Twitter Thread by Vidya



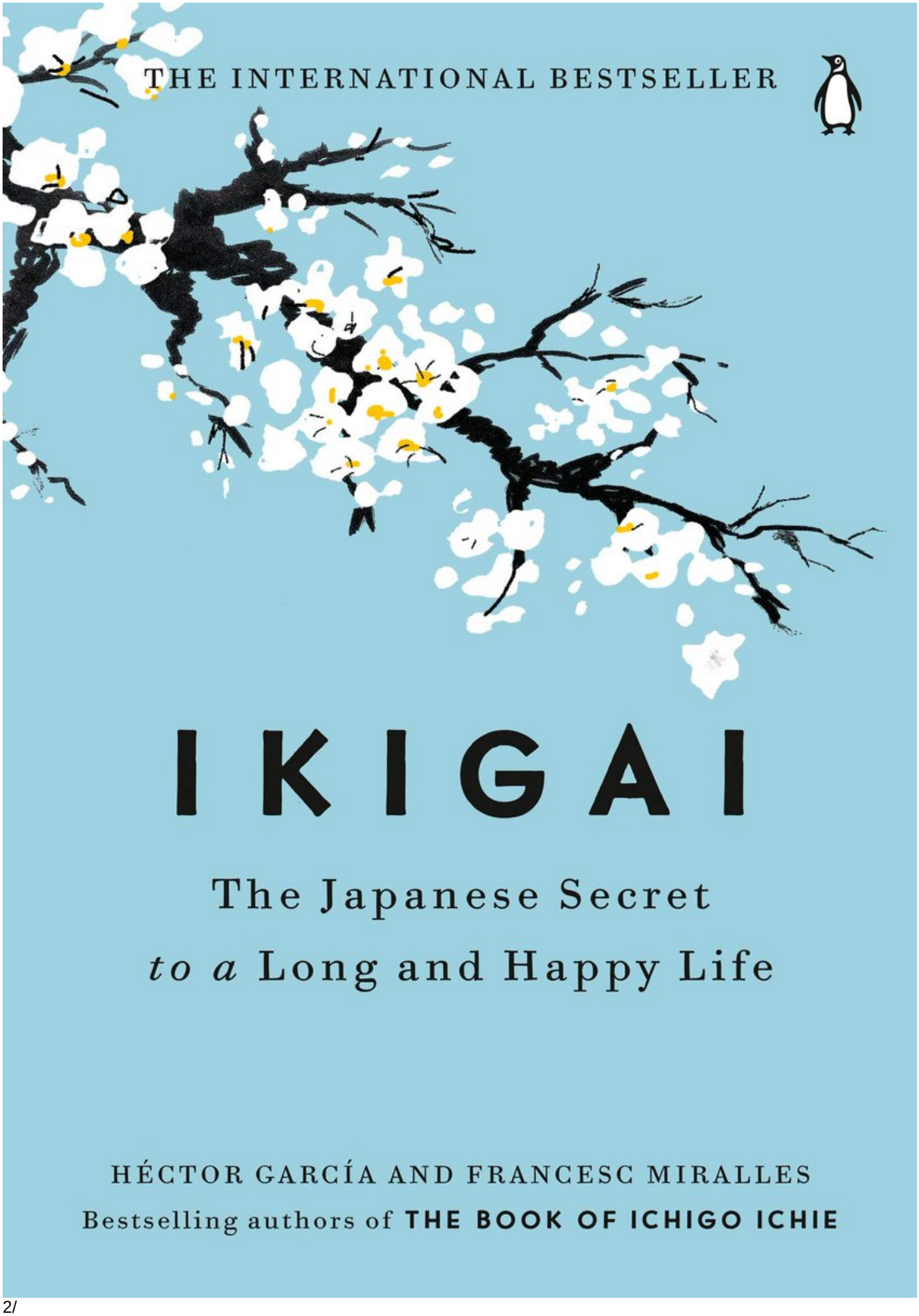
Vidya
@VidyaG88

1/17

IKIGAI : A reason for BEING .

I have structured the essential bits & pieces of the book in a flow for easy understanding + compiled some handwritten notes.

As always these are just MY TAKEAWAYS from the book :))
#ikigai
#BookReview
#BookRecommendation



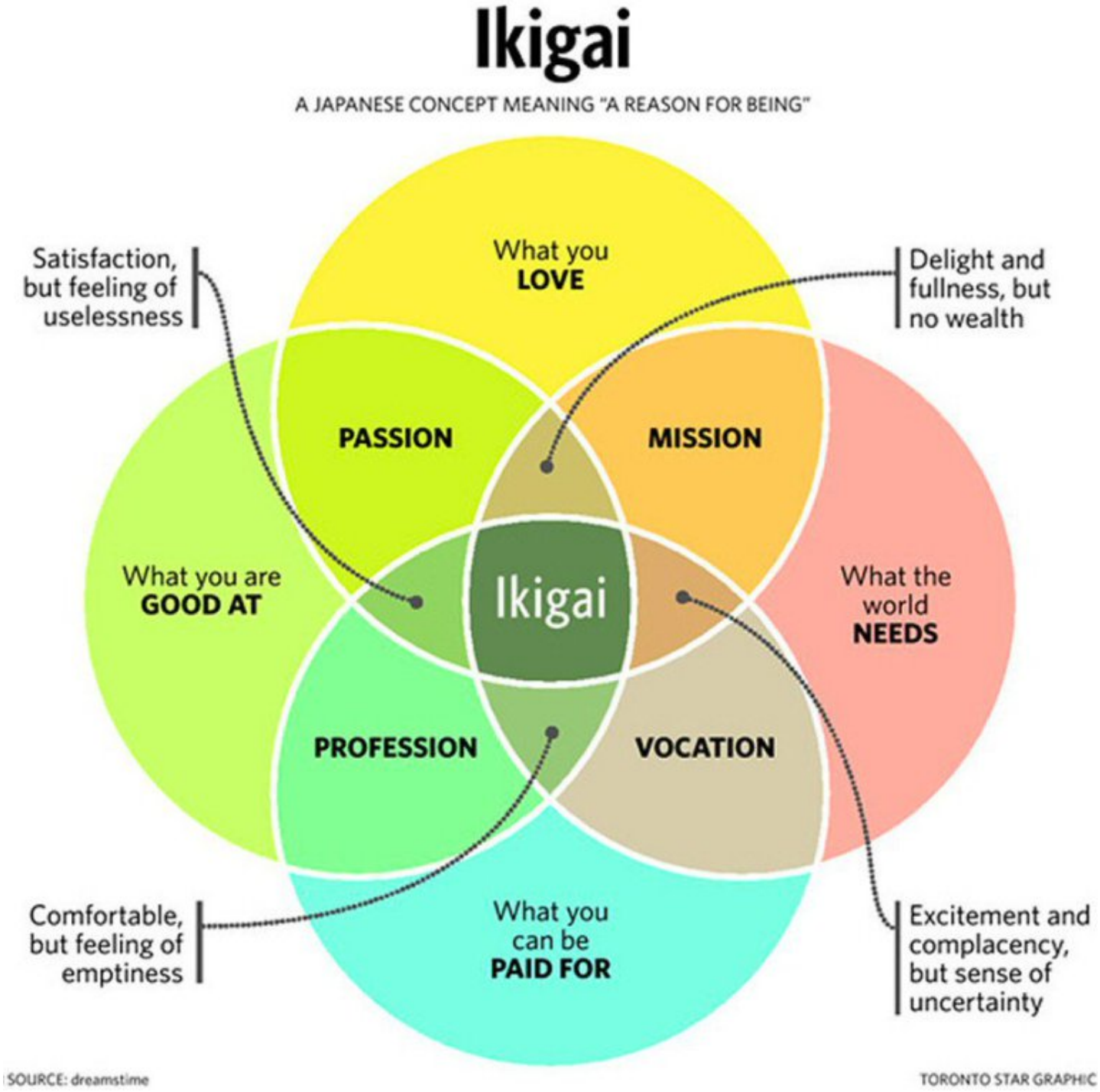
2/

Firstly what is #IKIGAI ?

The Japanese call it - A REASON TO JUMP OUT OF BED EACH MORNING.

It's a convergence of 4 things .
*What you love
*What you are good at
*What you can get paid for
*What the world needs .

We need to find our Ikigai in life!
(Pic from the net)



3/
Let's begin with DAILY HEALTH HABITS.

A SOUND MIND IN A SOUND BODY .

Both our MIND & BODY must be exercised well to avoid deterioration in latter years of life .

Have a mental workout routinely by stepping out of your COMFORT ZONE.
Expose yourself to CHANGE.
#RewireBrain

4/
For a sound body there's no need to exercise relentlessly . Regular Yoga, Surya namaskar and Gardening is more than enough.

Don't be a couch potato! ■ Keep moving !
Our metabolism slows down just after 30 min of sitting sedentary.
#KeepMoving

5/
#StressKills

Most health problems are STRESS INDUCED.
Hence TAKE TIME OFF every now & then .
SLOW DOWN !!
Life isn't a race .So stop running all the time.

Condition your mind to enjoy each moment by practising #Mindfulness.
Be Self aware & aware of your surroundings!

6/
*SLOW DOWN THE AGEING PROCESS

2 dispositional traits found in people living a long and healthy life:
* A positive #ATTITUDE .
* A high degree of #EmotionalAwareness

A few pointers on How to Keep our Mind & Body from ageing overtly
■

RENEW BODY & MIND

1) Walk ..... Either to work / or go for walks
2) Participate in social / leisure activities.
3) Don't be a couch potato!
4) Replace JUNK with FRUITS & have variety in it.
5) Get the RIGHT amount of SLEEP { MORE X / LESS X
6) Play with children or pets
7) Be conscious of your daily routine.

Sleep especially is a key anti aging tool because We generate MELATONIN, a hormone which is a powerful antioxidant.

However post 30, this secretion reduces. Hence it becomes imperative to renew body & mind by performing points 1–7

+

A STOIC ATTITUDE towards life.
Not being overwhelmed by challenges.

Vidyaly

Leading Edge

NEXT

7/
Work hard but don't get overworked about it .

Enjoy the process & the learnings!!
Results shall follow.

Variety is the spice of life.
Learn to take price and thereby enjoy even mundane chores aka daily movements of #microflow

#EnjoyingEverydayLife

8/
■■■■■■■■ !

Smile a lot and learn to celebrate the little things in life .

Someday you shall look back to realise those formed the biggest part of your life .

Practise Contentment & Gratitude.
Be Curious always!
#LittleThingsMatterTheMost

9/

Learn something new each day .
Laugh out loud . Never take yourself seriously !!
Humour is much needed to reduce anxiety.

Don't worry too much . Extra worrying shall not change anything!

Do something constructive for the community & create things of value.
#BeOfValue

10/
SOME INTERESTING CONCEPTS

WABI SABI
There lies such beauty in the imperfections , fleetings of nature all around us .
Choose to see beauty in the flaws, in the incompleteness of things and people.
Each one of us is unique!!
Embrace this uniqueness.

#BeUnique

11/
* ICHI - GO ICHI - E *
This moment exists only NOW and won't come again .

Stay in the moment. ENJOY the present that life brings us.

Don't dwell in the past .
Don't predict the future .

12/

LOGO THERAPY.

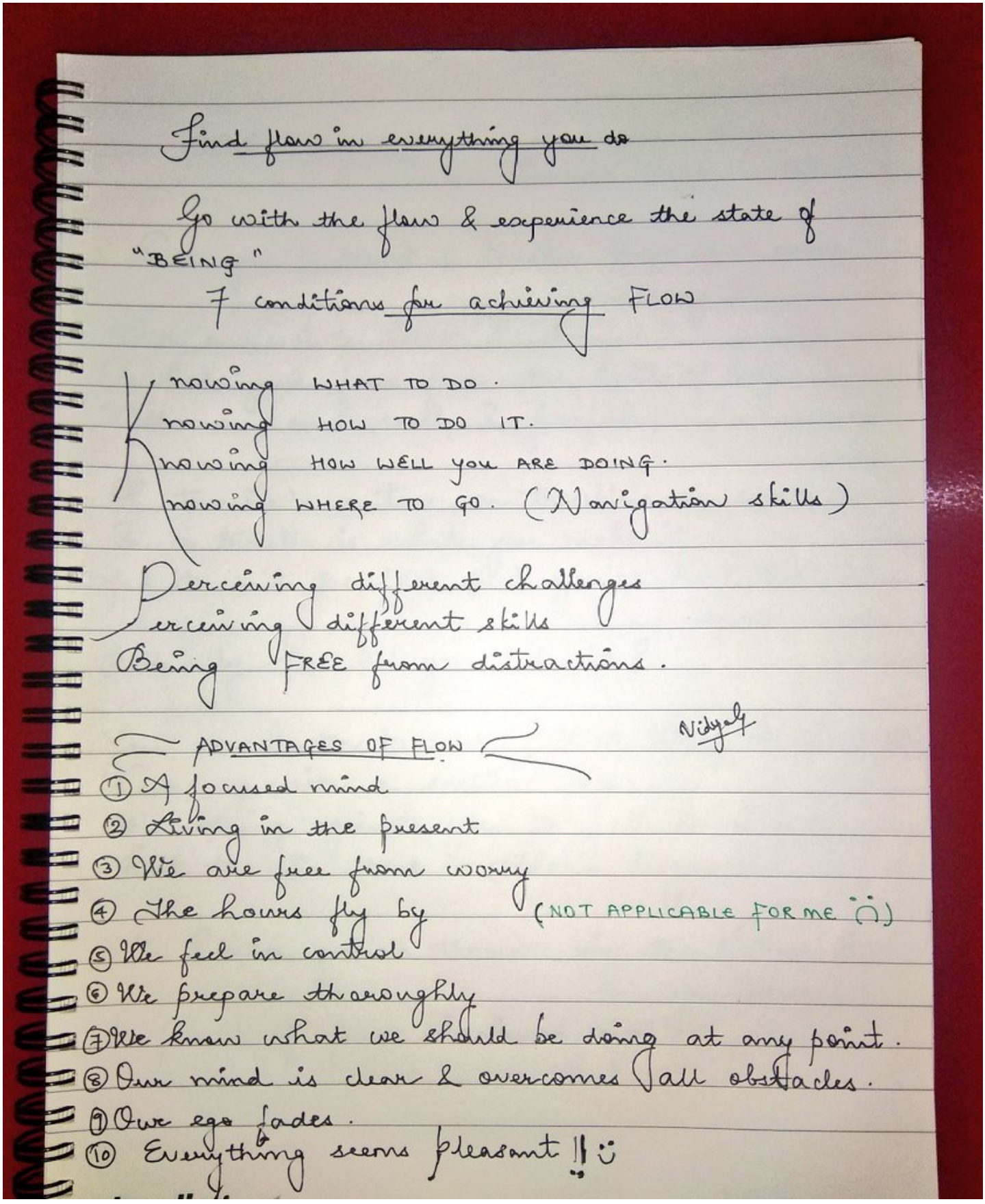
Popularised by Victor Frankl who believed that everything can be taken from a human ,except THE WILL to live .
That becomes the reason to live.
We just need to DISCOVER it .

For he who has a WHY to live for, can bear with almost any HOW .■

13/
GO WITH THE FLOW IN WHATEVER YOU DO .

Why is this necessary?
When we flow we are focused on the task at hand . NO DISTRACTIONS.
Helps keep mind in order & ensures quality output.

#GoWithTheFlow
Elaborated in these notes .
■



14/

Meditation is recommended always for a calmer mind .

But we are often confused / clueless as to how to meditate !

Often we give up as we find our mind straying when we try to meditate . ■

The trick lies in "NOT TRYING " . :))

■

#meditation

⇒ MEDITATION ⇐

Different types of meditation with same underlying objective –

① CALMING THE MIND
② OBSERVING OUR THOUGHTS & EMOTIONS
③ ~~CENTREING~~ CENTERING OUR FOCUS ON A SINGLE OBJECT

NO right way to meditate EXISTS. Explore.

Our mind is a constant swirl of thoughts, ideas & emotions

WE JUST NEED TO SLOW DOWN THE CENTRIFUGE

Let things, events, memories flash. DON'T FIGHT THEM. LET THEM PASS.

Have no reservations. Make no judgment.

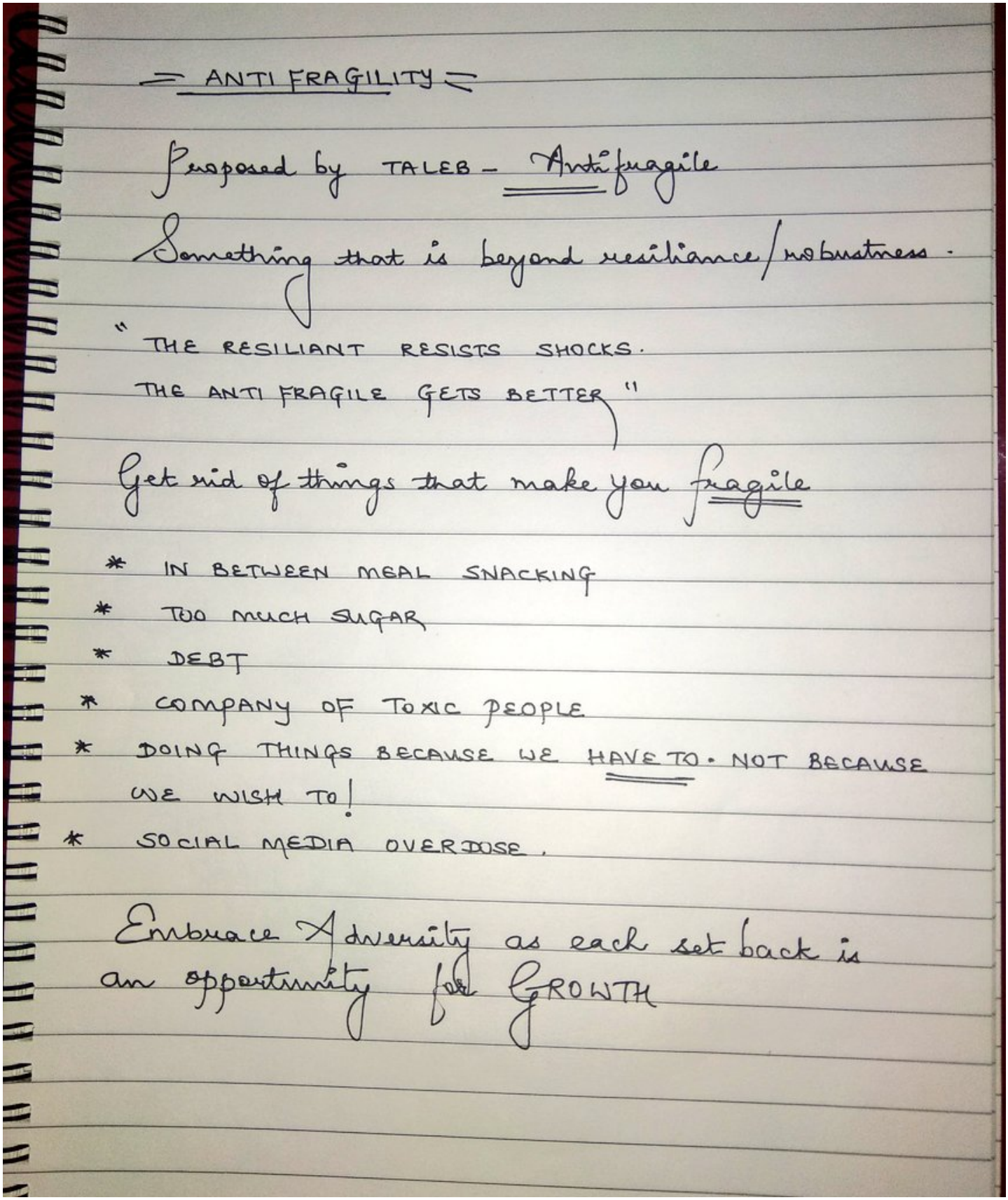
Focus on your BREATH

Breathe better, live longer!

As Taleb says , we need randomness, mess , adventures. uncertainty , self discovery and trauma - All of it ; to make life worth living .

Let's become Anti fragile by
learning to get rid of things that make us Fragile .

HOW ?
■



16/

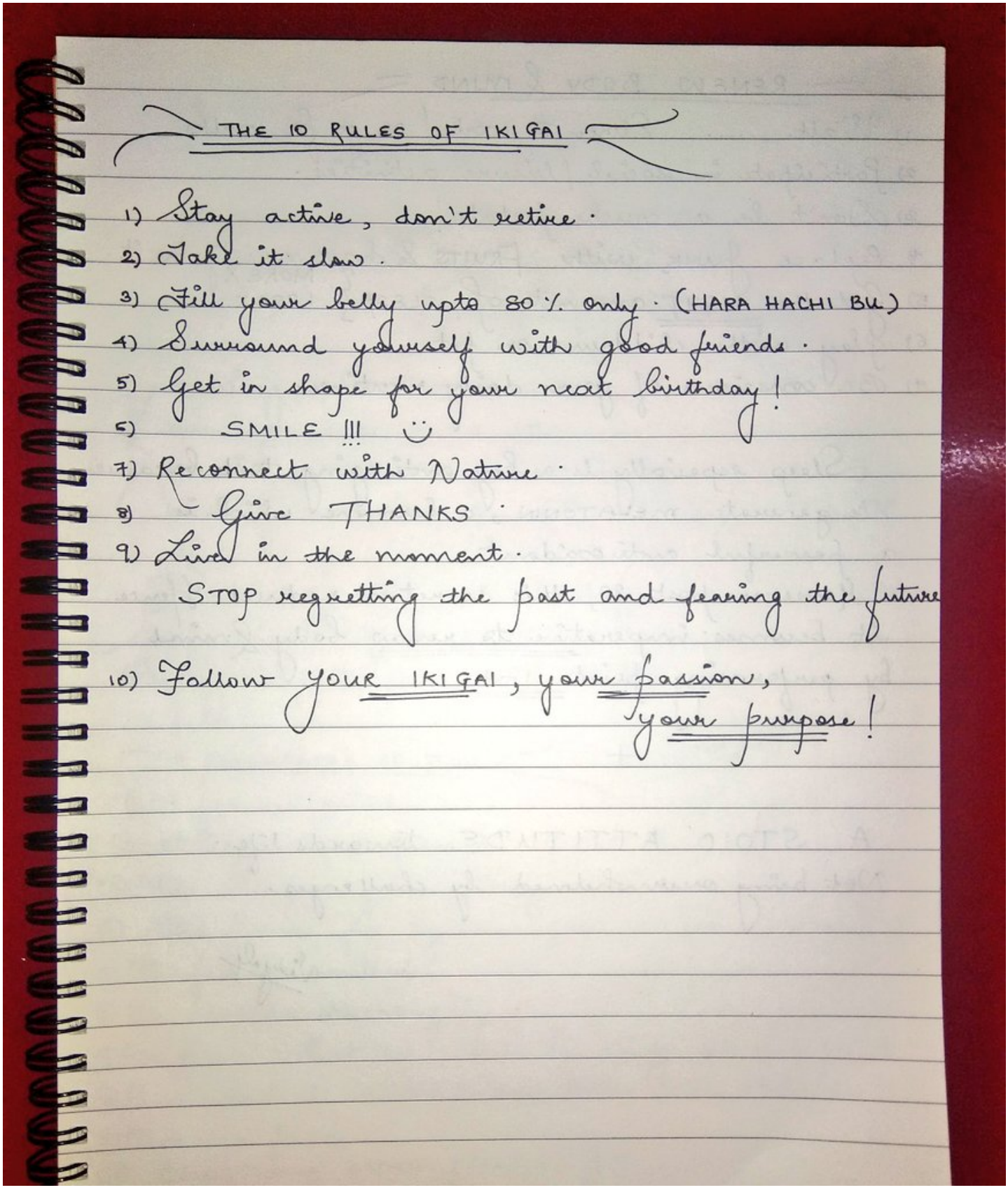
To sum it up ,

These are the 10 Rules of Ikigai.

ALL SEEMINGLY OBVIOUS.

But ultimately we need to delve deep within ourselves to find OUR IKIGAI - Our purpose .

The book just emphasises on certain aspects and approaches that help us on our self discovery journey.



17/17

We all have the capacity to do noble or terrible things.

The side of the equation we end up on depends on OUR DECISIONS , NOT ON THE CONDITIONS in which we find ourselves.

That's IKIGAI for you . :))

* THE END *

#booklovers
#TwitterBookCommunity