

Ikigai

Homework Week 0

We will be discussing your answers during Week 1



Head

What are the skills and assets do you bring to the table?
 What do you know inside out?
 What group/s or individual/d do you know well or have unique access to?
 What traditional or non transitional education do you have?
 What have you learned from the jobs that you have?
 List the things would put on a resume
 List the things that you wouldn't put on your resume / or discuss in an interview
 What are your tangible skills / what skills could you charge for?
 What are your intangible strengths? (Your super-power)
 What experiences have you had that have given you insights or information that most others do not have?
 What are these insights?
 What are the three things that your best friend, family or your mentor would agree that you are best at?
 What is your role in groups
 Whether you are with your friends, family, your peers
 Are you usually a go-getter, the entertainer, the organizer as an example

Imagine when you leave this session, you receive 3 emails, one personal email, A semi professional email and the other a professional, all of which will want you to do something
 What are these people asking of you?
 What do you wish they were asking you?

What unique intersection of what you care about (your heart) and your unique skill sets (your head) make you uniquely qualified to solve your problem

Head + Heart = Hussle - IKIGAI

Heart

What are the things that you are passionate about?
 What issues or ideas make your heart beat faster
 What is the primary topics of articles that you have always read and the Movies and tv shows to which you are most attracted to?
 What are some similar qualities in the people you find yourself most drawn to?
 When are you sitting on the edge of your chairs?
 What social and environmental problems do you ache to see solved

When have you seen injustice
 Have you ever stood up for anyone
 Who?
 Why?
 Who would you stand up for?

What stories resonate with you and why?

Who are "your" people?

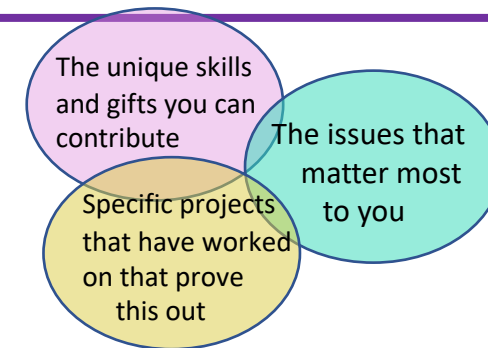
When you imagine the world you want to live in, what 3 words come to mind?

What feels like home to you?

If you were starting an organization, what virtues (values) would you shape it around?
 When your inbox is full, what emails do you open first?
 What organizations and individuals are they from?
 What is the topic of the emails?

Hussle

What unique intersection of what you care about (your heart) and the unique skill sets (your head) make you uniquely qualified to solve your problem?

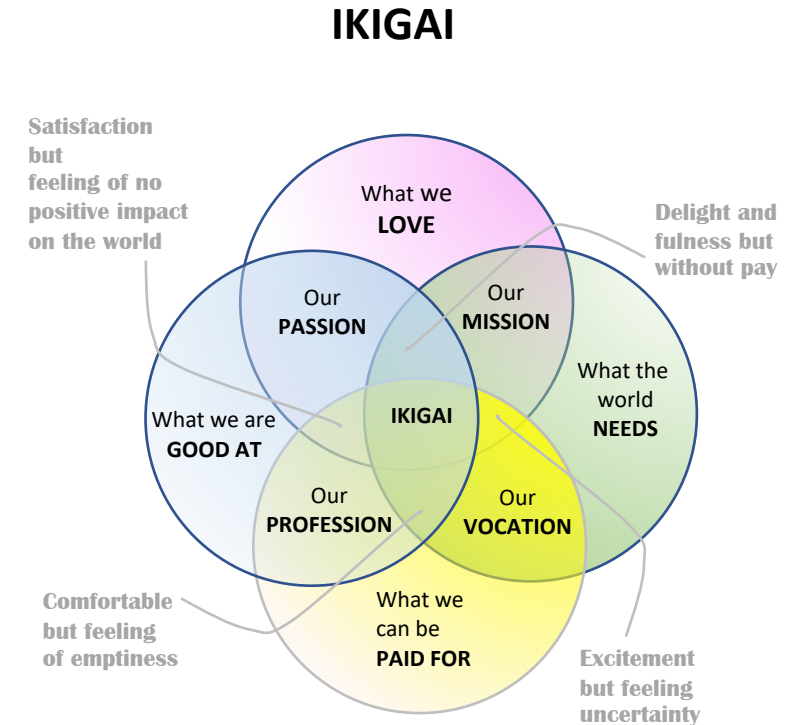


Ikigai

NOTE: There is some controversy about what Ikigai really represents. Please refer to:
<https://ikigaitribe.com>

Ikigai can describe having a sense of purpose in life as well as being motivated. According to a study by Michiko Kumano, feeling *ikigai* as described in Japanese usually means the feeling of accomplishment and fulfillment that follows when people pursue their passions. Activities that generate the feeling of *ikigai* are not forced on an individual; they are perceived as being spontaneous and undertaken willingly, and thus are personal and depend on a person's inner self.

Ikigai is at the intersection of four concentric circles:





What did you learn ?

Share with your guide :

Your ikigai canvas, your insights and your reflections.

Ikigai is a tool to design your inner purpose (your northstar, your compass etc) your purpose for life.

Duration max 60 min inclusive home work

[How to Ikigai | Tim Tamashiro | TEDxYYC - YouTube](https://www.youtube.com/watch?v=Ug8UWUwUwUw)

https://www.google.co.uk/search?q=How+to+Ikigai+%7C+Tim+Tamashiro+%7C+TEDxYYC+-+YouTube%C2%A0&client=safari&sxsrf=ALiCzsYDtKV1Z1XwspOhoTr-hozCx6LDVw%3A1662648761408&source=hp&ei=uQEaY9_tFobXgQarrZyQDA&iflsig=AJiK0e8AAAAAYxoPyQ6ZA03BiDuYy7tbUtMB8ArhwjzA&ved=0ahUKEwifrrumuYX6AhWGa8AKHasWB8IQ4dUDCA4&uact=5&oq=How+to+Ikigai+%7C+Tim+Tamashiro+%7C+TEDxYYC+-+YouTube%C2%A0&gs_lcp=Cgdnd3Mtd2l6EAMyBQghEKABMgUIIRCgAToHCCMQ6gIQJ1DiC1jiC2ClE2gBcAB4AIAB9wGIAfcBkgEDMi0xmAEAoAECOAEBsAEK&sclient=gws-wiz#kpvalbx=_vgEaY8WOAYeA8gK7_YTwBg_20