

IKIGAI

COVID-19 SERIES

So, we apparently only have 3 weeks to go until life as we know it stops and everything nearly goes back to normal.

Let's reflect!

How many of you like the new being at home with the family lifestyle ? the garden has never had so much attention and that list the wife/partner gave you is completed, You have even sorted your wardrobe with the help of Marie Kondo, and you feel this pause in life has benefited you? or

how many can't wait to get back to work with a newfound love of their career? And or a decision to do something new? A career change? a lifestyle change?

Ikiy what?

While pondering this question myself I have realized I need to level up the work-life balance thing. You see I love my job and everything it involves. I love the creative side and the chance to educate my apprentices as well as chat to you guys all day. But I seem to work like a beaver in flood seasons, then when I can't continue the pace, I break and stop working like a cheap watch. I feel I need a balanced day where I work and play and get time with my wife and little girl. And I still wonder is this my life purpose?

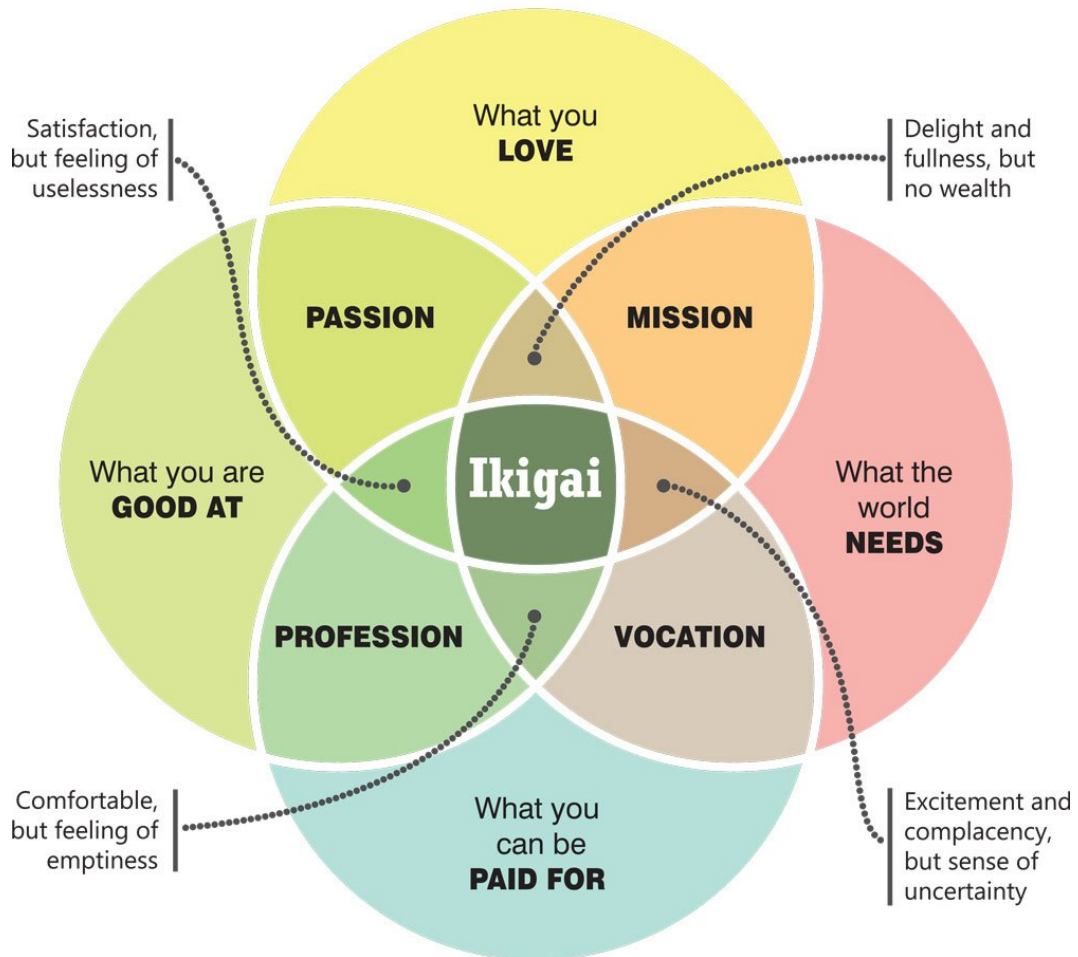
So, as I researched the interweb looking for tools to help me I stumbled across something new to me! Like discovering gizmo in a dark Smokey corner of a Chinese gift shop this new to me tool is called IKIGAI (Ick-ee-guy)

I found it to be quite interesting, it's an old Japanese secret to a long and happy life and is designed to be incorporated into all areas of your life. And interestingly it comes from Japan's Okinawa Island is home to more than 400 people who are over the age of 100. It is considered to be the healthiest place in the world, where the average life expectancy of an Okinawan woman is 88, and man's is 84. The Okinawans' secret is said to be their food and attitude towards life.

So, if you're bored and have nothing better to do or interested in the concept let me show you how to start.

Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



SO IKIGAI ROUGHLY TRANSLATES TO A REASON FOR BEING.

The idea is it's a process of discovery to find one's purpose in life.

Why?

we all want to be happy but most of us have no idea what we want to do.

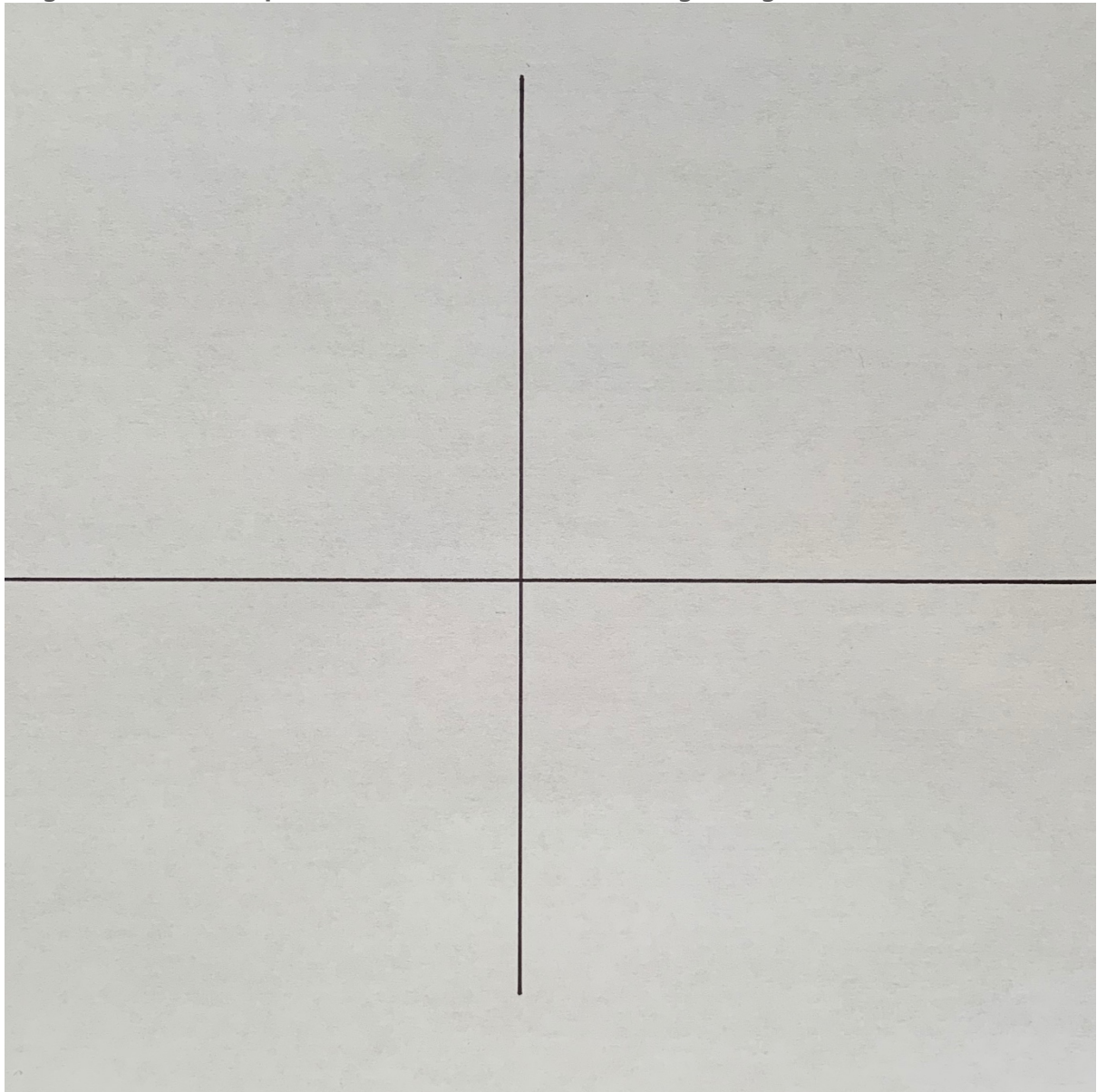
Finding your ikigai means having a purpose in life That fulfils not just your desires, but the world needs as well. And if it's something you love You'll naturally want to do it repeatedly every day.

Let's do it!

The recommended time for this exercise is 30 minutes When you're writing try not to spend too much time thinking just write down whatever comes into your mind immediately. Do this alone and don't discuss until the end.

Step1

Get a notebook or piece of paper and draw a horizontal line across a page, then a diagonal. This will represent the four circles for the ikigai diagram.



Step2

starting from the top left section write down these headers in every section and go in a clockwise manner.

What do you love?	What does the World need?
What are you good at?	What can you get paid for?

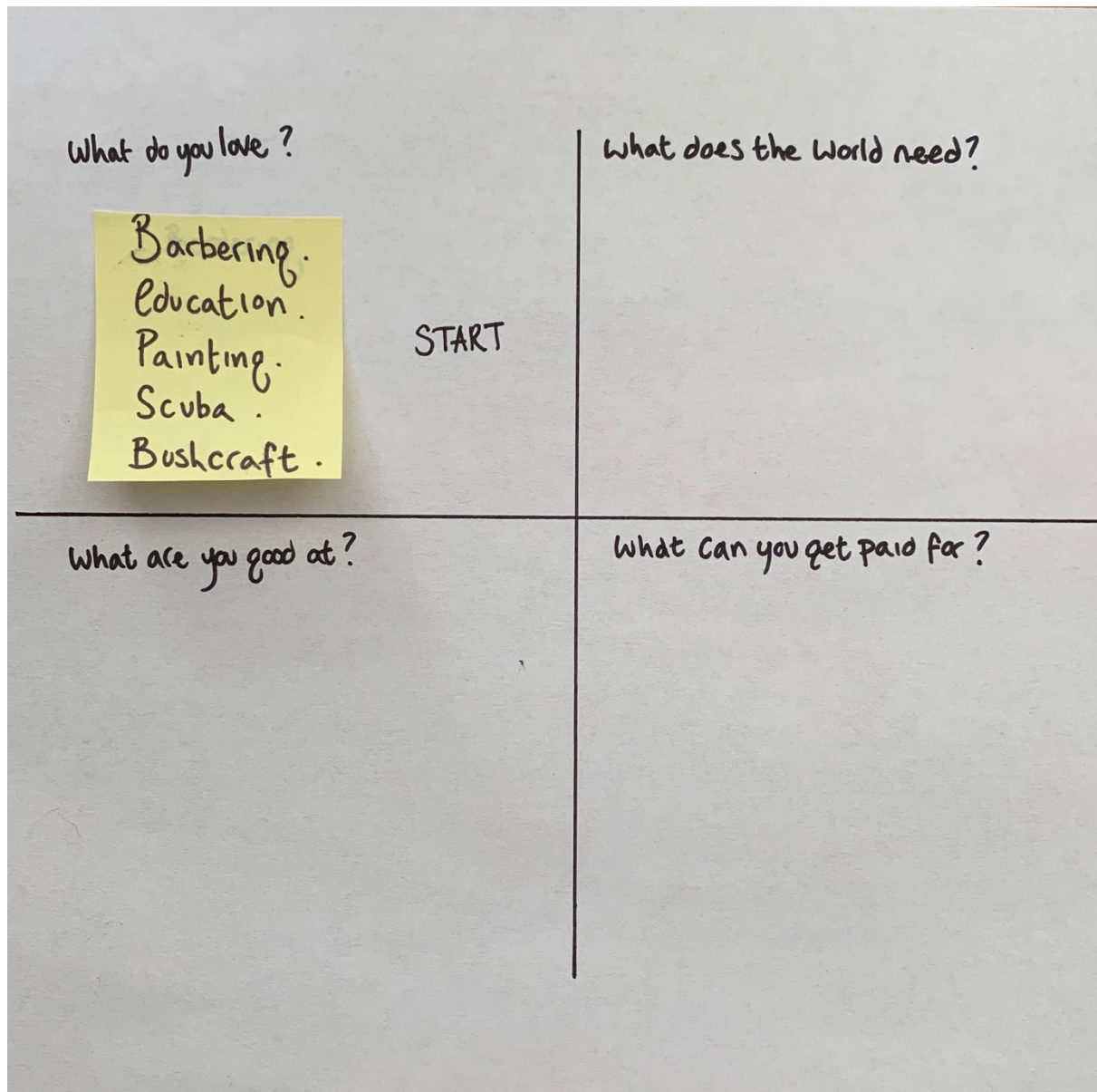
Step3

Start filling the sections one by one. Try to take just 3 to 5 minutes to complete every section.

Prompts

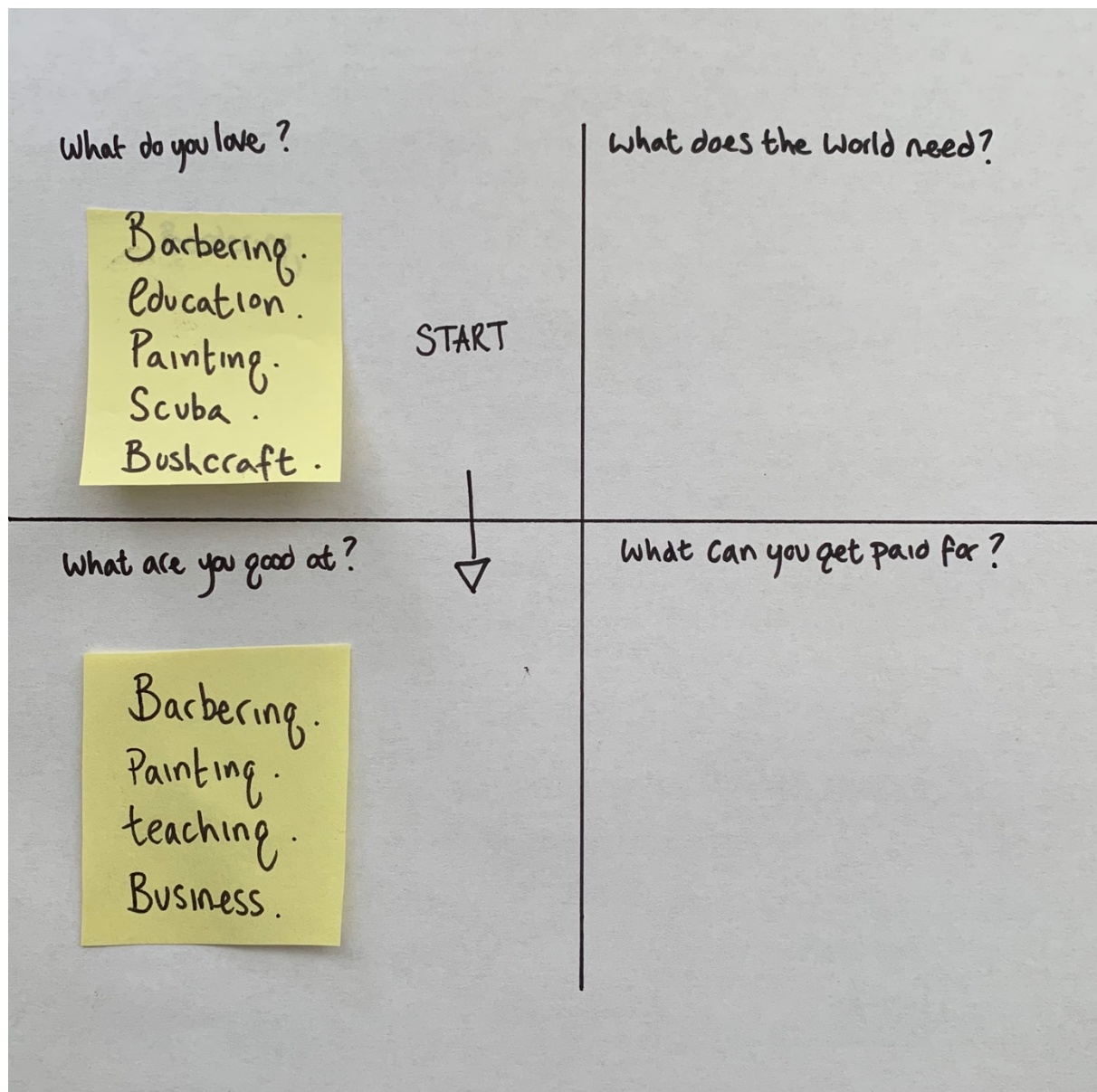
What do you love?

- What have you never got bored of?
- What's something you've always been drawn back to do overtime?
- What gets you in the flow – that you forget to eat and drink when you do it?



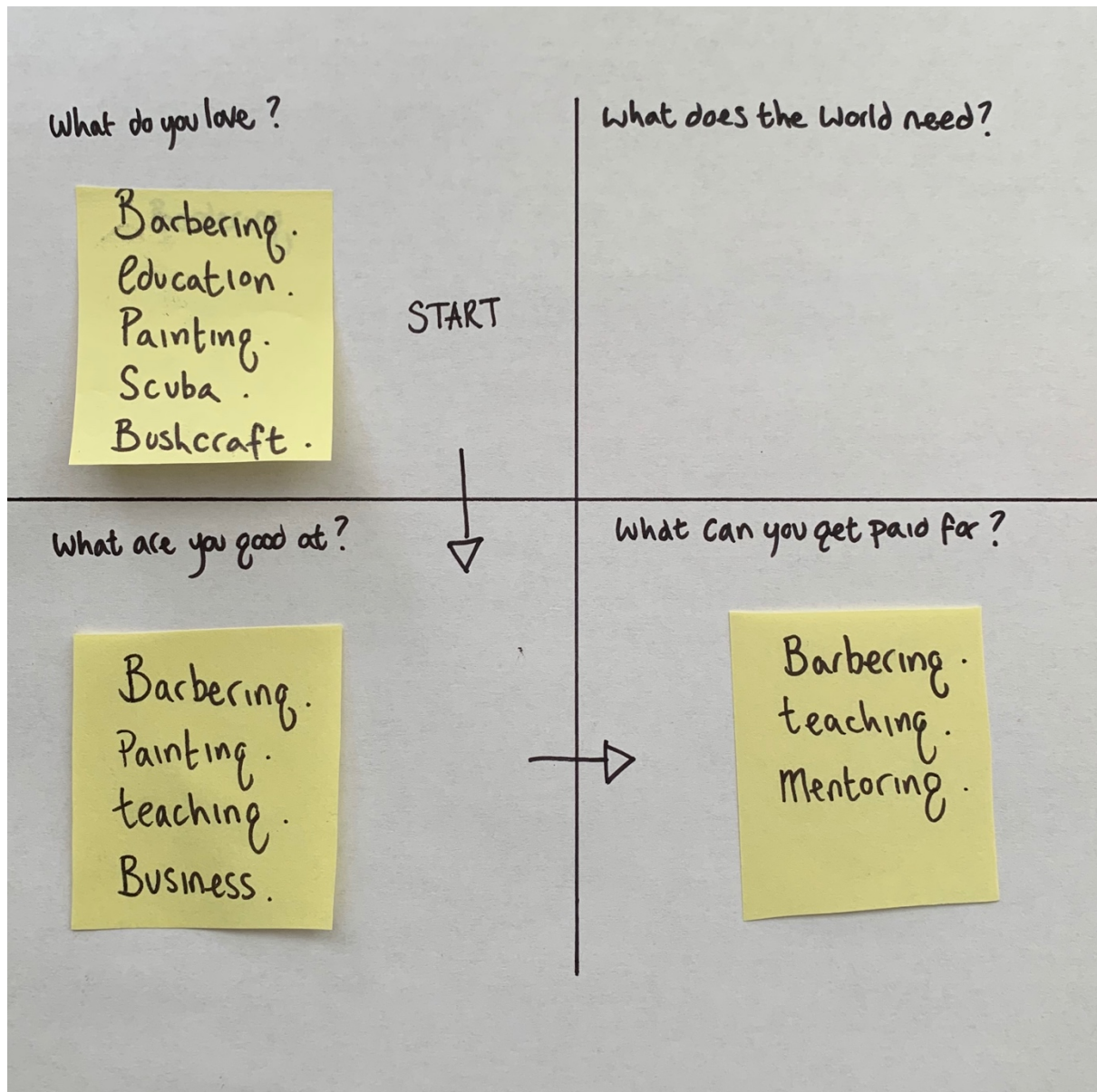
What are you good at?

- What skills have you been spending time to practice?
- What do people look to you for help with?
- Is there anything you want to be good at?



What can you get paid for?

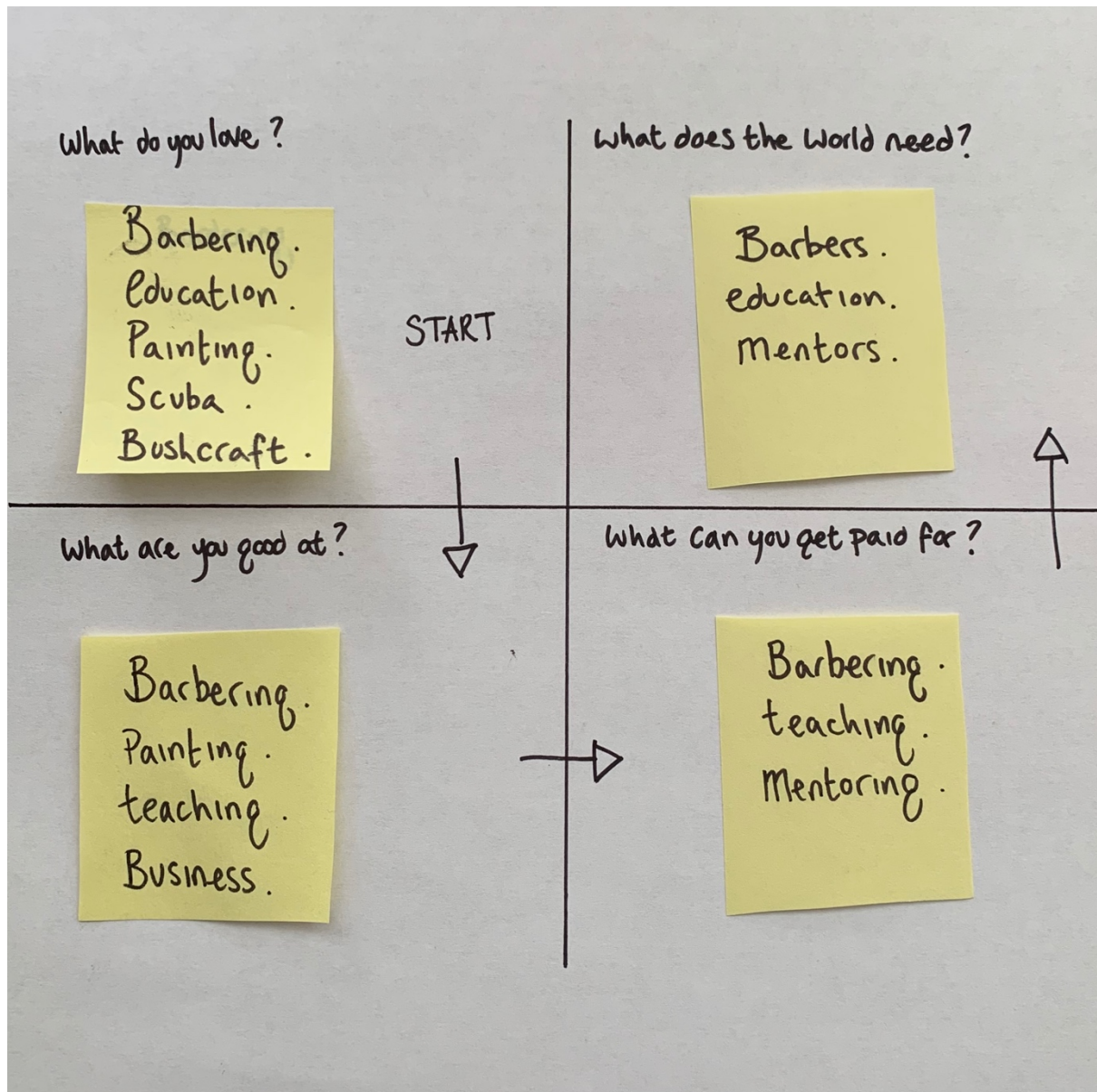
- What have you been paid for before?
- what would you be doing if you're not in your current job?
- what do you want to get paid for?



What does the world need? (from me)

This is the section most people find the hardest to answer So let's change it up a bit so it's not so overwhelming. Instead of "what the world needs" think about your world. Think of your immediate soc and community. The reality you live in.

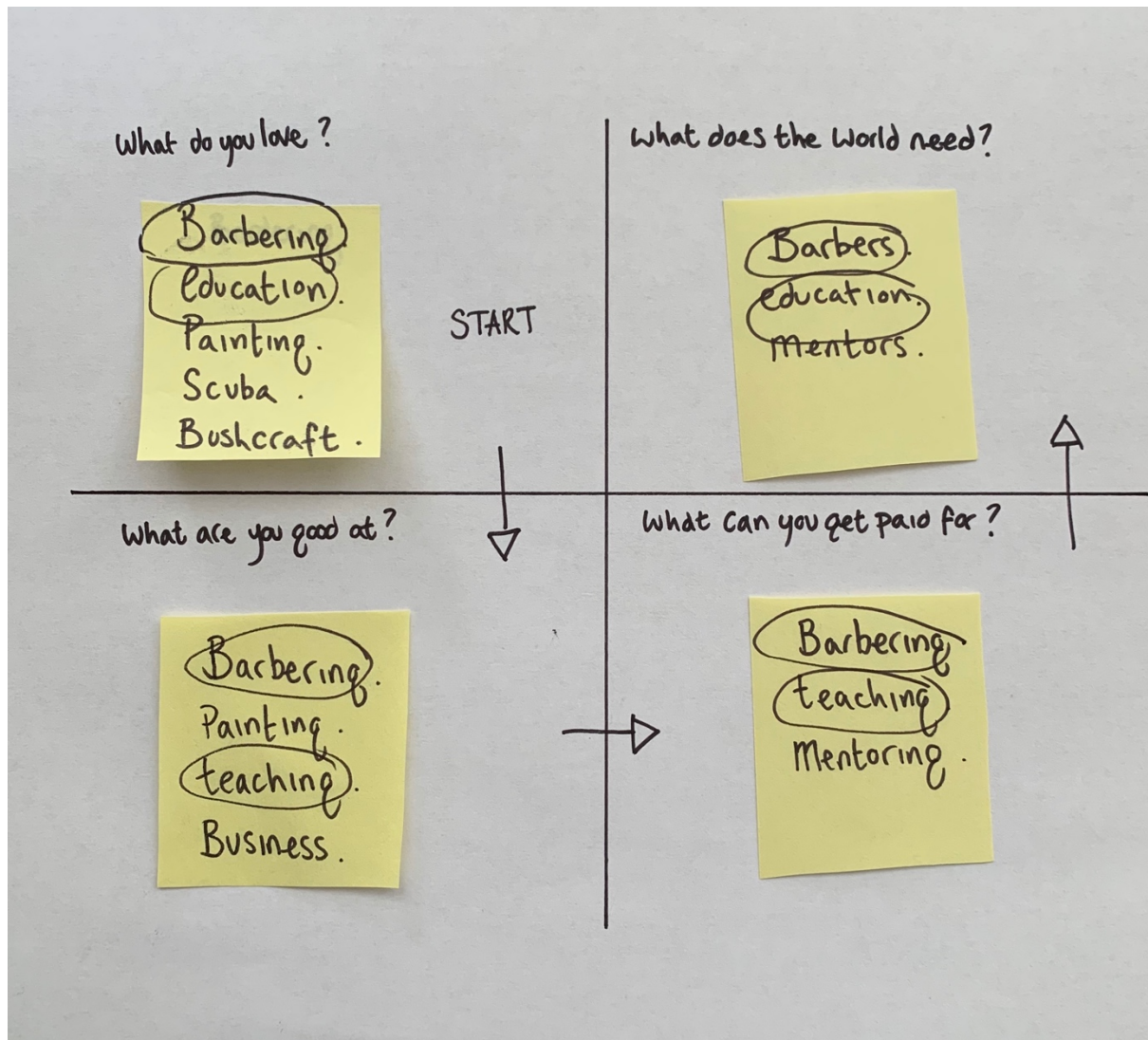
- what are the people like?
- How can you contribute to creating a positive effect on those around you?



Ok now take a look at all sections and see if there is anything you would like to add?

Step4

Now all you need to do is find that one thing that is common in all four sections. Congratulations, this is your Ikigai, your reason for being.



My ikigai is to teach and to serve.

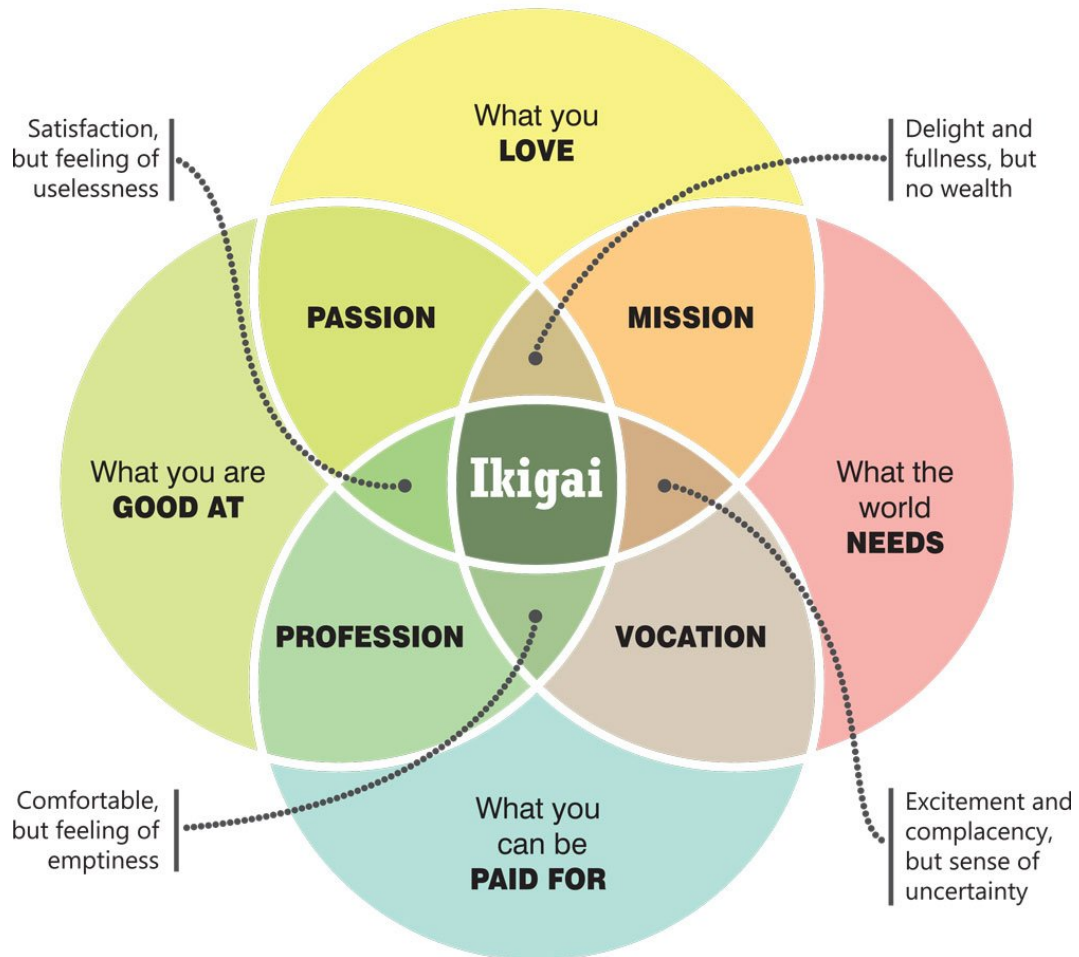
For me it was quite simple but, it isn't always that simple, is it? (my wife's Ikigai is still a work in progress.)

Not all of us find our ikigai immediately after doing this for the first time. Some will take days; others might take months. And that's all ok remember, finding your ikigai is a constant process, so take your time, ask yourself tough questions and answer them honestly.

Always be open to trying new things, because you never know how much you love something until you actually do it.

Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



Your purpose in life is not always fixed forever. So, feel free to do this exercise as many times as you want and keep exploring different possibilities.

So, while you have this time off from work and other distraction from life, why not spend some time trying to find your Ikigai.

I would love to know if you do find your Ikiagi, or even if you had fun trying to find your Ikigai, so let me know how you got on. My email is nyk@jackrabbitsbarbers.com

Take care and see you down the rabbit hole soon.

Nyk & Team

SUPPORT YOUR LOCAL BARBER BY WAITING FOR THEM

Those that would like to support me and the team we have a “save my local” site where we are selling service gift vouchers to be redeemed at a later date. Please follow the

link. **BUY VOUCHERS**

<https://savemylocal.org/jackrabbitsbarbers>

To stay in touch and effortlessly book your appointments as well as collecting loyalty points, please down-load our Jack Rabbits App. Please follow the link.

Download our App via the:

AppStore

<https://apps.apple.com/gb/app/jack-rabbits-barbers/id1475118305>

Google Play

<https://play.google.com/store/apps/details?id=io.appbuild.jackrabb4&hl=en>

Support us and be social with a follow on

Instagram

<https://www.instagram.com/jackrabbitsbarbers/>

Facebook

<https://www.facebook.com/jackrabbitsbarbers/>