



Introspection and self-knowledge are fundamental pillars in the process of discovering one's Ikigai. Indeed, to identify what deeply motivates us, what gives meaning to our life, it is essential to dive into oneself and explore one's inner world.

Introspection is an act of reflection and observation of one's own thoughts, emotions, values and aspirations. It is a time for pause and connection with oneself, far from distractions and external influences. By regularly practicing introspection, we develop a better understanding of who we are, what excites us, and what holds us back.

Self-knowledge is the fruit of this inner exploration. It encompasses awareness of one's strengths and weaknesses, passions and fears, dreams and limiting beliefs. It is through deep self-knowledge that we can align our choices and actions with our authentic self.

Socrates, the famous Greek philosopher, asserted that "the unexamined life is not worth living". Introspection is this courageous and honest examination of our inner life. It invites us to question our automatisms, habits and conditionings to access a deeper truth about ourselves.

Concretely, introspection can take different forms: meditation, writing in a personal diary, deep discussions with loved ones, silent retreats, etc. The key is to create a safe and caring space to meet oneself with curiosity and without judgment.

Self-knowledge is a continuous process, evolving over life experiences and stages. It requires humility and patience, as there are always new facets of ourselves to discover and tame. But it is an infinitely valuable path, because it allows us to live in accordance with our deep nature and to make choices aligned with our Ikigai.

In the context of Ikigai coaching, support for introspection and self-knowledge is a common thread throughout the process. The coach creates a space of trust and safety for the client to explore their inner world, clarify their aspirations and blocks, and reconnect with their essence. Through tools like powerful questioning, visualization exercises, and role-playing, the coach guides the client in this deep dive into themselves, an essential step to bring out their Ikigai.

For example, the coach may suggest the client to keep a gratitude journal for several weeks, noting three things they are grateful for each day. This simple but profound exercise helps to develop a greater awareness of what truly matters to oneself and to cultivate a positive outlook on life.

Or the coach can guide a meditation that invites the client to project themselves into a moment when they felt truly alive and aligned. By exploring the sensations, emotions and values associated with this moment, the client gains valuable information about what excites them and what they wish to cultivate more in their life.

Introspection and self-knowledge are therefore the essential foundation on which the entire process of discovering one's Ikigai builds. They require courage, openness and kindness towards oneself, but they open the way to a more authentic, fulfilling and meaningful life.

Key points to remember:

- Introspection and self-knowledge are essential to discover your Ikigai, what gives meaning to your life.
- Introspection is an act of reflection and observation of your inner world (thoughts, emotions, values, aspirations).
- Self-knowledge results from this inner exploration and includes awareness of your strengths, weaknesses, passions, fears, dreams and limiting beliefs.
- Introspection invites you to question your automatisms, habits and conditioning to access a deeper truth about yourself.
- Introspection can take different forms: meditation, writing, deep discussions, silent retreats, etc.
- Self-knowledge is a continuous process that evolves throughout experiences and requires humility and patience.
- In Ikigai coaching, support for introspection is a recurring theme, with tools such as

powerful questioning, visualization exercises and role-playing scenarios.

- Exercises like keeping a gratitude journal or guided meditations can help develop a greater self-awareness and understanding of what really matters.

- Introspection and self-knowledge are the foundation upon which the process of discovering one's Ikigai is built, paving the way to a more authentic and fulfilling life.