

IKIGAI

Elaine Pash

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Ikigai - Japanese concept to enhance work, life & sense of worth - Information is Beautiful

Like the Danish word hygge, there's no simple, direct translation into English for the Japanese word ikigai. It roughly means the "thing that you.

The Japanese Concept 'Ikigai' is a Formula for Happiness and Meaning

In Japan, millions of people have ikigai (pronounced Ick-ee-guy)- a reason to jump out of bed each morning. What's your reason for getting up.

Ikigai - Wikipedia

Ikigai (????,) is a Japanese term for "a reason for being." The word 'Ikigai' usually refers to the source of value in one's life or the things that make one's life .

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These are the times where you can Ikigai your soul searching and really find out who you are and what your purpose may be! As you start to test your ikigai in Ikigai real world, you will strike out things and add .

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