

4 Easy Steps to find your Ikigai

Does your day lack enthusiasm? Or do you feel too tired when you do your daily routine?

That is actually a very normal thing! Because we are human. But, if those states continue for a very long period, you will realize that it will affect your days. And then you might ask, why does my life feel so... empty?

Let me answer this question for you.
It is because you didn't find your life's purposes yet.

Ikigai is one of the answers that can make your life to be more flavourful and add more meaning.

So, how does Ikigai works?



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There are four certain components to reaching ikigai; passion, mission, vocation, and profession.

The most important thing is how to find the balance between each one of them for one purpose: to reach the meaning of life.

1. Passion or what you love

Passion can also be described as what you love. Things that make you happy or passionate when you do it. It can be your hobby or your personal preferences in anything. You can start by trying to jot down any hobbies that you like.



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2. Mission or what the world needs

Something that is needed by your environment is a mission. Maybe it isn't suitable for your passion right now. But, it is possible some action that you take might affect every little thing in your environment. You can try to think or write any thoughts that you have about what is needed by society right now

3. Vocation: what you can be paid for

It is not a secret anymore, to survive you need an income. Something that you can do and get paid for is a vocation. You can write down any skills that you have you think can be paid for by others.



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4. Profession: what you are good at

A profession is when you are qualified in your own niche. To get better in what you're doing right now you can try to apply to a bootcamp or continue to study at university. You can also write down any skills that you are confident it is something that you can excel at.

So, from various skills, hobbies, environmental needs, and talents that can be paid by others that you have written. You can scan your list and from there you will need to find the red string between each one of them. If you have found the connection, you'll most likely will find your own ikigai.



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So what do you have to do after you find the connection?

To know more about ikigai, you can watch our youtube by clicking this link

