

# The Five Pillars of Ikigai



Be in the here and now...



# Embrace starting small...



Take joy in the little  
things...



Seek harmony, balance  
and sustainability...



Release yourself through  
self-acceptance...



Take a look at the  
five pillars of  
Ikigai.



How many do  
you apply to your  
life now?



How many would  
you benefit from  
applying?

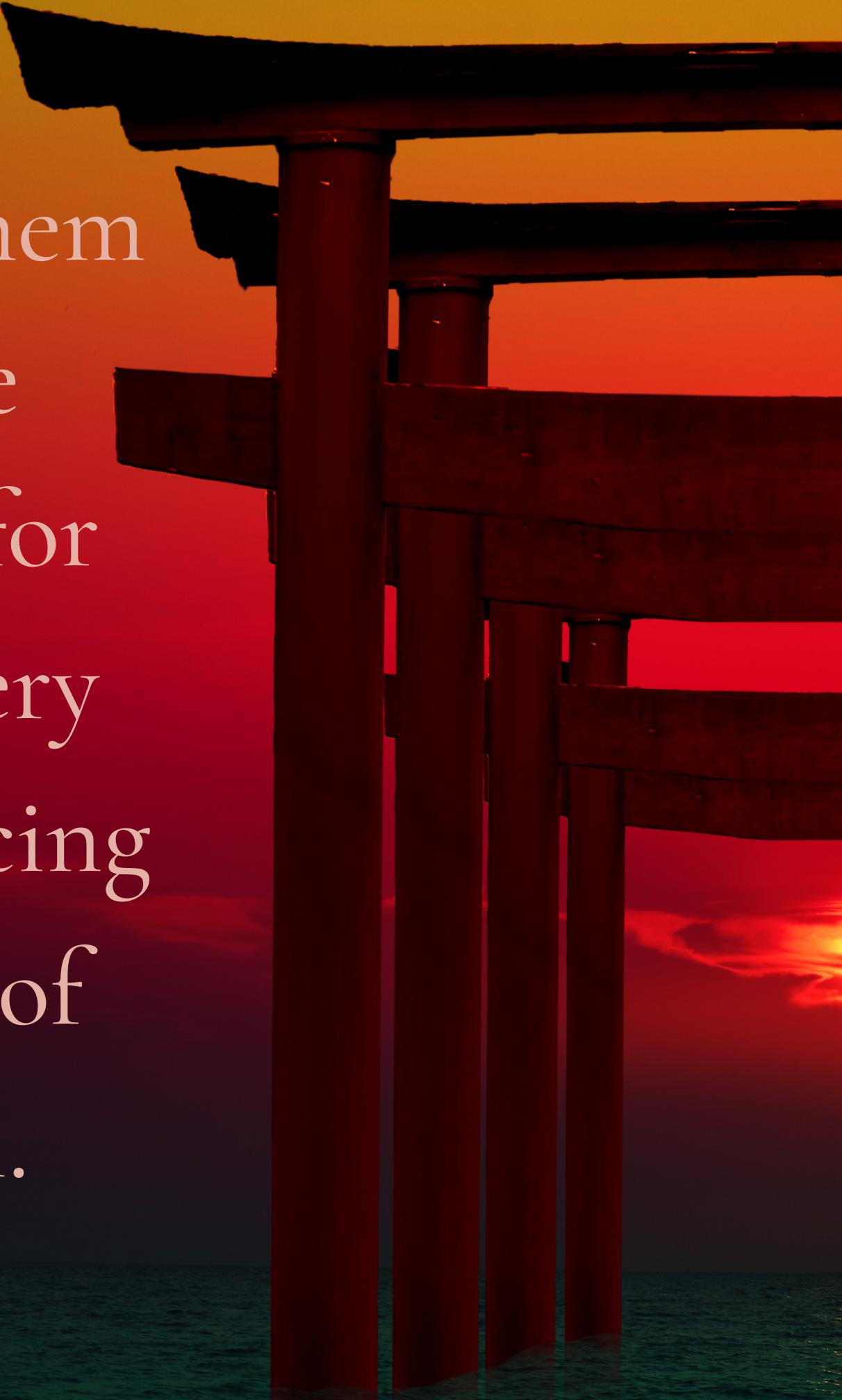


None of these are meant to be  
mutually exclusive or  
comprehensive.

There is also intentionally no  
hierarchy or order to them.



Living into them  
will set the  
foundation for  
both discovery  
and experiencing  
the fullness of  
your Ikigai.



# The Ikigai Guy

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for

Your Daily Ikigai

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