

Day Nine

CLD ADVENT CALENDAR

HAVE YOU HEARD OF IKIGAI?

Happy ninth of December!

With the new year approaching, some of you might be looking for a new start, a way to reinvent yourself and to bring the best out in you. But you can only be your best version if you are happy in life and a big component for that is your work. If you work on something every day that you are not passionate about, where you drag going to the office every day and where you are impatiently waiting for the weekend, how are you supposed to be truly satisfied?

To help you get closer to a state where you are really content and where you enjoy what you do, we want to introduce you to the concept of IKIGAI.

If you have never heard of IKIGAI before, here is a little explanation:

IKIGAI is a Japanese idea about finding joy and purpose in life. It involves discovering what you love, what you're good at, what the world needs, and what you can be paid for. The sweet spot where these four things overlap is your "ikigai" - your reason for being or your source of fulfillment and satisfaction. It's a simple yet powerful concept that encourages people to seek balance and meaning in their lives.

To find your IKIGAI you need to ask yourself the following questions:



What do I love?

What am I good at?

What does the world need?

What can I be paid for?

[FREE IKIGAI ONLINE TEST](#)