

Finding Your Ikigai:

Finding purpose in life is one of the most fundamental human needs. By our very nature, we seek meaning and validation of our place in the grand scheme of things. Throughout the annals of history, philosophers, psychologists, and laypeople alike have been perpetually debating the meaning of life. Meaning is a multidimensional construct comprised of comprehension (feeling as though one's life makes sense), purpose (feeling directed and motivated by valued goals), and mattering (feeling that one's existence is significant) (George & Park, 2016). Meaning is a robust predictor of psychological health, physiological health, and general wellbeing. Indeed, research suggests that a high sense of purpose is associated with a reduced risk of all-cause mortality, higher daily positive affect, lower daily negative affect, and improved longevity across diverse cultures, genders, and age groups.

In Japanese culture, to find meaning and purpose in life is to find one's ikigai (ee-key-guy). While no definitive translation exists, ikigai, which is a combination of the Japanese words ikiru, meaning "to live," and kai, meaning "the realization of what one hopes for," can be understood as a reason for being, or that which makes life worth living. Research suggests that having ikigai facilitates the integration of stressful psychological events from the past, present, and future with less conflict or confusion.

Having ikigai means that each day is infused with meaning and reflects not only psychological factors, such as wellbeing, hopes, and dreams but also an individual's consciousness of their motivation for a living.

The discovery of one's ikigai is attainable with patience, commitment, and introspective exploration. While the concept is decidedly personal and specific to the individual, ikigai is consistently found at the convergence of four fundamental elements, namely,

Passion: (what you love)

Mission: (what the world needs)

Vocation: (what you are good at)

Profession: (what you can get paid for)

Goal The goal of this exercise: is to help you find purpose and meaning in your life by engaging in the Japanese practice of ikigai. In doing so, clients can explore and connect with what is most meaningful by discovering the point at which their passions and talents converge with what others need and are willing to pay for.

Finding one's ikigai requires a commitment to action and is not likely to be discovered overnight. For some clients, ikigai might be obvious, while others might continue to search for their purpose for some time, trying to determine what it is they value the most. Clients should be made aware that finding their ikigai is something that will unfold over time and change as various aspects of their own lives change. In other words, finding one's Ikigai is about lifelong self-reflection and experimentation.

Schedule a info session to [see how finding your Ikigai will benefit you.](#)

It was fundamental to asking the question

What do you want your life to be?