

IKIGUIDE

Based on the Japanese concept of Ikigai.
(the reason for being)



The Japanese attribute the achievement of *Ikigai* to happiness, prosperity, wellbeing, and longevity.

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www.limitless.institute

IS YOUR LIFE AT A **CROSSROADS**?

ARE YOU LOOKING FOR **CLARITY**?

WHAT IS YOUR **NEXT MEANINGFUL STEP**?

Ikiguide is crafted to help by discovering your true self through:



What You Love



What You Are Good At



The Real You



Your Place In The World



How To Make It All Happen

This card deck is divided into five sections:



HEART



MIND



SOUL



LUNGS



HANDS

Each section will have carefully curated questions to help you,

INTROSPECT
(look within)



EXTROSPECT
(look outside)

Use them to open up limitless possibilities.

IKIGAI : your reason for being



IKIGAI : your reason to wake up each morning

Complete any 2 coloured decks to gain insights into your passion, purpose, impact or vocation.



MIND

+



HEART

=

Your Passion



HEART

+



LUNGS

=

Your Purpose



LUNGS

+



HANDS

=

Your Impact



HANDS

+



MIND

=

Your Vocation

The soul cards help you discover your authentic self

Complete all 5 sets to find your
IKIGAI : your reason for being

Use the cards any way you want.



By Yourself



With a Loved One



With a Team

We have curated a dynamic playlist of cards that help you fulfill specific personal and professional missions:

Make impact in your life.

Build team culture and purpose.

Deepen your relationship with your partner.

Learn to deal with failure or loss.

Create work-life balance.

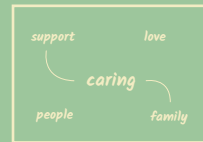
Break the ice on your first date.

Visit www.theikiguide.com/resources to access our playlists

Fun ways to answer IKIGUIDE questions.



Write down simple keywords and phrases that come to your mind.



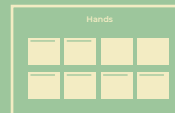
Make mind-maps of all answers as they emerge.



Doodle your thoughts.



Write continuously for two minutes at the end of each card.



Use one of our worksheets to fill in your answers. *



Interview a trusted friend or confidant.



Make it a habit to answer four cards each day.

It can be daunting to go through these cards in one sitting so we recommend you create a daily 10-minute practice or tackle one category per session.

*Find more on www.theikiguide.com/resources

Create a ritual to get the most out of this experience.

Meditation

It's a great habit to center yourself, clear your mind, and be present. Close your eyes and open all your senses. Stay still for a few minutes until you can hear your breathing pattern.

Refresh

Get into a state of flow and park thoughts that may distract you. Take a stroll or a shower, hydrate yourself, listen to music, make a snack, read a quote that inspires you, or switch off your devices.

Hit the Streak

Build a ritual with a friend, set reminders on your phone or use applications like Fabulous, to turn this into a habit.

Tempo

Build a tempo and keep the flow going with spontaneous and uninterrupted personal expression. It helps to keep a small book with you at all times for reflections and learnings. Your *Ikigai* will be embedded in these notes.

When you have completed a section, look for:

- ☐ What keywords appeared more often?
- ☐ What surprised you?
- ☐ What action does this inspire?

When you have completed at least 2 sections:

Look for repeating patterns from each section.



Look at the venn diagram to figure out what it's helping you discover.



Use one of our worksheets to discover patterns. Visit www.theikiguide.com/resources for more.