

# IKIGAI - LIVING YOUR PURPOSE

A REASON TO JUMP OUT OF BED EACH MORNING



## BUILDING A CULTURE OF PURPOSE @ WORK

### Core Values

Know Your WHY  
Think Big  
Connect the Dots  
Resilience  
Happiness / Sustainability

### Module (One Session – 2 Hours)

- **Four Primary Elements**
- **Discovering your own IKIGAI**
- **10 Rules to Find / Unlock your IKIGAI**
- **Live Life Once**

**Target Audience** - Universal

THE HAPPIEST PEOPLE ARE NOT THE ONES WHO ACHIEVE THE MOST. THEY ARE THE ONES WHO SPEND MORE TIME THAN OTHERS IN A STATE OF FLOW