



The Ikigai in interpersonal relationships is a fundamental aspect of fulfillment and well-being. Cultivating authentic and nourishing connections with others is essential to giving meaning and flavor to our existence. When our relationships are aligned with our Ikigai, we feel a deep connection, a sense of belonging, and a joy in sharing.

Finding your relational Ikigai is identifying people who inspire us, support us, and allow us to be fully ourselves. They are the soulmates who share our values, passions, and worldview. They are the accomplices with whom we can be vulnerable, laugh out loud, and face life's challenges. They are the mentors who guide us, encourage us, and help us grow.

Cultivating your Ikigai in relationships requires intention, listening, and generosity. It's about taking the time to really know the other person, beyond appearances and social roles. It's about being sincerely interested in their story, their dreams, and their struggles. It's about being present in moments of joy as well as pain, without judgment and with compassion. It's also about knowing how to express gratitude, celebrate each other's victories, and encourage each other in their projects.

Relational Ikigai is nourished by moments of complicity and authentic sharing. Whether it's over a meal, a common activity, or a deep conversation, it's about creating spaces of connection and presence. For example, two friends passionate about hiking who meet each month to explore new trails while sharing their lives. Or a couple who establishes an evening ritual to share the little and big joys of the day.

Finding your Ikigai in relationships is also knowing how to give and receive with heart. It's about offering your time, listening and support unconditionally. It's about sharing your knowledge, talents, and resources to contribute to the well-being of the other. But it's also

about knowing how to welcome the help and generosity of the other, without shame or guilt. It's about being carried and inspired by mutual benevolence.

Cultivating your relational Ikigai, is also knowing how to set healthy and respectful limits. It's learning to say no gently and firmly to toxic or unbalanced relationships. It's choosing to surround ourselves with people who pull us up, inspire us, and help us grow. It's also knowing when to let go with love when a relationship has run its course or no longer fits us.

The Ikigai in relationships is an art of living, which is cultivated day after day, with patience and benevolence. It invites us to be fully ourselves, to connect with others authentically, and to co-create meaningful and joyful connections. By cultivating relationships aligned with our Ikigai, we weave a web of support, love, and mutual inspiration that carries and elevates us throughout our lives.

Imagine a world where everyone would cultivate their relational Ikigai: deep and nourishing connections, tight-knit and benevolent communities, an interconnected and solidary humanity. This is the transformative power of Ikigai in relationships, an essential art of living for our individual and collective fulfillment.

Key points to remember:

- Ikigai in interpersonal relationships is essential for fulfillment and well-being.
- Finding your relational Ikigai is identifying the people who inspire us, support us, and allow us to be fully ourselves.
- Cultivating your Ikigai in relationships requires intention, listening, and generosity. It requires taking the time to know the other, being present in moments of joy and pain, expressing gratitude, and encouraging the other in their projects.
- Relational Ikigai is nourished by moments of complicity and authentic sharing, such as common activities or deep conversations.
- Finding your Ikigai in relationships also means knowing how to give and receive with heart, offer your support, and welcome the generosity of the other.
- Cultivating your relational Ikigai involves setting healthy limits, surrounding yourself with positive people, and knowing when to let go when a relationship no longer fits.
- The Ikigai in relationships is an art of living that is cultivated day after day, with patience and benevolence, to create meaningful and joyful connections.
- By cultivating relationships aligned with our Ikigai, we weave a web of support, love, and mutual inspiration, essential for our individual and collective fulfillment.