Twitter Thread by UpSkillYourLife

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IKIGAI - The Secret To Live A Long And Happy Life.

- Thread -

Iki meaning 'to live' and gai meaning 'reason'.

Your Ikigai is your reason to live.

Find your Ikigai in life using the simple steps below.

1. Find And Follow Your IKIGAI.

Ask yourself these 4 questions.

- What do I love?
- What am I good at?
- What does the world need from me?
- What can I get paid for?

Everything can be taken from a man but one thing:

The last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way.

2. Take It Slow.

- Be passionate about everything you do.

- Be relaxed and enjoy all that you do.

- Celebrate all the time, even the little joys of life.

- Slowing down is a conscious choice and not always an easy one.

' There is nothing wrong in enjoying life's pleasures'.

3. Don't Fill Your Stomach.

- Eat only until you are 80% full.

Ways to get started:
- Eat slowly.
- Focus on food.
- Use small vessels.

4. Surround Yourself With Good Friends.

- Friends affect your health even more than family.

- The key is to have 3 or 4 good friends that care for you the same way you care for them.

- Thinking about what you can do help the people closest to you be happier.

5. Smile.

- One of the secrets of long life is smiling and having a good time.

- Cheerful attitude is very relaxing.

- The truth is it takes 46 muscles to frown and only 17 to smile.

- People who smile seem more trustworthy and are rated higher in generosity.

6. Reconnect With Nature.

- Anybody who wants to grow old needs an ikigai or reason for living.

- Gardening gives you something to get up for every day.

- Being in nature, living near nature or even viewing nature produces a cascade of positive emotions.

7. Gratitude.

- Gratitude increases happiness levels and physical health.

- It lowers stress levels and improves optimism.

8. Exercise.

- To stay healthy, you don't need to go to gym for an hour daily or run marathons.

- All you need is to add movement to your day.

- Practice anything like yoga, tai chi. This is an excellent way to seek harmony between your body and mind.

9. Live In The Moment.

- Flow is the state in which people are so involved in an activity that nothing else seems matter.

- The experience of doing a task itself becomes highly enjoyable.

- The way is to identify tasks that align with your abilities but are still challenging.

10. Never Retire.

- Live intentional, purposeful life.

- Feel that you are needed, you matter and you contribute.

- Don't think of retirement as an ultimate destination.

- Focus to build a fantastic life while you still have time.

- Never retire. Keep learning.

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