Comprehension Questions On

From: Ikigai: The Japanese Secret to a Long Life

Questions:

1. How would you define “Ikigai”? What are some synonyms for this word?

* In my opinion, Ikigai is a perfect life in which you can bring meaning and value to your life through what you love, like, good at. The synonyms that I think for Ikigai are “Purpose”, “Meaning of life”, and “Passion”.

1. What are some ways that the first section “Going with the flow” describes “flow”?

* The flow in the first section describes to me how you can focus on the thing that you enjoy to do it without caring about and 100% focus on that thing.

1. What is Mihaly Csikszentmihalyi’s definition of “flow”?

* He defines “flow” as when you take all your attention to focus on your task right now, it takes away your awareness, and you don’t even care everything about yourself like what is happening around you, in your mind just having one is the task you are doing right now. You can feel capable and can face a challenge even in normal you are scared about it. In this you can feel your flow effortlessly, you will feel rewarded and lose track of time because you are so absorbed in it.

1. Think of an example when you were in a flow state. Write an example of that time next to each of Owen Schaffer’s flow requirements.
   1. Knowing what to do
      1. When I’m coding a website, I know what feature I should add next to my website, like a link or a hover effect for specific information on the website.
   2. Knowing how to do it
      1. When I’m coding a website, I know the exact steps to take and which code to write next to make the feature work.
   3. Knowing how well you are doing
      1. When I’m coding, I can see how well I’m doing by testing the website. If the code works as I thought, I know I’m correct; if there’s a bug, I can get the error code to fix it and where happened in the code.
   4. Knowing where to go (where navigation is involved)
      1. When I’m coding a website, I know where to focus next, like focusing on which file I should edit or which section of the website to adjust. I can navigate the project files and folders without hesitation.
   5. Perceiving significant challenges
      1. When I’m coding, I often face challenges like making a new feature that I’ve never tried before like doing a computing cloud, C++, or making a 3D module,... These challenges are difficult enough to make me think deeply, but I can find out how to do it by learning through resources like YouTube.
   6. Perceiving significant skills
      1. While coding, I feel confident using my skills, like writing clean HTML, CSS, or JavaScript, and applying problem-solving techniques to make things work. I’m aware that I’m applying what I’ve learned and getting better at it as I go.
   7. Being free from distractions
      1. When I’m coding, I focus like don’t know what's happening around me. I just plug in headphones with remix music to boost my mood. I don’t know what happening around me and focus on my work, time is just like flying faster than I doing something that boring and I hate it.
2. In terms of difficulty, what is the ideal task?

* The ideal task should be a balance between too easy and too hard; it should have some challenges for you but not too difficult. If the task is too easy, it leads to boredom, but If the task is too difficult, it leads to frustration and giving up on that task.

1. Why are video games satisfying according to the book? But why are they not completely analogous to life?

* Video games are satisfying because they provide a clear, concrete objective, such as beating a rival, completing a mission, or surpassing a personal record, all within a framework of explicitly defined rules. These goals make it easy to focus on the activity in-game. Games can’t be completely analogous in life due to clear and concert objectives cause In real life you don’t have clear objectives, for example: In the workplace, employees can have problems understanding the missions, cause the goal and the process are not clear for them to understand.

1. Why is it not good to obsess over a goal too much?

* Obsess into a goal is not good, because it can lead to stress. When people are too focused on things too much, they can neglect their health, relationships, or the process itself, which are essential to a balanced life.

1. How does the modern-day make it hard to do strategy 3?

* Modern life makes it hard to follow strategy 3 because there are so many distractions that slow you down. For example, when you're doing your task and get distracted by the vibration on your phone, you might end up spending an hour texting, calling, and doing other stuff that is not your task, instead of finishing your task. We often think multitasking saves time, but research shows it doesn’t. We should focus on one task at a time to get the best results and more efficiency. Trying to do many things at once can lead to bad outcomes.

1. What are the book’s key arguments about why multitasking is bad?

* When multitasking you would do a task with focus but divide attention across multiple tasks, this would block you from fully focusing on one of them. When you struggle with multitasking you increase stress because you may be juggling multiple tasks creates mental clutter and increases stress. It also often leads to errors because attention to detail is reduced when switching between tasks. This can leave you feeling dissatisfied and anxious, as unfinished tasks and scattered focus leave the individual feeling unfulfilled.

1. What are your favorite strategies that the book offers for avoiding distractions?

* My favorite strategy that the book offers for avoiding distractions is Strategy 3, which describes how I can avoid distraction by setting “Do not Disturb” on my phone, just looking and checking the mail 1-2 times/day, the task is the first thing that we need to do than other thing like social. We can use the Pomodoro trick to avoid distraction by lock-in recommend 25 minutes and rest 5 minutes, or you can double it up to 50 minutes and rest 10 minutes. These are some tips and tricks to avoid distractions that are still in my mind after I read them 25 minutes before.

1. Pick three of the ten rules of Ikigai and comment on them. Use the four criteria of a good comment.
   1. “Stay active; don’t retire”
      1. I agree with this rule of Ikigai, cause when you do what you love to do, you enjoy it and you feel your life is more meaningful and interesting in your life.
   2. “Surround yourself with good friends.”
      1. When you have good friends it will affect your mental cause your friends around you are positive, you get the effect of their positivity too.
   3. “Give thanks”
      1. This is necessary for each person, when someone helps you with a favor, you should repay them to show gratitude. Thus, you will have a good relationship with many people.