

The discovery and pursuit of one's Ikigai are a powerful engine for developing self-confidence. Indeed, when we embark on the path of our purpose in life, we connect with what is most authentic and strongest within us. We give ourselves permission to be fully ourselves and to express ourselves uniquely.

Imagine a person passionate about music, who has a gift for conveying emotions through their compositions. By making musical creation their Ikigai, they will naturally seek to develop their talent, perform in front of an audience, collaborate with other artists... Each step on this path will be an opportunity to gain self-assurance and self-assertiveness. By daring to live their passion, they will strengthen their confidence in their abilities and in their legitimacy to take their place in the world.

Ikigai also compels us to step out of our comfort zone and take on challenges aligned with our deep aspirations. Each difficulty overcome, each success achieved, no matter how small, nourishes our sense of competence and our self-esteem. By confronting obstacles and finding within ourselves the resources to overcome them, we develop our resilience and our confidence in our ability to cope.

For example, imagine a reserved person, who has always been afraid to speak in public, but whose Ikigai is to share their expertise to help others progress. By challenging themselves to become a trainer or speaker, they will have to tame their nervousness, learn to structure their interventions, find their communication style... Each successful speech will be a victory over themselves and strengthen their confidence in their ability to transmit and have an impact.

Ikigai also invites us to surround ourselves with inspiring people, who share our values and support us in our journey. By integrating into a benevolent community, by receiving encouragements and positive feedback, we gradually integrate a more valorizing image of ourselves. The gaze of others acts as a mirror that reflects our strengths and talents, helping us to recognize them and cultivate them with more assurance.

Another key aspect of Ikigai is that it anchors us in the present moment and invites us to savor the journey, not just the destination. By focusing on the pleasure and meaning found in each step, we learn to detach ourselves from judgement and comparison with others. We integrate that our value does not only depend on the results achieved, but on our commitment and fidelity to ourselves. This attitude of kindness towards oneself strengthens our confidence and inner serenity.

Of course, the journey towards one's Ikigai also includes doubts, questionings, moments of discouragement. But even these difficult passages can be opportunities to reinforce our self-confidence, by teaching us to bounce back, to draw on our inner resources, to trust ourselves in uncertainty. Each trial traversed with authenticity and courage reveals our strength and our ability to move forward despite fears.

By living aligned with one's Ikigai, we thus develop a deep and lasting self-confidence, anchored in our being and no longer in the gaze of others or external success. We feel legitimate to be ourselves and to blaze our own trail, in harmony with our aspirations. This confidence then radiates in all our interactions and allows us to inspire and encourage others to dare, too, to trust themselves and pursue what makes sense for them.

Key Takeaways:

- Pursuing one's Ikigai boosts self-confidence by pushing us to be authentic and fully express ourselves.

- Every step on the path to our Ikigai is an opportunity to gain confidence, by developing our talents and daring to step out of our comfort zones.

- Overcoming challenges aligned with our deep aspirations nourishes our sense of competence, self-esteem, and resilience.

- Surrounding yourself with a supportive community that reflects a positive image of ourselves boosts our confidence.

- Focusing on the pleasure and meaning found at each stage teaches us to detach from judgement and accept that our value is not solely dependent on results.

- Doubts and challenges on the path to Ikigai are opportunities to boost our confidence by showing our inner resources.

- Living according to one's Ikigai develops deep-seated self-confidence, rooted within us, that radiates in our relationships and inspires others to dare to trust themselves.