

Workshop Opportunity

IKIGAI



Ikigai is a Japanese idea that means finding your purpose and meaning in life. It represents the overlap of four important things: what you love, what you're skilled at, what the world needs, and what you can earn a living from. When these elements come together, they can lead to a happy and fulfilling life.

What you love: mission & passion

What you're good at: passion & profession

What you can be paid for: profession & vocation

What the world needs: vocation & mission

The word “ikigai” comes from two Japanese terms: “iki”,” which means life, and “gai”,” which means value or worth. In simpler terms, it refers to “a reason for being” or “what makes life worthwhile.” Unlike some Western ideas of purpose that focus on big achievements, ikigai can often be found in everyday joys.

What's special about ikigai is that it's personal—what brings purpose to one person may be different for another. For some, it could be their job, while for others, it might be relationships, hobbies, or helping the community. Ikigai can change over time, so it encourages people to keep growing and reflecting on what matters to them.

To understand ikigai, it's important to think about not just your own interests and strengths, but also how they fit with what society needs. This helps create a sense of purpose that is both meaningful to you and beneficial for others.