

# 生 志 甲 斐



IKIGAI WORKSHEETS

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IkigaiKan.com

# ABOUT THE AUTHOR

*"I have had a love affair with Japan ever since I first visited the country at the age of five. Some 40 years later my relationship with Japan has never been more intimate. The older I get the more I seem to discover how unique, beautiful, and wise the culture and people of Japan are.*

*It was in 1998 when I returned to Japan to teach English that I was introduced to the most amazing word when a co-worker asked me what my "ikigai" was. I hadn't heard the word before and was astounded to discover that the Japanese language had a single word to encapsulate one's reason for living.*

*Twenty years later, after stumbling upon the Westernized "Ikigai Venn Diagram" it became my personal mission to study and share with the world what ikigai means to the Japanese."*

Nicholas Kemp is a father, husband, Japanologist, researcher, solopreneur, and author of **IKIGAI-KAN: Feel a Life Worth Living**. He is the founder and head coach of Ikigai Tribe, a small community of educators, psychologists, coaches, and trainers who serve their personal communities using the ikigai concept.

A week-long trip to Tokyo in 1977 at the age of five left a lasting impression on Nick that would eventually see him return to Japan eighteen years later. After being awarded a one-year restaurant management traineeship with one of Japan's largest restaurant chains in 1995, Nick fell in love with Japan (again) and ended up living there for 10 years. Discovering his entrepreneurial spirit in Japan, Nick established his own English conversation school and developed his own audio language learning program.

Since his return to Melbourne in 2008, Nick has operated several educational and marketing businesses. His web design skills saw him become a two-time finalist in the Web Design International Festival (WIF) in Limoges, France in 2008 and 2010. And his understanding of the Japanese language and culture helped serve Nick as a consultant for companies wishing to expand their business to Japan.

He now trains educators, psychologists, coaches, and professionals with his Ikigai Coach certification program. His program is supported by many of Japan's leading ikigai authorities who are contributors to his certification program and appear as regular guests on his podcast. Nick's ultimate goal is to share the wonders of Japan to a global audience, and he also hopes to respectfully remind Japanese of what a fascinating and unique culture they have access to.

Nick is an amateur guitarist and aspiring musician still hoping to one day live the rockstar dream. A lover of learning, he has recently taken up the Shakuhachi, much to the frustration of his wife and son. He often shares cuddles and purrs with his cat as sharing cuddles with his wife and son have become increasingly rare.

He spends his time between Melbourne and Japan and sees himself retiring in Japan where he will continue his ikigai of researching Japanese culture.

## **LINKS:**

[IKIGAI-KAN: Feel a Life Worth Living](#)  
[The Find your Ikigai Course](#)



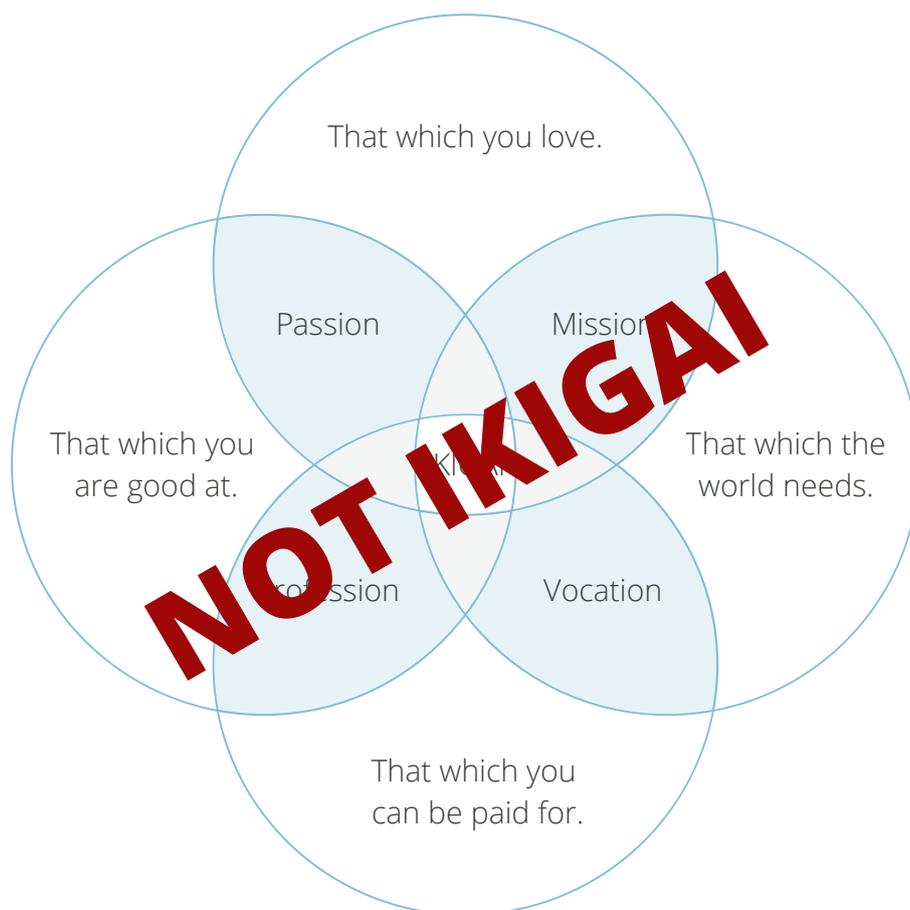
# IKIGAI MISUNDERSTOOD

The Venn diagram below and literally thousands of copies of it is what you will find on the internet when you google 'ikigai'. This is NOT Ikigai. This is not what ikigai means to the Japanese. They do not use this framework, and the Japanese do not contemplate the four questions in the framework when they think of their ikigai. This framework is just one blogger's interpretation (misinterpretation) of ikigai.

In fact, in his own words:

"In 2014, I wrote a blog post on the subject of Ikigai. In that blog post, I merged two concepts to create something new. Essentially, I merged a Venn diagram on 'purpose' with Dan Buettner's Ikigai concept, in relation to living to be more than 100. The sum total of my effort was that I changed one word on a diagram and shared a 'new' meme with the world. " - Marc Winn

Listen to my podcast with [Marc Winn On Merging Ikigai With The Venn Diagram of Purpose](#)



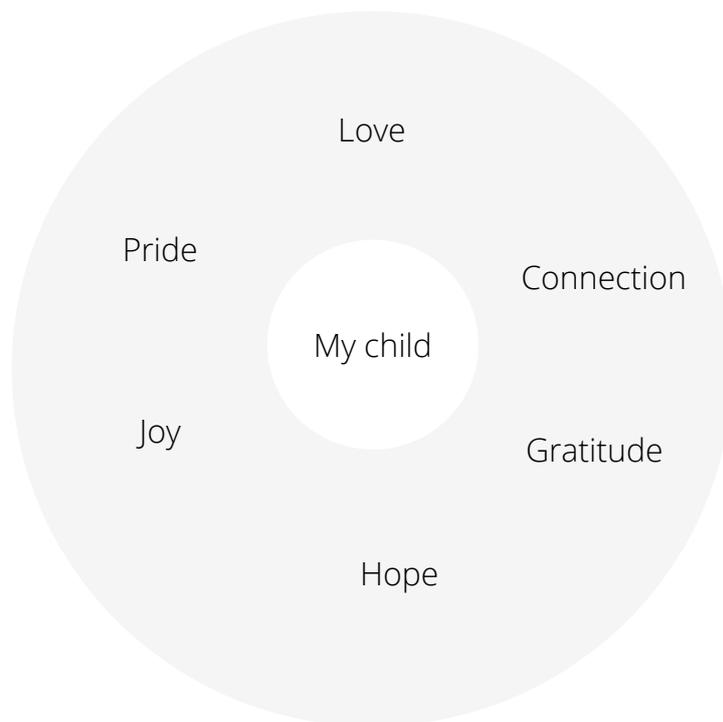
# DEFINING IKIGAI

Mieko Kamiya could be called the Mother of Ikigai Psychology. She was one of the first researchers to extensively study ikigai. Her seminal book, *Ikigai-ni-Tsuite* (What Makes Our Life Worth Living) is still considered standard by current-day Japanese researchers, professors, and psychologists, despite it being published in 1966. Unfortunately, her book is yet to be translated into English. Even more unfortunate is that Kamiya died at the ripe young age of 65 in 1979.

Kamiya defined the world ikigai with two concepts:

- something that is **a source of ikigai** - ikigai (source/object)
- and the state of mind when one is **feeling ikigai** associated to a source - **ikigai-kan**.

*"There are two ways of using the word ikigai. When someone says "this child is my ikigai," it refers to the source or target of the ikigai,..... and when one feels ikigai as a state of mind - ikigai-kan."*



Ikigai-kan can be translated as ikigai awareness. Kamiya described it as a type of happiness, but with three unique distinctions that general happiness lacks.

## The Three Ikigai-kan Distinctions

1. Ikigai awareness is more future-oriented than happiness. If one is struggling with his or her present life, he or she can still perceive ikigai at that moment as long as he or she has hope or a goal in the future. This is what Kamiya calls *mirai-sei* (a bright future).
2. Ikigai awareness is related to one's sense of self-worth more strongly than happiness.
3. Ikigai awareness is strongly linked with one's personal values.

# MY IKIGAI SOURCE

What is one of your ikigai?

- an ikigai source
- the feelings associated to that ikigai source



# YOUR IKIGAI SOURCES & IKIGAI-KAN

What do you think are some of your ikigai sources and the feelings you experience from these sources?

**Ikigai source:**

**Ikigai awareness/feelings:**

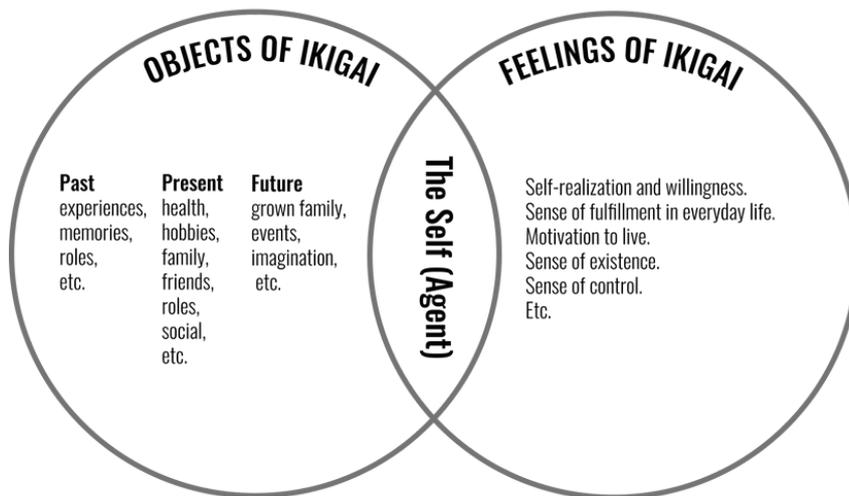
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# THE CONSTITUENT ELEMENTS OF IKIGAI

Building on the work of Mieko Kamiya, ikigai researcher Professor Akihiro Hasegawa of Toyo Eiwa University developed a model of ikigai that includes the temporal dimensions of ikigai; 'The Constituent Elements of Ikigai'. The model reflects the complex relationships between the things that lead us to feel ikigai ('objects', which may be found in the past, present, or future), the experience that results from engaging with these objects ('feelings', or ikigai-kan), and what mediates this process – the 'agent' (our selves).

Hasegawa defines ikigai as 'the workings of the mind' which integrate the object and the feeling(s) when a person is asked, 'What is your ikigai?' In other words, ikigai is a cognitive process that enables us to experience satisfaction and meaning derived from various aspects of our lives.



What are you ikigai sources of the past, present and future?

## PAST IKIGAI SOURCES

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# KEN MOGI'S IKIGAI SPECTRUM

Ken Mogi, a neuroscientist, and author of *The Little Book of Ikigai* describes ikigai as a spectrum of the things in our life that make it worth living.

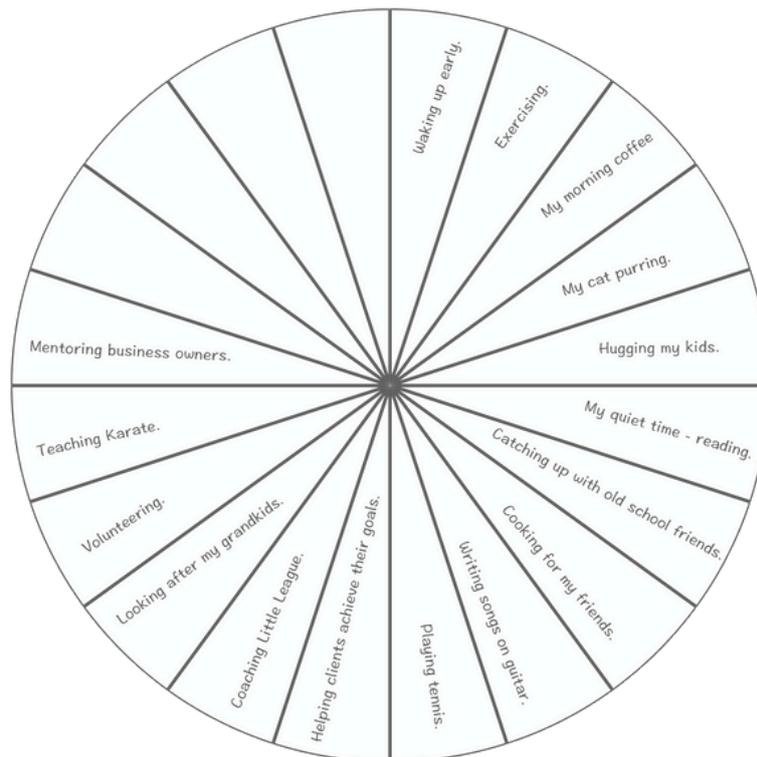
In his book, *The Little Book of Ikigai*, Ken Mogi asks the reader;

- What are your most sentimental values?
- What are the small things that give you pleasure?

He states that these are good places to start when it comes to finding your own ikigai as a way to a happier, more fulfilled life.

*"There are many ways to define ikigai. One way to put it is to say that ikigai is the reason you get up in the morning. It could be something very small like having a cup of coffee and chocolate, and it is something that makes your day go on. That is ikigai.*

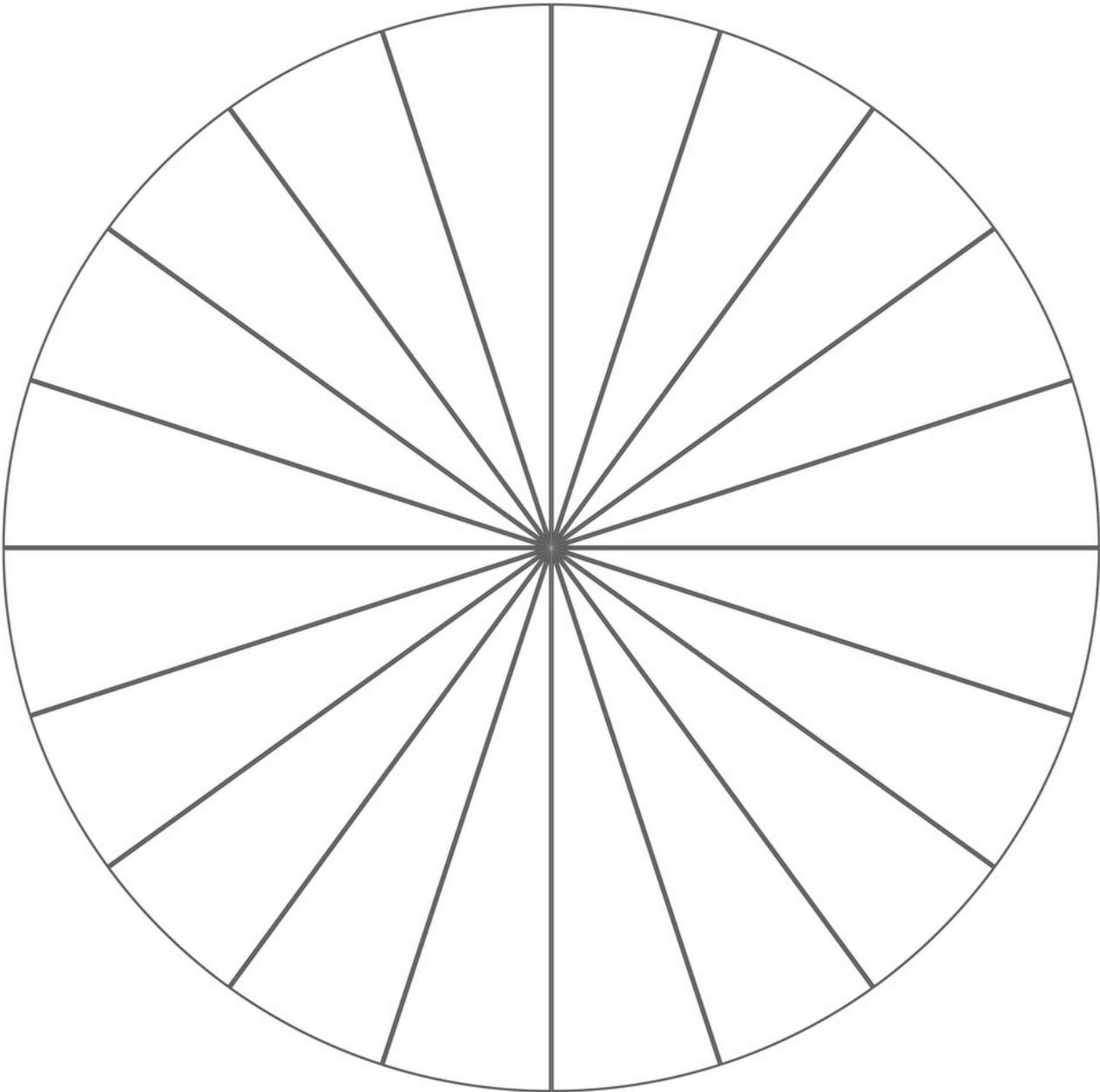
*On the other hand – ikigai can be a life-defining, very big goal, like going to Mars or winning the Nobel Prize or becoming the Prime Minister of a country. So ikigai can be something small or something big. So in a nutshell, **ikigai is a spectrum**. And the complexity of ikigai actually reflects the complexity of life itself. So, in order to be a master of ikigai, you really need to appreciate how complex and rich life actually is."* - Ken Mogi



## What makes up your ikigai spectrum?

Print out the Ikigai Spectrum template on the following page and write out areas in your life that you think give you ikigai, everything from small daily joys to life-defining goals.

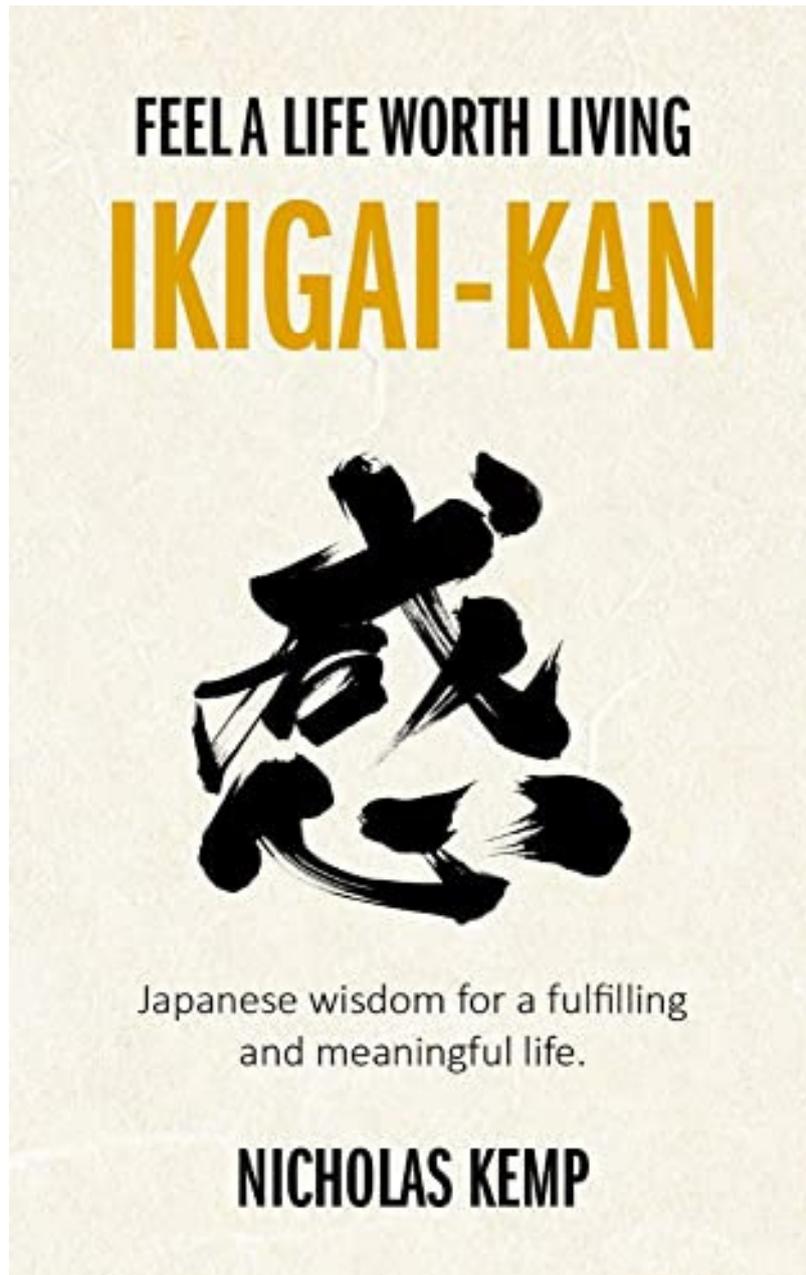
# THE IKIGAI SPECTRUM



# IKIGAI-KAN

FEEL A LIFE WORTH LIVING

An evidence-based book that clears up Western misconceptions and offers an authentic perspective of ikigai in the context of Japanese culture.



GRAB YOUR COPY OF THE BOOK ON AMAZON