

WELFARE

Open Educational Resource

Module 1: Ikigai

“To find one’s purpose and place in the world”



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1. Theory

While there is no direct English translation, ikigai is thought to combine the Japanese words *ikiru*, meaning “to live”, and *kai*, meaning “the realization of what one hopes for”. Together these definitions create the concept of “a reason to live” or the idea of having a purpose in life. (Oliver, 2017). The version that we are working with was developed by Marc Winn (2014) and has been criticized by the Japanese as being a too narrow conceptualization of Ikigai although being a helpful tool to map one's purpose. According to the Japanese perspective, Ikigai is not only the topic in the middle but the whole map especially those things and activities you love (Kemp, 2020). So if you don't find anything that fits in the middle of the figure don't worry you still have explored your purpose, values and strengths.

This lesson is based on collaborative learning for personal realization. The approach used is the Ikigai model for self-realization or to find your purpose (ikigai) in the world combining your strengths, talents, interests and what the world needs. The module is both based upon individual work and collaboration training active listening and analytical skills.

2. Instruction

See slides for this module. Participants will first sit down individually and fill in a A4 paper split into 4 equally sized boxes where students answer following questions (1 represented in each of the 4 boxes):

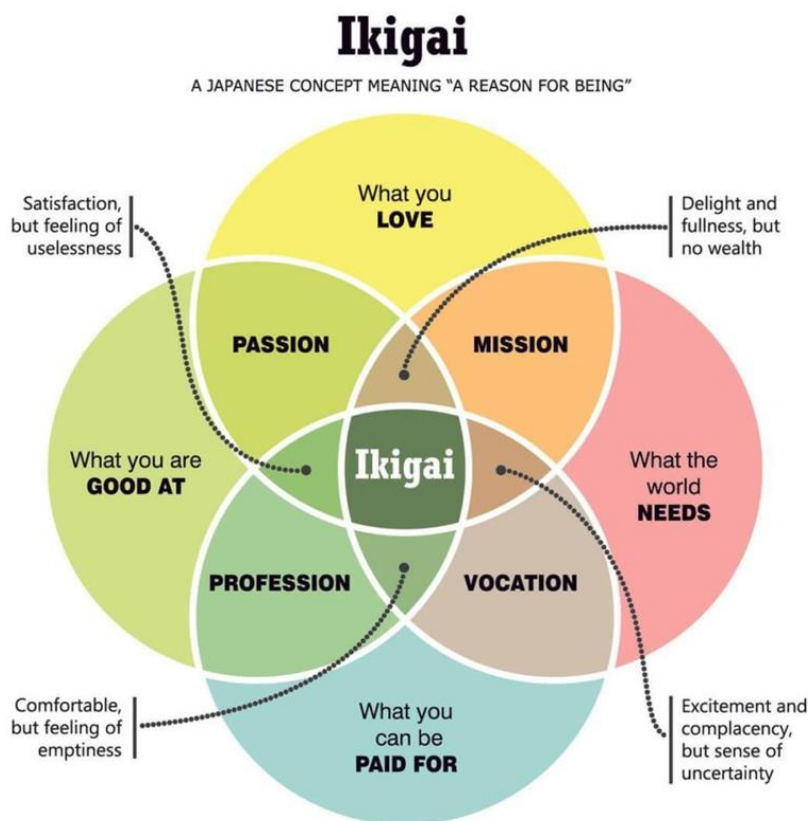
1. **What are you good at?** Defining their personal strengths and skills, encourage them to think out of the box and identify as many strengths as possible, including soft skills like kindness, patience etc.
2. **What do you love?** Defining as many actions as possible and activities they like, movies, singing, running, soccer etc.
3. **What does your community/world need?** What do you think your community needs (jobs, changes, facilities etc.) everything that comes to mind?
4. **What can you be paid for?** Current job opportunities in your community and elsewhere

After filling in the boxes facilitator will facilitate discussion on the exercises and present the next step that is further analyzing the results and fill in the Ikigai diagram locating different topics in overlapping spaces, she/he can do this by taking example

from the participant and demonstrating it on a flipchart or a whiteboard. Facilitator introduces/demonstrates the next step of the exercises and dives the group into pairs (2 and 2 together) that will interview each other further and analyze the outcome of the initial analysis.

3. The Ikigai template interview

Before the training starts teachers demonstrates the Ikigai model by interviewing a class member or assistance teacher using the Ikigai model on a flipchart or a whiteboard, explaining the overlapping circles in relation to profession, vocation, passion and mission especially looking at why it is not enough to be doing what you love and are good at etc, see picture below. Can we identify each other's ikigai?

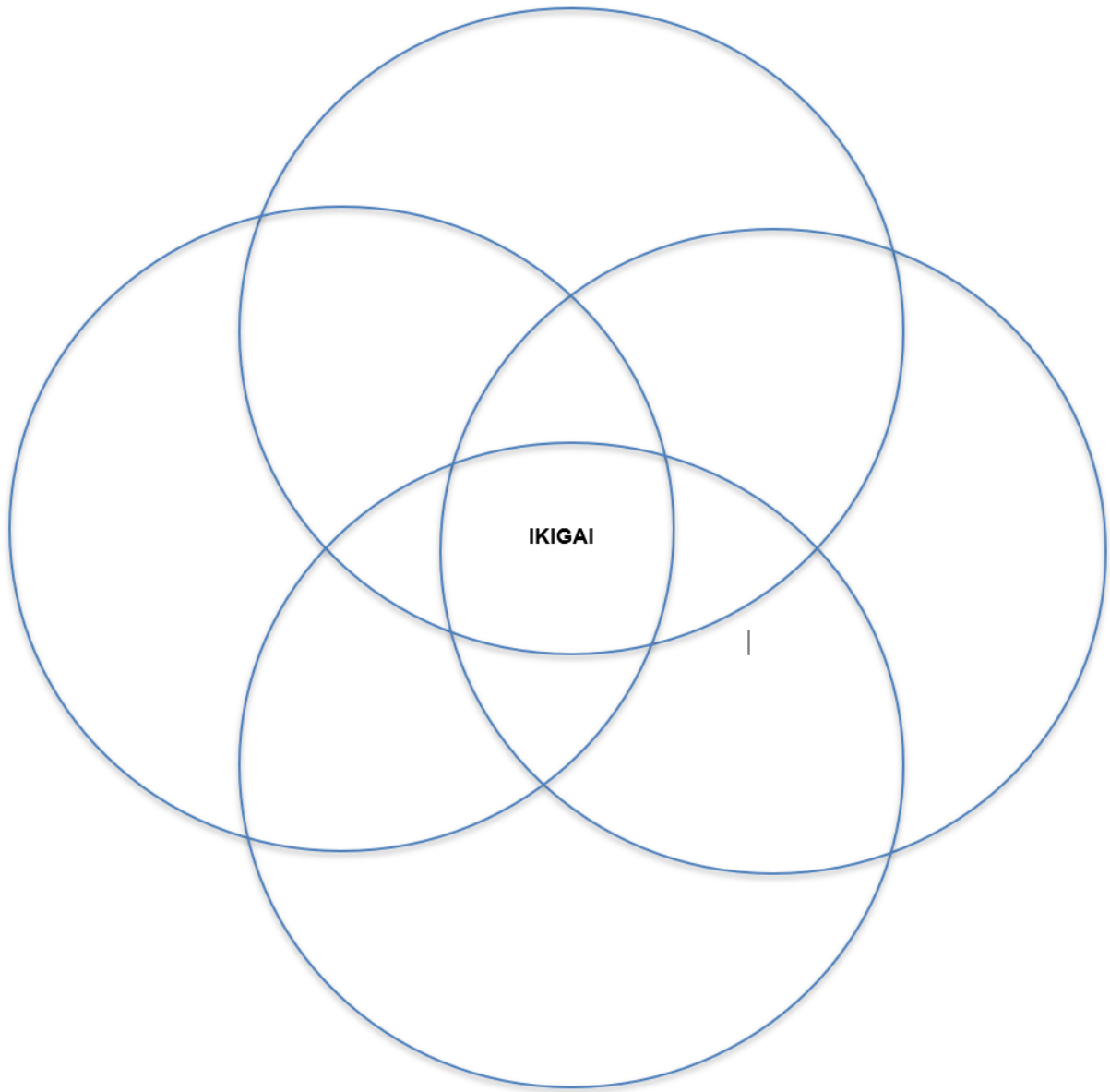


Then the facilitator hands out the template for participants to fill into it and gives them 15 minutes to do so, providing support and answering questions during the session. See picture:



Participants interview each other using a blank Ikigai template allocating different activities into different fields, what is overlapping, using questions related to the overlapping fields (see figure 1)

- What I love & what I'm good at & What I can get paid for (Satisfaction but feeling of uselessness as the world does not need this it seems)
- What I'm good at & what I can get paid for & What the world needs (Comfortable but feeling of emptiness as you do not love to do this)
- What I love & What the world needs & What I'm good at (Delight and fullness but no wealth, as you can't get paid for doing this)
- What I can get paid for & What the world needs & What I love doing (Excitement, complacency, but sense of uncertainty, as you may not be the right person to do this).





4. References

- ✓ Kemp, N. (2020). "[Ikigai is not a Venn Diagram](#)" Medium.
- ✓ Management 30 community - Practice & Exercises. (2020) "[Redefining purpose with Ikigai](#)"
- ✓ Oliver, L. (2017). "[Is this Japanese concept the secret for a long, happy, meaningful life](#)" The World Economic Forum, retail, consumer goods and lifestyle.
- ✓ Winn, M. (2019) "[Marc Winn on merging Ikigai with the Venn diagram of purpose](#)". Ikigai tribe podcast.



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