

5 LIFE-CHANGING IDEAS FROM IKIGAI



What Is Ikigai?

Ikigai: the Japanese term for a person's reason for **existing**, or life purpose.

The Japanese believe that each of us has a different *ikigai*.

Your *ikigai* could center on a sport, your job, or anything else. You may also have more than one.

Look for Flow

What activities help you achieve flow—the state in which you're so immersed in an experience that you lose track of time?

If you don't know, try doing one task at a time and seeing where it takes you.

The activities in which you naturally experience flow may be your *ikigai*.



Limit Distractions

The more time you spend in flow-generating *ikigai*, the happier you'll be.

Create distraction-free environments, which are conducive to entering flow.

- Limit your non-essential technology usage.
- Train yourself to return your attention to the present whenever you get distracted.



Follow Japan's 80% Rule

Follow *hara hachi bu*: Stop eating when you feel 80 percent full.

Eating fewer calories frees up energy that would otherwise go to digestion and protects you against negative health conditions like cardiovascular disease.

Try reducing your portion sizes or skipping dessert.



Embrace Wabi-Sabi

Wabi-sabi means finding beauty in imperfection and loveliness in things that are incomplete or flawed.

What in your life could you apply this attitude to?

Embracing *wabi-sabi* provides the resilience you need to pursue your *ikigai* through setbacks.



Five Lifechanging Ideas

Yijin Wang



Five Lifechanging Ideas:

Unveiling the Magic of Words: A Report on "**Five Lifechanging Ideas**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Five Lifechanging Ideas**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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