

生き甲斐
Ikigai

**Ikigai is not what
you build a life around**

**It's what already makes
the life you have
worth living**

*20 reflection questions inspired by
Mieko Kamiya and Ken Mogi*

SWIPE TO READ





The Joy of Small Things

Kodawari, attention to detail and daily ritual

- 1** What small daily moment do you look forward to?
- 2** When did you last lose track of time in something that earns nothing?
- 3** What ritual, however small, gives the day its shape?
- 4** Which detail do you tend to that no one else would notice?
- 5** What pleasure have you stopped letting yourself enjoy, and why?



Being Free to Be Yourself

Releasing oneself, jibun rashiku

1

**Whose approval
are you still trying to earn?**

2

**Where in your life
are you already at ease?**

3

**What part of you have you been
editing out for others?**

4

**What would you do if no one
were watching or grading?**

5

**What did you stop doing because
someone said you shouldn't?**



Harmony with Others

Wa, the texture of belonging

1

**Whose company leaves you
feeling more like yourself?**

2

**Who notices
when you're not quite right?**

3

**Where do you contribute
without keeping score?**

4

**Whose burden, if eased,
would ease yours in turn?**

5

**Where have you mistaken
conflict-avoidance for harmony?**



The Joy of Growth

Becoming, on your own terms

1

**What were you better at
this year than last?**

2

**Where do you welcome
being a beginner again?**

3

**What hard thing have you been
avoiding that would change you?**

4

**What practice would you keep
even if it never paid off?**

5

**Who do you want to have become
when no one is keeping score?**