



Thus, Ikigai transforms our relationship to goals. It's no longer about just reaching results or ticking boxes, but about engaging in a meaningful journey. Each step, every small step becomes a way to honor and live our Ikigai. The journey becomes as important as the destination.

Of course, our goals can evolve over time, with our experiences and new aspirations. Ikigai is not a fixed concept, it is revealed and refined throughout our lives. Our goals will adjust accordingly, reflecting our personal growth and evolution.

By integrating the concept of Ikigai into our way of choosing and pursuing our goals, we give them a deeper and more inspiring dimension. We are no longer just aiming to perform or succeed, but to fully achieve ourselves and contribute to the world in a unique way. Our goals then become a reflection of our *raison d'être* and our will to live a meaningful life.

Key takeaways:

- Ikigai helps give meaning and direction to our personal goals by aligning them with our deep purpose.
- When our goals resonate with our values and aspirations, we are more motivated to invest ourselves to achieve them.
- Ikigai suggests choosing balanced goals that nourish the different spheres of our life (personal, relational, professional, spiritual) for overall fulfillment.
- With Ikigai, achieving goals is not about getting results but becomes a meaningful journey where each step allows us to honor our purpose.
- Our goals evolve over our lifetime, reflecting our personal growth, just as our Ikigai is refined with our experiences and new aspirations.
- Integrating Ikigai into our goals gives them a deeper and more inspiring dimension, for our full realization and unique contribution to the world.