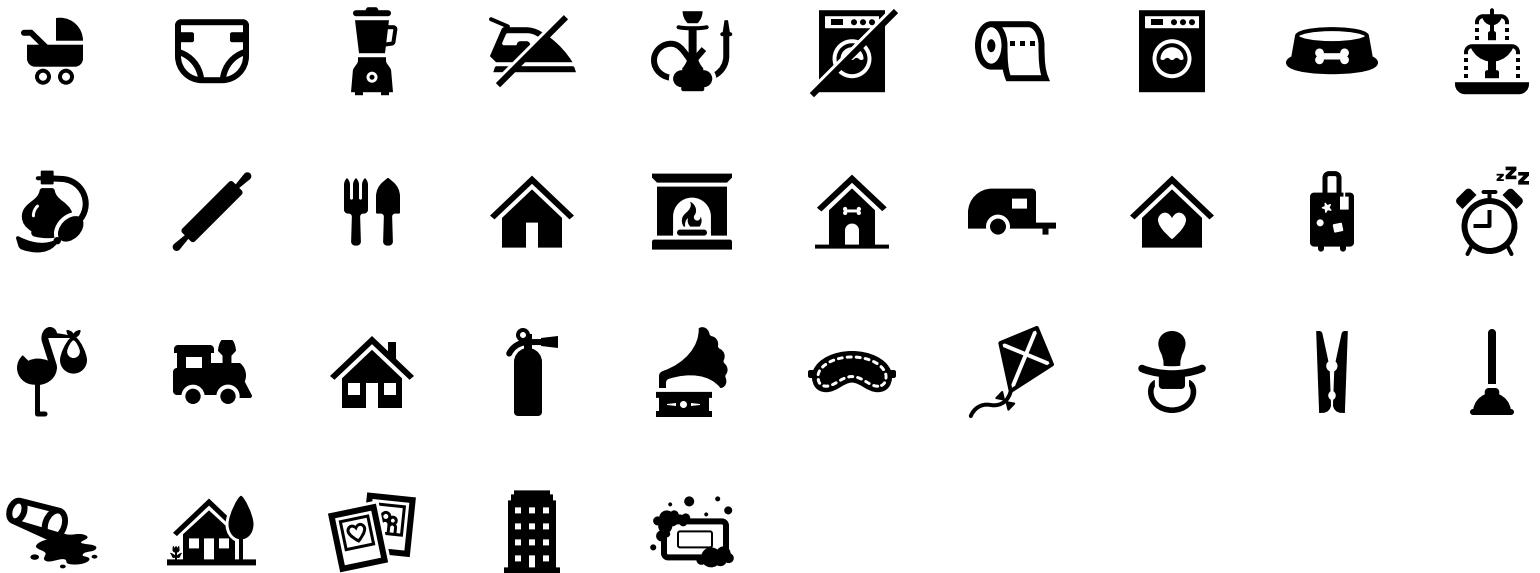
## ICONS – HOLIDAYS – PAGE 2



# ICONS – HOME – PAGE 1



# ICONS – HOME – PAGE 2



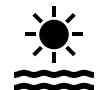
# ICONS – INTERFACE – PAGE 1



## ICONS – INTERFACE – PAGE 2



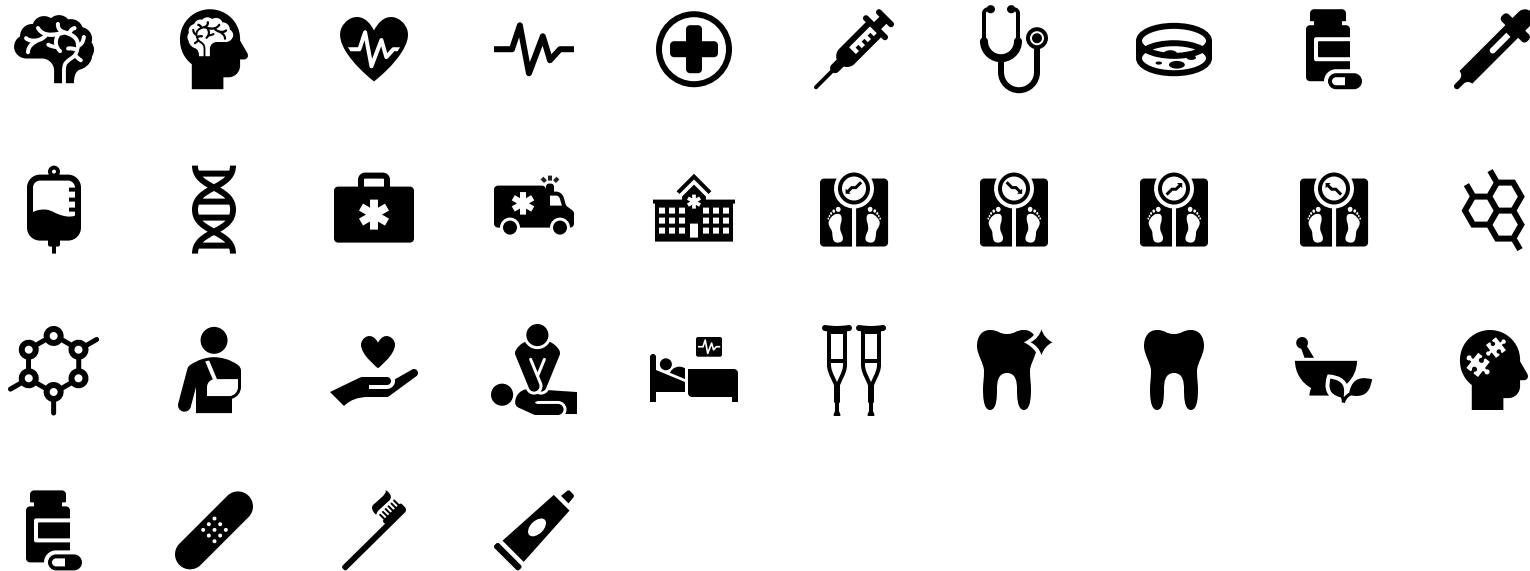
## ICONS – LANDSCAPE



# ICONS – LOCATION



# ICONS – MEDICAL



# ICONS – NATURE AND OUTDOOR – PAGE 1



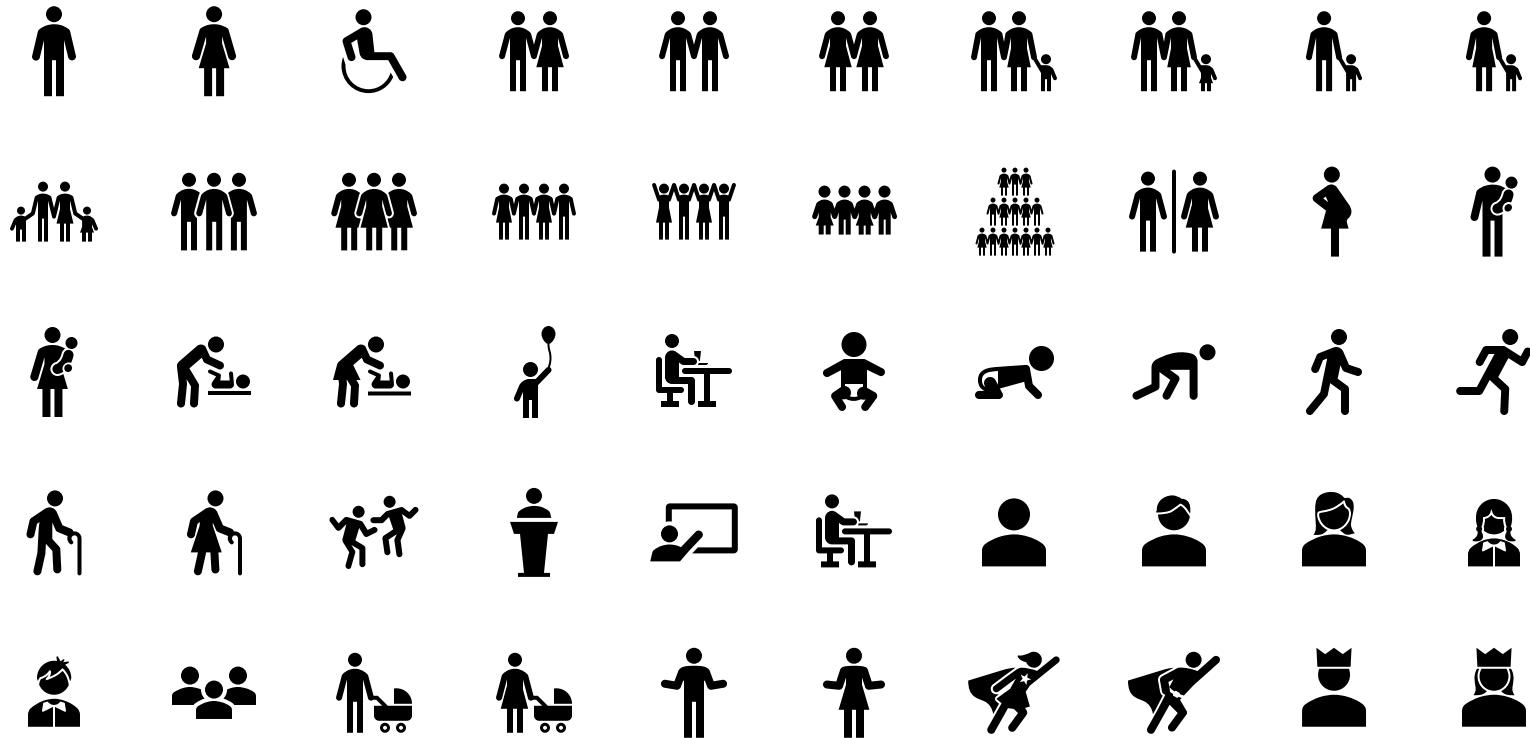
# ICONS – NATURE AND OUTDOOR – PAGE 2



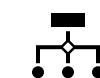
# ICONS – OCCUPATIONS



# ICONS – PEOPLE



## ICONS – PROCESS



## ICONS – PUZZLES AND GAMES



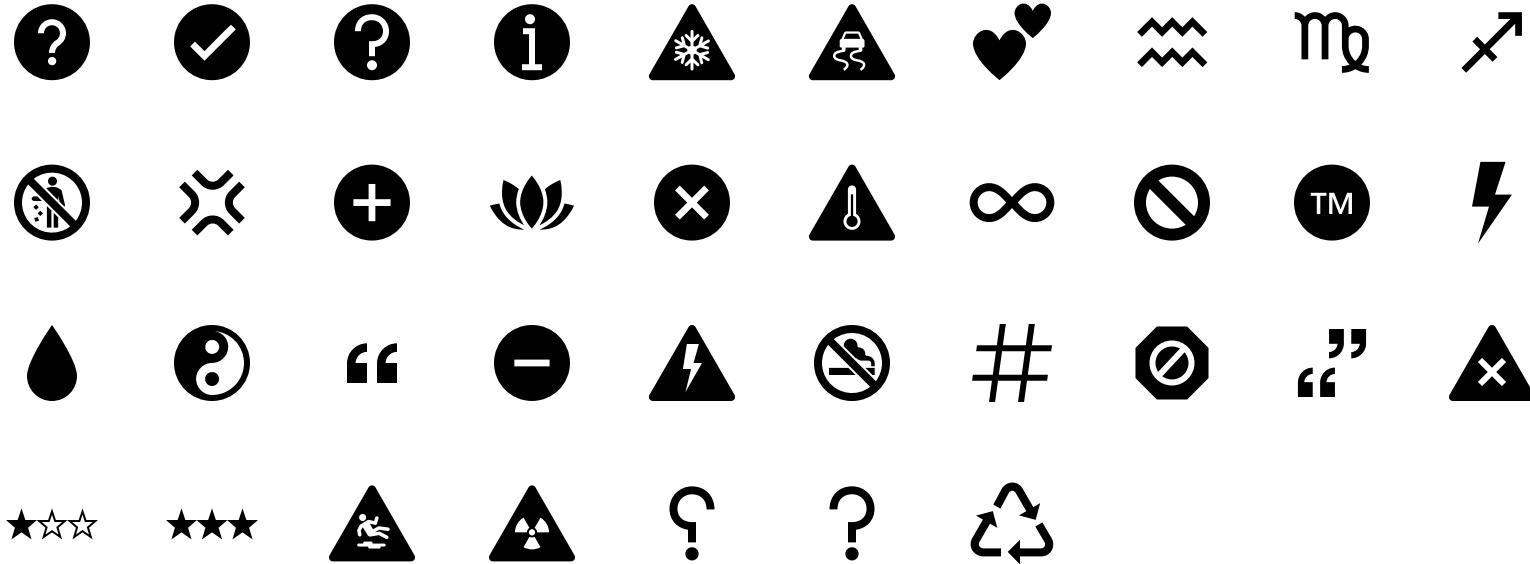
# ICONS – SECURITY AND JUSTICE



# ICONS – SIGNS AND SYMBOLS – PAGE 1



# ICONS – SIGNS AND SYMBOLS – PAGE 2



# ICONS – SPORTS – PAGE 1



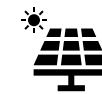
## ICONS – SPORTS – PAGE 2



# ICONS – TECHNOLOGY AND ELECTRONICS – PAGE 1



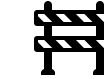
# ICONS – TECHNOLOGY AND ELECTRONICS – PAGE 2



# ICONS – TOOLS AND BUILDING



# ICONS – VEHICLES – PAGE 1



## ICONS – VEHICLES – PAGE 2



# ICONS – WEATHERS AND SEASONS

